

Active Retirees



Fun, Friendship and Fellowship in Retirement



FUN AND FRIENDSHIP IS ALL ABOUT PEOPLE

The key to a successful Club is to offer a variety of stimulating activities.

Feature Story - P32

WIN A \$5000 TRAVEL VOUCHER

How to enter - P12

Explore Norfolk Island's World Heritage & Historic Sites



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I have been so heartened by news of the formation of new Probus Clubs in South Australia and Queensland. Congratulations and thanks to our teams of members who worked tirelessly to launch these new Clubs that will no doubt be welcomed by their local communities.

Also very pleasing is news of Clubs increasing their membership and welcoming new friends to join meetings and Club activities. Now that government restrictions have been lifted in regard to gatherings, I am visiting and hearing of Clubs with renewed vigor and enthusiasm.

For many older people, the past two and a half years have been challenging for them to stay connected with family and friends. Probus has played an important and positive part in thousands of people's lives. Throughout the pandemic it continued to provide opportunities to connect socially, be informed, and encouraged to stay mentally and physically active, but more importantly, helping us make new friends.

As you know, the Probus Community to which you and I belong is vast, with tens of thousands of men and women gathering on a regular basis to generously share their time and their talents to ensure a welcoming and enjoyable local setting to meet and share.

For many of us, supporting our local enterprises is more important than ever to help build a solid and connected community. Like many of you, I certainly consider the benefits of spending my hard-earned money and where it will go. Spending money locally helps stimulate the local economy and support independently owned businesses within our local and wider communities.

Getting to know local business and service providers is also a positive way to introduce more people to your Probus community. If your Club is wanting to attract more members, perhaps local firms or professional practices may be happy to display information about your Club and contact details.

A small gesture like buying the person's coffee who is waiting in line behind you is so simple and could not only make someone's day but have a vast ripple effect. It doesn't have to be money-based; something simple like bringing in your neighbour's bins or gifting some homemade jam or baking will go a long way in helping and

brightening someone's day.

Often our first thoughts are to care for our local community by supporting local businesses, but not just sustaining local businesses financially; it's helping the people that call your community home; it's keeping the environment healthy and nurturing our surroundings for future generations.

On the first of October each year we begin our Probus Day celebrations, recognising in line with the United Nations Day of the Older Person. These celebrations will continue through the month of October with Probus Clubs all over Australia and New Zealand already planning their Probus Day events.

During this time, we will be encouraging people who are retired or semi-retired to consider making contact with their local Probus Club so they can join in and attend a Club meeting and experience first-hand the fun and friendship that Probus has to offer.

Probus Day and Month will be acknowledged in a variety of ways. Celebrations will include morning teas, picnics, lunches, lighting of landmarks including bridges, themed meetings and so much more.

However you and your Club chooses to commemorate – to you from me –
Happy Probus Day!



Judith Maestracci AM

Judith Maestracci AM
Chairman | Probus South Pacific Ltd

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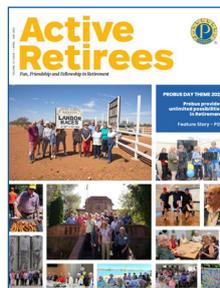
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Your Adventures

Active Retirees

Fun, Friendship and Fellowship in Retirement

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Swan Hellenic prides itself on taking its guests to see what others don't, visiting small and lesser-known ports of special cultural, geographical or wildlife interest as well as bucket list famous cities. Above all, however, our guests visit many uniquely remote places beyond these ports of call, boarding Zodiac boats and exploring at sea level to come ashore in rich unspoilt areas of our planet that often cannot be accessed in any other way.

Every cruise proudly combines geographical exploration of the most extraordinary places on earth with cultural and scientific discovery, involving renowned experts who offer eye-opening lectures and are on hand for informal questions and discussion. Briefings before and recaps after each disembarkation supplement these lectures and talks, stimulating a relaxed social environment that encourages the sharing of experiences.

Swan Hellenic's purpose-built ships feature elegant Scandi-design interiors, extensive outdoor spaces and dedicated expedition facilities. SH Minerva and SH Vega,



two new 5-star Polar Code PC 5 expedition cruise ships with ice-strengthened hulls, respectively launched in December 2021 and arriving in September 2022, each accommodate 152 guests in 76 spacious suites and staterooms, the majority with large balconies. All ships feature 3 dining venues – the Swan Restaurant, Club Lounge and Pool bar & Grill. All offer a wide choice of food and beverages, from healthy snacks and nutritious cuisine, balanced to meet the needs of physically demanding expeditions, to local specialities and lavish gastronomy, supported by a world-class cellar of classic vintages, new-wave natural wines, premium spirits and craft beers.

The staterooms and suites are each a true home from home and all feature panoramic sea views, a fireplace, original works of art, comfortable couches, premium

pocket sprung mattresses and Egyptian cotton towels, bathrobes and sheets. A pillow menu offers customised head and neck comfort during rest, while a large flat screen TV, espresso machine with Illy premium coffee, tea making facilities with the finest Kusmi teas and a minibar with refreshments enhance relaxation at any time. In-room dining is of course available at all hours.

Swan Hellenic's ships are all built with advanced hygiene technology to the latest standards in consultation with world-leading onboard hygiene experts Vikand. In addition, all our onboard air conditioning systems incorporate UV sanitisation using state-of-the-art technology. As a final reassurance, Swan Hellenic's booking policy provides full protection and complete peace of mind for all guests. ■

See what others don't Antarctica 2023

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TRAVEL



Avoid falls, stay active

As we age, fall prevention is a key part of health. We outline how to make sure that you stay healthy and active as you age.

We don't have to be using a walking aid or be frail to be in danger of a fall.

Falls are just a part of getting old as our balance and our muscles are simply not what they used to be. Also, the older we get, the more likely we are to suffer a more serious injury if we should fall.

And falls are a predictor of more falls, so if you have taken a tumble in the past six months you are more likely to fall again.

But it's not all bad news: most falls are preventable, and injuries can be minimised with some simple changes to the way we get around.

Be proactive and stay healthy

There's a temptation to put falls down to just being clumsy or a normal part of getting old, but if you're prone to falls you have to see your doctor. It could be something as simple as low blood pressure.

Staying healthy is a key part of staying on your feet, so in addition to getting your health check, you need to:

- Make sure you eat a balanced diet because good nutrition is a factor in feeling dizzy or light-headed.
- Keep as active as you can. It can be tempting to wind back after a fall, but you



must keep moving as you get older. The more you move, the steadier you are going to become – but make sure you do it safely (e.g., tai chi and water-based sports).

- Stay on top of any medical conditions. Know how your conditions are progressing so you can note any changes with your doctor.
- Watch your medicines. Some medications can also increase your risk of falls. Ask your doctor before taking any new medication.
- Wear safe shoes. If you have issues with your feet, see a

podiatrist and don't just resort to poorly fitting shoes or sandals as they can increase your risk of tripping.

Fall-proofing your home

Your home should be a safe place so, as we get older, it is good to take stock of your surroundings and see how they can be improved to keep you safe. Around 60 per cent of all falls happen in the home, so doing a hazard check means

you are significantly reducing your risk.

And it's simple stuff that we're all guilty of – young and old alike. Things like climbing up to do tasks around the home, using a chair to reach things instead of a ladder, or not being bothered to turn a light on at night (it's your home, right? You know where everything is!).

Simple things like leaving a light on at night, using non-slip wet mats in the shower, or tucking away electrical cords may sound small, but they can be the difference between a safe home and a fall.



ZERO DEATHS FROM BREAST CANCER

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5 Ways to keep your cholesterol down

It takes just a few simple changes in your diet, and a bit of exercise, to make sure you have a healthy heart.

Cholesterol travels through the body in our bloodstream. There are two types of cholesterol, sometimes loosely known as “good” and “bad” cholesterol.

The good cholesterol is high-density lipoprotein (HDL), and its job in the body is to grab cholesterol and send it to the liver for processing. The bad cholesterol is low-density lipoprotein (LDL), which is an accumulation of fatty tissue in your blood that can build up on the walls of your arteries just like plaque on your teeth. Too much of this artery plaque can raise your risk of having a heart attack.

According to the Heart Foundation, an average of 20 Australians die of a heart attack every single day and getting your cholesterol under control is a great way to prevent that. Here are five easy ways to get back to heart health...

1 *Increase your physical activity*

Exercise alone accounts for about 15 per cent of your cholesterol reduction, so you cannot drop your LDL count just by hopping on the treadmill. But that’s not to discount the importance of keeping fit when it comes to lowering your bad cholesterol or making your heart healthy in general.

After checking with your GP, try to do at least 30 minutes a day of exercise five days a week and you should see some improvement.



2 *Eat with your heart, not your eyes*

Certain foods can aid in your fight against high cholesterol. You’ll need to have a diet lower in saturated fats (those found in red meat and dairy) and trans fats (vegetable oils found in biscuits and deep-fried food). If you eat foods that are rich in omega-3 fatty acids – foods like mackerel, herring, and walnuts – you will also see some positive change.

Soluble fibre helps you to flush out your arteries, so you’ll need to up your intake of things like kidney beans, apples, and pears – or simply have oats for breakfast. And dairy is not all bad; if you have a high level of whey proteins, you can help fight off LDLs.

3 *Lose some weight*

Cholesterol is found in your blood, so you can’t see it, but carrying a few extra kilos can contribute to higher cholesterol. Snacks are the real killer, so swap those potato chips for an apple.

4 *Drink less alcohol*

We don’t think of a beer as being bad for our arteries, but higher levels of alcohol consumption can have a detrimental effect on your cholesterol. That is generally thought of as no more than one drink a day for men and women over the age of 65 but check with your doctor if you think you are drinking too much.

5 Cholesterol-lowering foods

While it's better to just eat healthily, some foods have been shown to lower cholesterol. You can now buy things like Weet-Bix which are packed with plant sterols that are said to lower cholesterol, and there is a range of spreads as well.

These can have a minor effect on your overall numbers but should not be seen as a substitute for a healthy diet. When in doubt, look for the Heart Foundation "tick" on packaged foods.

Cholesterol is only part of the overall picture of whether you're likely to have heart problems, but keeping your cholesterol on the good side, rather than the bad side, is a positive first step.



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Keeping your digital memories safe

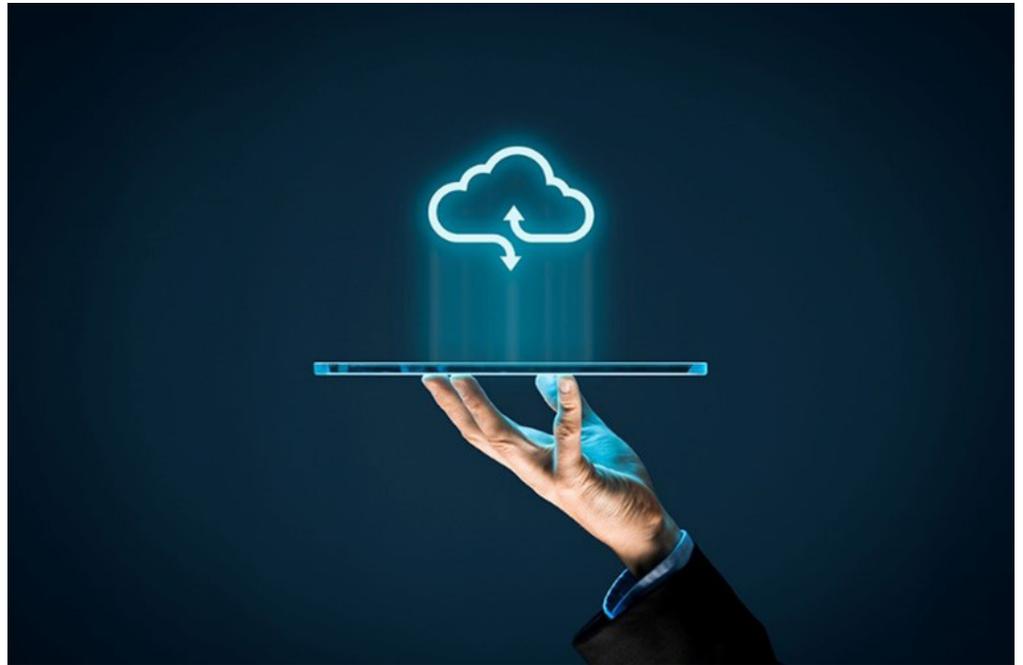
Should you be keeping your photos and digital data in “the cloud”, on a hard drive, or another form of tech? We look at the best options for making sure you don’t lose your computer data.

Even the most tech-savvy of us have taken a bit of adjusting to “the cloud”, the name for online storage. In its simplest form, the cloud is just storing your files and photos on someone else’s computer; it’s just that this computer happens to be a huge bank of data storage units and you have no idea where they are.

I’ve also heard the cloud explained as a giant digital library – you may not have all the books in your house, but you do have access to them, theoretically, at any time.

It’s important to back up your computer; to save your files to somewhere other than your computer so, if you lose your laptop, or your desktop computer breaks down, you can find your old files easily.

This used to be done on an external hard drive. Initially, they were the size of a volume of an encyclopaedia; now, they’re more like a fat credit card. But with the advent of fast wireless internet connection, the cloud was born.



Now we can save our data off-site, away from our homes, in huge banks of computers owned by Apple or Amazon who charge a monthly fee for keeping your memories safe.

The Upside

One key advantage of cloud storage is you can access your files from anywhere with an internet connection. You don’t even need your computer. The internet is the link between whatever computer you are using and the computers on which it is stored.

It is convenient and flexible and safe, though you are entrusting your data to a corporation.

The Downside

These are really just another way of looking at the advantages. As convenient as the internet is to store things in the cloud, should you suffer an outage of your internet connection, you cannot access your files. They haven’t gone anywhere, but the link to get them is broken.

Also, that big, safe corporate entity looking after your stuff may not be safe forever. Companies rise and fall, so handing over all your data to just one player might be

putting too many eggs in one basket. For now, tech companies look as safe as houses, but in the future, who knows?

And how safe are they really? Celebrities have had some very embarrassing images and details revealed by hackers after their cloud storage was compromised.

The question of ownership is also an interesting one. Who owns the data stored in the cloud? The jury is out on this one.

The Answer

Don't be afraid of the cloud. It is a great place to park your stuff. But for

important things, you can still use a hard drive you have in your home. Or consider more than one cloud provider as insurance; it may be a bit costlier, but then again, how much are your files and memories worth?



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6 Gadgets to help with your sleep

A restful night's sleep is one of the foundational pillars of maintaining a healthy body and mind, as it increases your longevity, recharges your youthfulness and aligns your metabolism when done in moderation. However, as some people start crossing their 60's, they begin experiencing difficulty trying to fall asleep or remain asleep.

As we age, our bodies are designed to create a shift in our internal circadian clocks and sleep-wake cycles, in turn these changes are what affect how long and how deep we sleep. Given that 10-30% of adults live with insomnia and a lot of them don't want to take allopathic medications, let's take a dive into some of the new and non-invasive technology that has emerged to help you catch some better zzz's.

1 *Dodow Sleep Machine*

The Dodow is a metronome-light designed to break the thought patterns of an overactive mind and ease you into a deep and peaceful sleep. This is especially for those who can't switch off quickly before bed or after waking up halfway through the night. It is a small disc that sits on the bedside table and emits a 8-20 second rhythmically flashing mesmerising light, supposed to slow your breathing rate down to 6bpm and give you more control over your breathing, allowing your mind to quieten and fall asleep.

[Purchase Here:](#) \$80AUD



2 Cove
Cove is a wearable device that fits behind your ears and around the back of your head, emitting their patented vibration technology to activate certain pathways in and around the brain, building strong resilience to stress and anxiety over time. They certainly have the numbers to back up their claims as their studies show a 41% decrease in stress, 50% better sleep and 39% improvement in focus and memory. The device also tracks your health vitals and gives you a AI-based biometric feedback after every session, based on your heart rate and motion data. [Purchase Here:](#) \$199AUD for 6 month membership



3 Smart Nora
This is one for the snorers. A comfortable pillow insert is connected to a small base unit which is designed to trace the position of your head while you're asleep and a microphone nearby to detect snoring. Smart Nora then gently readjusts under your pillow to keep you comfortable and move your head into a position to facilitate proper air flow. [Purchase Here:](#) \$379AUD



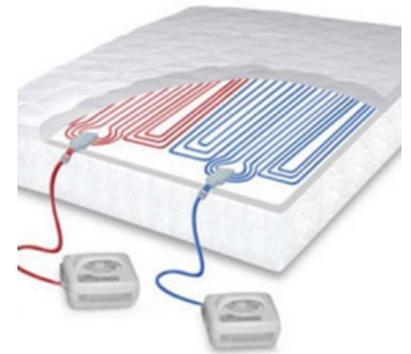
4 Muse Headband
Muse works on EEG-powered meditation and sleep support for their users. The Muse S is a comfortable headband device which responds to your mind, heart and breath by using advanced EEG technology (commonly used for heart screenings) to understand and track how you focus, sleep and recharge. They have a feature called "Digital Sleeping Pills" which are immersive and intelligent soundscapes that are designed to lull you into a deep sleep. [Purchase Here:](#) \$538AUD



5 Koala Weighted Blanket
A weighted blanket is a favourite for both hot and cold sleepers, the Koala Blanket is 100% BPA-free glass sand and uses 2x the stitching for a serene sleeping experience. This particular brand uses a therapeutic technique called Deep Pressure Therapy (DPT) to lower stress hormones, raise happy hormones, relieve pain, and give you a fulfilling sleep. A weighted blanket feels like a warm embrace and has been proven to lower anxiety and stress levels. [Purchase Here:](#) \$185AUD



6 ChiliPad Sleep System
This is for the warm sleepers who wake up in a sweat halfway through the night. This is a thin water cooling mattress pad which sits between your sheets and cools the bed throughout the night as per your preference. The cooling pad continually circulates water through a tubing system powered by the control unit, allowing constant temperature regulation from head-to-toe. [Purchase Here:](#) \$829AUD



Here were some useful gadgets to help you catch a better night's sleep. Please discuss with your GP or practitioner before integrating any of these gadgets into your lifestyle.

Beware of direct debits

*Are things coming out of your accounts that shouldn't?
Have you forgotten what you are paying automatically?
It's time you had a good hard look at your direct debits.*

Direct debits: they can be a great idea if you want a no-fuss way of paying bills or regular subscriptions or memberships. Or perhaps you're being offered a discount or cheaper rate by a business if you agree to pay by direct debit. But once you've signed on the dotted line, they can be easy to set and forget. Here's why you might want to keep a sharp eye on your direct debit arrangements.

They can become problematic if you don't have enough money in your account or a limit on your credit card when the payment hits. Then you can wind up being charged a dishonour or overdraft fee by both your financial institution and the service provider. As with any electronic payment, mistakes can happen. You still need to be vigilant about checking your bank account or credit card statements to ensure you are being charged correctly. It can also add an extra layer of complication to your financial arrangements when you decide to cancel a direct debit arrangement.



Doing direct debit right

The Australian Securities and Investments Commission's Moneysmart website has some advice for people about direct debit arrangements. For starters, it suggests you should only enter direct debit arrangements with a service provider you trust and when you know how to cancel the arrangement if you no longer need it.

If you're being lured into a direct debit by the promise of a discount or lower rate, it suggests checking if you're eligible for the same discount if you set up an automatic payment via online banking. The difference is an automatic payment lets you stay in control of when the payment starts, stops, or changes. Often, it's only when someone wants to cancel a direct debit that they find out how much work is involved.

Get it in writing

If the direct debit comes out of your bank account, you need to notify your financial institution in writing. The letter should specify the date you would like your direct debit to be cancelled and ask for a letter from your financial institution confirming your request. When your financial institution has received your letter, it is obliged to make sure no more payments are debited from your account. It is also a good idea to notify the direct debit service provider in writing. If the direct debit is linked to a credit card you need to write to both your financial institution and



the merchant to stop it. But cancelling a direct debit isn't necessarily the end of your liability to the merchant if there is still an amount outstanding or you entered into a contract for an agreed term. If you have requested the cancellation of a direct debit, make sure you keep

an eye on your bank or credit card statements to ensure you are not charged incorrectly.

If your account is debited after you request the cancellation of a direct debit, your financial institution cannot charge you overdraft fees.

A large advertisement for Sydney Living Museums. The background is a photograph of a two-story green Victorian house with white decorative elements and a white balcony. The house is surrounded by lush greenery and purple flowering trees. In the top left corner, there is a circular logo with the letters 'S' and 'L' and a key symbol. Below the logo, the text 'SYDNEY LIVING MUSEUMS' is written in white. The main headline 'Immerse yourself in history' is in large white font. Below the headline, there is a paragraph of text: 'Become a Sydney Living Museums member and enjoy exclusive experiences across our historic houses and museums plus great year-long benefits.' In the bottom right corner, there is a QR code and the text 'JOIN TODAY', 'slm.is/members-join', and '02 8239 2288'. At the very bottom left, there is a small line of text: 'Meroogal. Photo © Nicholas Watt for Sydney Living Museums'.



SYDNEY
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Immerse yourself in history

Become a Sydney Living Museums member and enjoy exclusive experiences across our historic houses and museums plus great year-long benefits.

Meroogal. Photo © Nicholas Watt for Sydney Living Museums

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5 Reminders to reduce bill shock

As we approach the end of winter, you may have already received your first winter electricity bill and, like many Australians, have been shocked at the results.

It seems that, for many of us, no matter how long we've been dealing with energy bills, we still occasionally slip into bad habits. With that in mind, now is a timely reminder for ways to reduce your energy use and thus prevent bill shock.

Reminder 1: Don't get yourself in hot water

Did you know that hot water is often the biggest source of energy expenditure in the household?

To minimise the effects of excess hot water use, follow a few tips, including washing your clothes in hot water and only with full loads; running the dishwasher only when full and scraping your plates (or rinsing with cold water first); and taking shorter showers.

Reminder 2: Control that climate

Aside from hot water, heating and cooling are the biggest energy guzzlers in your household.

Often, the key problem is the temperature at which you set your air conditioner. It can be tempting to crank up the heat in winter and wind it down to cool in summer, but this isn't an energy-efficient way to do things. In winter, set the heating

to between 25 and 27 degrees; in summer, set the cooling to between 18 and 20 degrees. Close internal doors to maximise efficiency, and only heat or cool the rooms that you're using.

Reminder 3: Never miss windows of opportunity

Further to the point above, did you know that 40 per cent of the heat in your home leaks out through the windows? And there's a similar problem in summer – the need for cooling can be greatly reduced with efficient window habits. During a winter's day, open the curtains to let the sun in; during a summer's day, close them to keep the sun out, particularly at the hottest part of the day or when the sun is shining directly into your home. At night-time, the opposite applies; open the curtains and windows in summer to let the night air cool your home, and keep things shut in summer to retain heat.

Reminder 4: Apply common sense to appliances

Appliances are the next biggest energy offenders in your home after hot water,

heating, and cooling.

Fridges are particularly energy-heavy – if you have additional fridges or freezers in your home, consider getting rid of them or upgrading to one larger, more energy-efficient appliance.

Dryers are heavy offenders too – where possible, let your clothes and linen dry in the sun. It's free!

Reminder 5: Lighten your light load

It should go without saying that leaving lights on around the house is one of the most common ways to waste energy. Focus on only leaving the lights on in the rooms you're in.

Even better, look into energy-efficient LED bulbs, which use up to 75 per cent less energy and last 25 times longer than regular incandescent bulbs. Finally, consider getting a dimmer switch, too, which reduces wattage and thus usage. Overall, keep the above reminders in mind and get yourself into some good habits. Hopefully, next year's winter electricity bill will be a little bit less of a shock – or perhaps even not shocking at all.

Relax IN THE HEART OF THE SUNSHINE COAST

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

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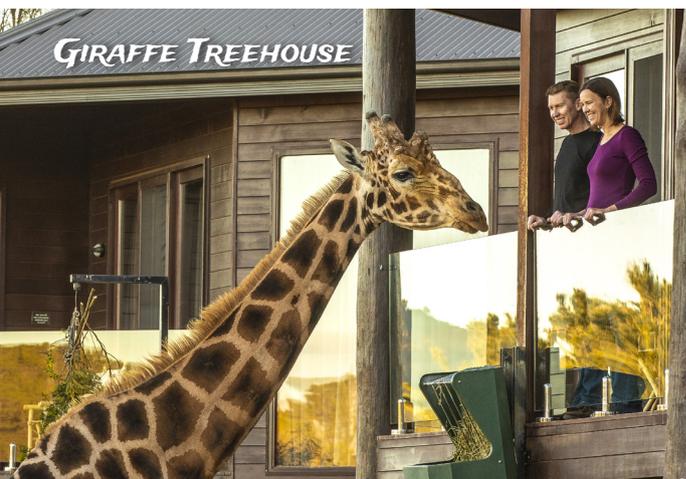
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Animals: Please note that while the animals generally join guests as shown, no guarantee of their attendance or length of attendance can be given.



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Fun and Friendship is all about people

The key to a successful Club is to offer a variety of stimulating activities to keep members engaged and have a sense of belonging.

This year we announced the theme of Probus Day as “**Unlimited possibilities in Retirement**”. Many Clubs would agree this is truly reflective of our Community with Probus members participating in various interesting experiences daily across the country.

In Clubs, activities wouldn't be possible without the hundreds of individual members who have demonstrated what Probus is all about by getting creative and thinking outside the box.

In this article, we share some stories which have not only benefited Probus members but also supported the wider community.

Perhaps, your Club may want to consider one of these activities in the future?

Keeping your Club memories alive - New Lambton Ladies Probus Club

We all love remembering those special moments we shared once upon a time with the people we cherish most. It is often times like this where we wish we could replay the moment again and again. These are the memories that should not be forgotten which is why preserving these memories is so important.

Collecting and creating a document to safeguard these special times is a great way to connect with your Probus Club and reminisce and remember all the good times you experienced together, whilst creating a history book that will be passed down to future Club members. This is exactly what the Ladies Probus Club of New Lambton (NSW) did when they celebrated their 30th Anniversary this year. A recount of how they wrote the book is detailed below:

“30 years! Who would have thought?”

When Else co-founded the Club in 1992, it never entered her mind that 30 years on, she would still be a member and marking the milestone with a 110-page commemorative book.

The Club are fortunate to have four foundation-year ladies, and this reflects the effort made by members to ensure the Club is one built upon long-lasting Friendship.

COVID-19 times impacted the ability of Probus Clubs to meet face-to-face, so with the 30-year Anniversary approaching, member Coralie decided to create

a book. “Our Club had celebrated 10 years, then 20 years, but there was no written record of the history. I volunteered to produce a book,” Coralie explained.

“Compiling a 30-year history of any Club is a lot of work, however, to keep things manageable I decided at the outset to collate interesting snippets, and not to attempt to write an encyclopaedia. Honestly, there was such a huge variety of things our Club did, that it was a challenge to select out examples of key things which would provide a historical account of the Fun and Friendship we have enjoyed.”





The book began with a copy of the minutes from the foundation meeting and the names of the founding members. At this point Coralie realised that a book of just facts and figures would fail to convey the social strength of Probus Clubs, so she set about interviewing the long-term members. Their recollections added the human element and supported the 150 photos which she selected from the Club's archive box.

Else outlined that their initial Meetings were held in the New Lambton Community Centre. They would invite Guest Speakers but sometimes they would have their own members speak about their interests and adventures. The number of members grew steadily.

Thirteen current members have been in the Club for at least 25 years – Else, Alwynne, Gloria, Jeannie, Margaret, Clare, Josie, Ruth, Barbara, Claire, Lenore, Jacquie and Mavis. "I spoke with the ladies," said

Coralie, "as well as a selection of younger members, to learn how the Club had evolved."

The first decade was characterised by monthly lunches at various venues around Newcastle. For example, Noah's had sweeping views over Newcastle Beach. Some early dinners were held on the former Sydney ferry South Steyne which had been converted into a floating restaurant in our harbour. Day trips were by means of bus, train and ferries around Lake Macquarie, the waterways around Gosford on the NSW Central Coast and into the Hunter Valley as far as Scone.

The second decade was when house parties were popular, with fashion parades and themed dress-ups.

"I had never heard of 'Beetle Parties,'" said Coralie, "but now I know. I'll leave the readers to look up the game of Beetles online."

The last 10 years have seen an explosion of activities. Excluding the two COVID years, the members can now take part in 50 activities each year including General Meetings, Birthday Lunches, Book Club, and fortnightly walks at locations across Newcastle and Lake Macquarie just to name a few.

"It was also fun to uncover some quirky things from the past!" Coralie added.

In the early days, when it was a member's birthday, the President would sing 'Happy Birthday' or read out a poem or short verse. Sometimes instead of a Guest Speaker, the ladies would hold a debate; for example, "Why Men Are Better Than Women". At one spring event, the ladies were asked to dress up as flowers! And lastly, if members didn't wear their badges to the activities, they were fined 20 cents.

As a historical record, the book contains selected copies of meeting minutes, annual reports written by former Presidents who are still in the Club and examples of the Club's Golden Girls Gazette in its different guises. Proud of her work, Coralie finished by saying, "I tried hard to ensure that there is at least one photo of every current member in the book. After all, Fun and Friendship is all about people."





Probus Association of Victoria Inc.

Reg. No A0009835H
ABN: 51 370 595 375



An Association of Affiliated Probus Clubs In Victoria

Sharing ideas and information between Probus Clubs



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Building a website -

East Malvern Combined Probus Club

Creating awareness is important for any Probus Club. To ensure a Club lives on for many years to come, a healthy membership needs to be established. One way to do this is through a Club website. Probus Clubs can share information on their outings, meetings and special events with both Club members and prospective members.

Additionally, the Probus Association of Victoria have taken a step further to assist the many Probus Clubs across the state of Victoria and built its own website with the hopes it will attract new members, particularly the newly retired person to Clubs. In June 2022, PAV was pleased to announce that the new website was up and running for all the Probus Clubs in Victoria.

PAV Web Master Ernie Brigham with the help of the PAV Committee created a modern and up-to-date website. PAV understands that Clubs need to be updated with technology as the new retirees are techno-savvy and will go straight to a search engine to find a Probus Club. The new website offers lots of information for prospective new members and has a variety of information for Victorian Clubs. The website is bright and very easy to get around with larger entry blocks to make it easier for those members that may have some sight problems.

PAV recommend all Probus Clubs in Victoria to look at the site and spend some time getting used to it.

One part PAV would like to bring to Clubs attention is the "Let's Share" section. This is where PAV would like your Club's input on great outings and speakers that your Club has had that might help other Clubs.

Web Master Ernie is also on a mission to assist and provide training to local Probus Clubs on how to use their Club Microsite.



The Teddy Bear Lady -
Lockleys Combined Probus Club (SA)

It's an explosion of teddy bear love in Joan's Adelaide living room and she wouldn't have it any other way! Joan, a member of Lockleys Combined Probus Club has been knitting hundreds of tiny teddy bears for AnglicareSA programs since 2009. The bears are gifted to children and teenagers grieving the death of a sibling, parent or significant other through AnglicareSA's Star Bear program.

Joan has co-ordinated a small army of knitters from across the state, including some members from her Club, Lockleys Combined Probus Club to produce more than 50,000 teddies in the past 11 years for those in need across various organisations. She is a former Star Bear mentor and among more than 300 volunteers highlighted during Volunteer Week (May 16-22) for their generous time and effort across AnglicareSA's services and programs.

Joan said she started knitting teddies for the children around 2009 and then friends started knitting them for her and their knitting group started too and so on and so on.

So how many teddies does Joan think she's knitted? "Oh my God! Thousands probably - I've never counted."

"Everybody needs a teddy. It's something that makes you feel secure and loved, and because they are pocket-sized - they can go with you everywhere."

So why does she do it? "It's just a lovely thing to do. When I am knitting, I think about who the teddy will go to. It also gives me something to do. Being a volunteer can be very rewarding."



Member Profile:

Stuart Braga



Born in Hong Kong and educated at Barker College, Hornsby and Sydney, Macquarie and New England Universities, Stuart Braga was appointed to the staff of Hale School in Western Australia in the year 1961, returning to New South Wales in 1963. He was History Master at Barker College, Hornsby, until 1984, when he was appointed Senior Master of Trinity Grammar School, Summer Hill. He retired from this position in 1998, embarking on a new career as a professional historian. In recognition of his contributions to a wide range of educational activities, he was made a Fellow of the Australian College of Education in 1998 and a Life Member in 2003. He is also a Life Member and Fellow of the Teachers' Guild of New South Wales and a Life Member of the Royal Australian Historical Society. His principal interests in education outside the classroom have been staff professional development, curriculum development, public exams administration and a strong commitment to educational organisations promoting these. In his community, he was Chairman of the Beecroft Cheltenham History Group, Vice-President of the Beecroft Cheltenham Civic

Trust and was for more than twenty years a member of Rotary Clubs. He is a leading Anglican layman.

He has written several books and numerous articles on educational, church, and military history, including Barker College, a History. His recent work includes Anzac Doctor, a biography of Sir Neville Howse, Australia's first Victoria Cross winner. It was among the projects supported by the National Council for the Centenary of Federation in its History and Education Program. It was launched by the Governor-General, Sir William Deane, in August 2000. It was well received and immediately reprinted.

Kokoda Commander was published by Oxford University Press in 2004. It is a life of Major-General 'Tubby' Allen, the commander of the Australian troops who defeated the Japanese on the Kokoda Trail in October 1942. A second printing sold out within a year. He has also written several other books on military and church history.

In 2007 he was requested by the National Library of Australia to undertake the reorganisation of the research papers of his uncle, J.M. Braga, whose extensive library on the Portuguese in the Far East was acquired by the library in 1966. This meant an intensive period of work in Canberra, leading to the compilation of a new

finding guide for these significant papers, which lie at the heart of one of the Library's most important collections.

He was awarded the PhD degree by the Australian National University in 2013 for a thesis entitled 'Making Impressions: A Portuguese family in Macau and Hong Kong, 1700-1945'. It was published in 2015 by the International Institute of Macau.

Stuart joined the Beecroft Men's Probus Club in 2004 and has been a member for 18 years. He edited the Club's magazine for several years and was President from 2013 to 2014. He was for some years a speaker at his and other Clubs. He always looks forward keenly to the monthly meeting, especially for the fellowship with other Probians. Writing the Club's 40th anniversary history, 'Forty Years of Fellowship' last year gave Stuart an even greater appreciation of what the Probus movement has meant to thousands of members since the first Australian Club, the Probus Club of Hunters Hill which was set up in 1976.

Member Profile: Jim Hoile



Melbourne Bearbrass Probus member Jim Hoile 65, a retired Army Sergeant, will never forget the highlight of his army days. He took part in a 15,000km run around the Australian mainland and Tasmania. “That was the big one,” says Jim, in retirement but still a 30km-a-week runner.

“There were 20 of us including a female lieutenant and a large backup crew. Each runner did one-twentieth of the distance around Australia. Just to be selected, we had to run a marathon in under three hours as well as complete a 5km run in under 17.5 minutes. I was very fit at the time as I was an Army Physical Training Instructor (PTI) at 1st Recruit Training Battalion Kapooka, Wagga Wagga. As well as my daily PTI exercise at work, I was running 100km a week for enjoyment.”

On July 1, 1986, Prime Minister Hawke shook the hands of the participants and they jogged off from Canberra. Behind were five vans with medics, cooks, and safety people. Three months later, they finished in Sydney’s Martin Place.

The run raised more than \$1m for the Australian Cancer Foundation – equal to \$3m today.

“I was in a team of four runners. We’d each do 10km, then the next team of four would leapfrog us,” Jim explains. “Most nights we bedded down in army accommodation, except on the Nullarbor where we ran at night. Only a couple of us got running injuries but thankfully, I was fine.”

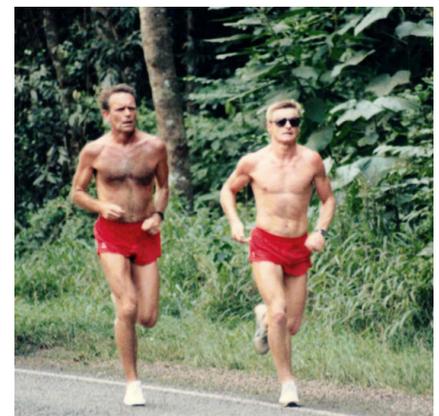
As a child, Jim was sports-mad soccer, AFL, and rugby fan, but by 15 he focused on running. He joined the army for a physical instruction career as soon as he turned 17. He organised 14-week courses for all new recruits at 1 Recruit Training Battalion at Blamey Barracks.

Jim retired from his role as a sergeant after 20 years in the regulars and a year in reserves. His only injury from army life was when an ammo box fell on his right foot.

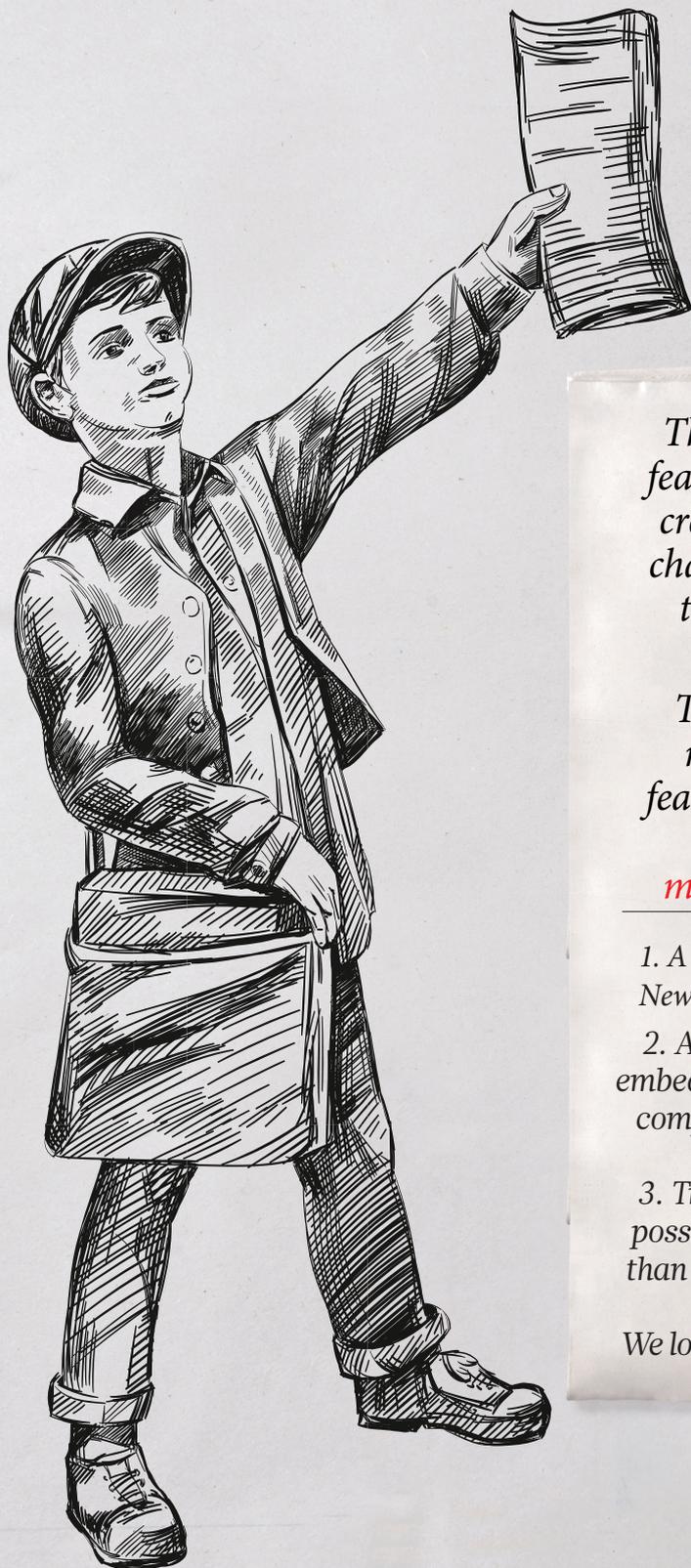
Jim’s enjoyed spending the past 14 years restoring a 1974 VW Kombi campervan. He runs the same route every day and sometimes gets home without remembering how. “I could do this route blindfolded,” he says. “I’ll keep running until I can’t.”

Jim’s Probus journey started in 2021 after his retirement when he joined Melbourne Bearbrass Probus.

“Joining Probus has opened me up to a whole new group of friends and interests. There’s always something to do and someone to socialise with.”



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!



A member to be recognised

Recently, Gwenda who served as the Secretary of Darwin Probus Club for 10 years, was awarded the Life membership by the hands of Her Honor Vicky O'Halloran, Administrator of the Northern Territory. Gwenda was rather overcome by the recognition. During her time as the Secretary, Gwenda initiated several programs that have inspired Club growth, fellowship, and stability. All the Club members are very proud of Gwenda's commitment, friendship, and initiatives that she has encouraged in the Club.



Dine Out Group

Members of the Charles Darwin Probus Club went out for their February Dine Out to Flynn's Restaurant. They had a wonderful time and enjoyed delicious food. All members agreed that it was great dining out with friends and lots of fun was had by all.



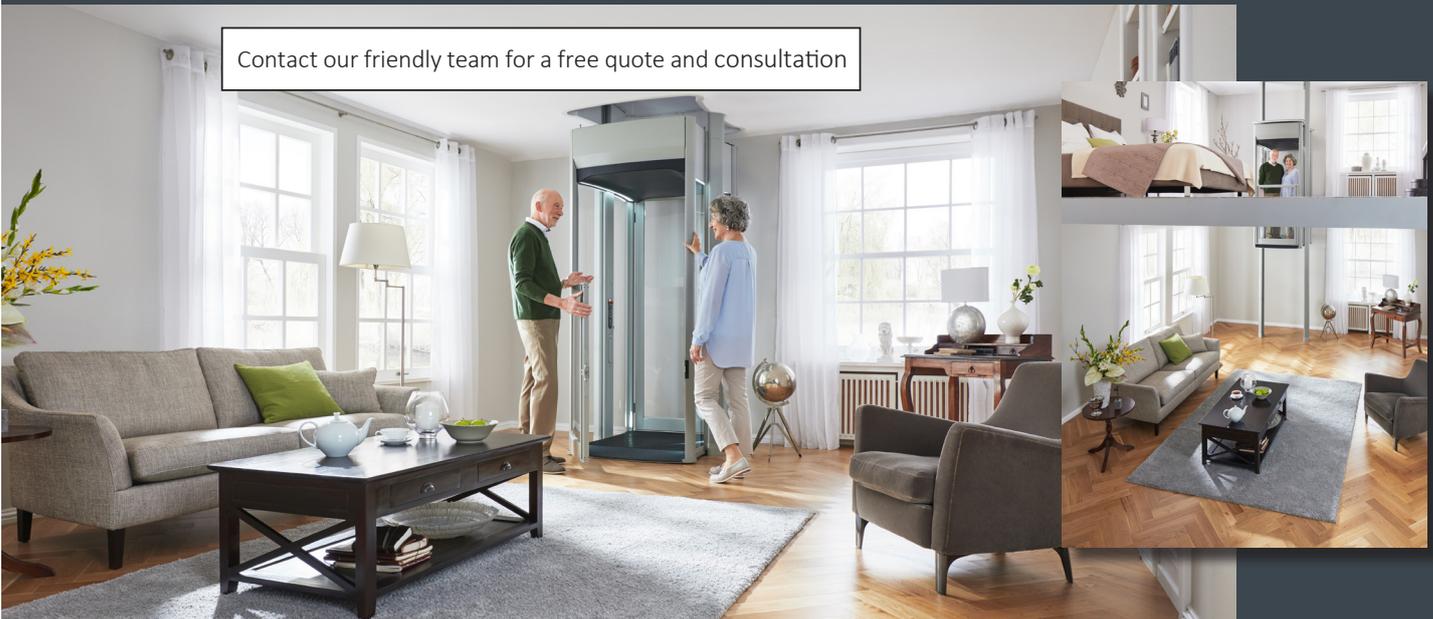
Zebra Rock Bus Trip

Members of the Marrara Probus Club recently went out on a bus trip to The Zebra Rock. They all had a splendid time together. All the members agreed that it was a day well spent. They have enjoyed yet another wonderful outing celebrating fun, friendship and fellowship.



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Lunch Meeting at Cuppacumbalong

A group of members from the Probus Club of Tuggeranong visited Cuppacumbalong for lunch on a cold and bleary Tuesday in early June. Cuppacumbalong is a historic Homestead located near the southern outskirts of Canberra in the Australian Capital Territory, near the junction of the Murrumbidgee and Gudgenby Rivers. The members dined in a splendour-of-times-past in the dining area of the Homestead. They enjoyed the delicious meals of local produce and almost time travelled to the past as they gazed through the mullioned windows to view the livestock grazing in the green pastures. A great day was had by all!



New Meeting Venue for Coleman

On Thursday, the 7th of July, members from the Combined Probus Club of Cooleman held their first meeting at a new venue, the Canberra Deakin Football Club, having spent more than a year meeting out of the area due to Covid restrictions. This venue enabled the meeting agenda to return to a morning tea break between the formal meeting and the guest speaker and there was plenty of room to mix and mingle with fellow Club members. Shortly after, more than half the members who attended the meeting moved to the restaurant for a tasty "Club Style" lunch.



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- 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.



Mystery Bus Trip

63 Members from the Mens Probus Club of Marion, partners and Special Ladies set off from Club headquarters for an unknown destination on a Mystery Bus Trip. They arrived at Murray Bridge about an hour later. Around the historic wharf area, it became apparent that they were going on a cruise on the majestic Murray River. Then they boarded the Captain Proud, an original paddle steamer that used to ply the river with goods and supplies up and down the river in the 1800s. Whilst cruising up and down the river for 3 hours or so, they enjoyed socialising with fellow Probians and enjoying a drink and delicious 2 - course lunch. They all agreed that it was a great day out and a terrific day to enjoy some fun, fellowship, and friendship.



Victory at the Loxton Mardi Gras Parade

The Ladies Probus Club of Loxton won the most humorous float prize at the 65th Loxton Mardi Gras Parade, a family-oriented event that raises money for the community. The theme for the Mardi Gras was 'celebrate', so the members of the Club who participated in the parade titled their 4-part float 'Celebration of Life'. They portrayed the female journey from an Innocent baby to a rebellious teenager, to a pregnant bride, to a hard-working mother, to a caring and loving grandmother, to a great-great-grandmother. The Club has entered a float in almost every Mardi Gras since the Club began 36 years ago and has won the 'most humorous' float prizes a couple of times.

Breakfast and Coffee Catchup

The members of the North Haven Probus Club met at the Beach Haven Café for their regular breakfast and coffee catch-up. They went out on a 20 min walk first, where they all met up at their regular meeting spot and walked to the Beach Haven Café and then returned after refreshments. They all agreed that all their breakfast and coffee catchups are always very relaxed and friendly. This one was no exception. The members had a lot of fun and laughter catching up with their fellow Probians.



The Decorated Hat Competition

Members of the Woodcroft Probus Club participated in a Decorated Hats Competition held at the Club. All the members showed up with their amazing creations of their versions of 'The Decorated Hat' and made the competition a successful one with their fantastic participation. They also had winners from the competition, Graham and Sue, whose hats were unanimously agreed to be the best creations in the show.



Fun in the Barossa

Members of the Victor Harbor/Granite Island Probus Club had a fun outing at the Barossa Tourist Park. They also had a hot air balloon ride during their trip. All the members had a wonderful time and they all agreed that the trip was indeed a successful one filled with much fun and happiness.



Tour to the Copper Coast

A group of members from the Combined Probus Club of Woodville South in South Australia enjoyed a four-day tour of the Copper Coast, visiting museums, Art Trails and site-seeing around Port Hughes, Moonta, Kadina, and Wallaroo.





An Outing to Barossa Valley Machine Preservation Society

Members of the Barossa Combined Probus Club went on a tour to visit the BVMP Society. The members were welcomed to the Barossa Valley Machine Preservation Society by the Society President, who explained how the society came into being, and with a lot of hard work by members, a small grant, a loan, and a lot of enthusiasm, it is currently an exciting place for the Barossa to be proud.

They were taken on a tour, where the President explained how the various machinery came to be at the shed. Some of the machines were destined for the scrap heap, saved and are now proudly on display. They were also given a working display of a tractor using a shotgun cartridge to start plus some of the other machinery, including an apple peeler. The members of the BVMP Society & wives served a BBQ & salads lunch which was enjoyed by 25 Probus members. Well worth the visit.



Up the Creek

43 members of the Glenelg Bay Probus Club went out sailing on the boat, 'One and All'. The day looked ominously cloudy to start, but the wind died down and the sun came out as they voyaged up the Port River, past huge cargo ships and enormous container storage on the banks. Once they made their perilous descent down the ladders to the deck, they all enjoyed the morning tea brought in the sunshine on the main deck along with some great chocolate muffins! After spending an enjoyable 2 hours on the deck, they made their way back to the port to have lunch. They discovered a new and excellent lunch spot – the Commercial Hotel at Port Adelaide, and twenty-four members enjoyed the conviviality and great meal.



Valda's 100th Birthday Celebrations

The Probus Club of New Lambton Honeysuckle celebrated Club member Valda's 100th birthday at the Hunter Wetlands Centre where 45 Club members joined Valda in partaking in a two-course meal and plenty of friendship. All the members had a wonderful time enjoying the usual cake, flowers and taking photos with Valda all wearing specially crafted 100-year glasses for the occasion. It certainly was a day to remember, and one which Valda will have fond memories of for a long time to come.

Valda celebrated her actual birthday, on the 6th of May, with her family and friends - this included a trip around Newcastle in a Harley Davidson and the firing of the 2-pound cannon at Fort Scratchley! These events were written up in a story that appeared in the Newcastle Herald as well.



25th Anniversary Celebrations

Panania Combined Probus Club began when a public interest meeting to form 'The Probus Club of Panania' was held at Revesby Workers Club on 10th February 1997 at 10:00 am. A motion was then passed that 'Panania Probus Club' be formed. Recently, the members of the Club celebrated 25 years of fun, friendship and fellowship together. Here are some pictures showcasing their 25th-year Anniversary Certificate, cutting of the cake by Norma, Foundation and Life Member, assisted by President Ron and members that attended the Anniversary Celebrations.



An Exceptional Luncheon

Members of the Guildford Probus Club all enjoyed a truly memorable 20th Anniversary Luncheon held at Lily's Reception Centre at Seven Hills. All the members agreed



that reminiscing between both present and past members over an outstanding event proved to be a big hit, along with a table display of memorabilia, anniversary cake and live music.





Celebrating the Queen's Jubilee

Members from Holroyd Probus Club celebrated The Queen's Jubilee with a guided visit to Government House in Sydney NSW. The members thoroughly enjoyed the opportunity for access to various sections of the main building with detailed commentary and then free time in the surrounding gardens. All the members had a wonderful time and agreed that it certainly was a great way to celebrate The Queen's Jubilee.



We would like to "Linga Longa" in Yarrawonga

33 people from the Probus Club of Nepean had a wonderful and interesting fun-filled 6 days Getaway with Linga Longa in Yarrawonga Tours in March 2022. They were all very excited to see something new every day at different places, including an old-time cinema and movie, street art, silo art, museums, an art gallery, a winery, plus a cruise on Lake Mulwala. The members also enjoyed a trivia night, hat parade, and prizes from the tour operators.



A trip to Mudgee

32 members of the Castle Hill and District Probus Club did a two-night 'public transport' trip to the beautiful town of Mudgee. The members travelled by XPT from Parramatta to Lithgow and then took the connecting bus to Mudgee where they were dropped off at the motel. Then they all had their dinner together at the Pumphouse Restaurant in Robert Stein's Winery. The following day, they toured the local attractions including historic Gulgong and Cooyal 'Pub in the Scrub' and some wineries. The return trip on the bus and train provided beautiful scenery, and great companionship and brought them back home safely. A great time filled with fun, friendship and fellowship was had by all.



Senior Citizen of the Year

One of the foundation members of Doonside Probus Club, Cecil, has been named 2022 Blacktown Senior Citizen of the year. He received the award in recognition of his many years of volunteer activities that began in 1970 as a soccer youth team leader and Scout Leader. He has served the community in multiple sporting activities including the 2000 Olympics, Gay Games, and Children's learn to swim. Cecil has been actively involved in diverse community organisations such as Keep Australia Beautiful, Doonside Festival, Cancer Council, Diabetes Centre at RPA Hospital and Red Cross.

As he nears his 90th birthday he continues to serve the community as a marshal regularly for Quakers Hill Parkrun on Saturdays and a weekly visitor to Our Lady of Consolation aged care services at Rooty Hill and of course an active member of Doonside Probus Club.



A Day Out with the Dingoes

Members of the Gregory Hills Probus Club had a lovely day visiting the Dingo Sanctuary at Bargo. They were given a conducted tour and were quite amazed to learn some interesting facts about Dingoes. All the members had a great time at the Sanctuary.



Garden Group's Day Out

12 Members of the Garden Group of Glenmore Park Probus Club recently went out to Nurragingy



Reserve, Doonside. They were all very excited to restart the group after the lockdown. They enjoyed a walk around the beautiful gardens, a picnic and then a 5k walk around the reserve.





Dining Out Group Members Fun and Food

Recently, members of the Combined Probus Club of Lauderdale met at various restaurants around Hobart for fine food, fellowship, and frivolous fun. The group enjoyed a delicious meal at She's Cooked restaurant in Lauderdale. They all had a wonderful time catching up and all the members agreed that it was a day well spent.



A Bus trip to the winter wonderland

Moonah Ladies Probus Club members went out on a fun-filled bus trip to Great Lake. They all agreed that the trip was amazing which gave them a chance to catch up with their dear friends. A great time was had by all.



Easter Celebrations

The members of Woodbridge and Channel Probus Club celebrated their Easter in the most beautiful way. Members dressed up like Easter Bunnies and welcomed spring by sharing some sweet fun with their fellow Probian. A wonderful time was had by all and they all agreed that it was a lot of fun to see members dressed up as bunnies.



An entertainment session with a poet

Following the AGM and the General Meeting, the Probus Club of South Bunbury was entertained by local Bush Poet, Ian. They have been blessed with Ian's presence in the past and certainly hope to entice him back again.

Ian's enthusiasm was infectious, and he had the members in stitches. After the meeting closed, 21 members enjoyed lunch at the Just One Thai restaurant in Bunbury.



Committee Meeting

The Probus Club of Victoria Park had a recent committee meeting. It was quite an enjoyable time for all the attending members as the focus of the meeting was to plan their 40th Anniversary Celebration. They all shared their views and opinions as to how they could celebrate the occasion and had a wonderful time discussing their ideas.



A trip to Gnomes Ville

Nineteen Club members from Eaton Probus Club went on a car trip and ventured up the Ferguson Valley to Gnomesville. They all agreed that this outing was big on fun, as well as friendship and fellowship. After a fortifying morning tea, the members wandered and giggled until they were exhausted. Then they all went to the Ferguson Valley Store for lunch and crossed the road to "Frog Hollow" a work in progress to accompany the Gnomesville concept. A wonderful time was had by all.





A Mystery Bus Tour

The Mystery Bus Tour was quite a trip with rain coming down in buckets but by the time the members from the Probus Club of South Bunbury arrived at Boyup Brook, the rain stopped, and morning tea was served out of the back of the bus. The bus pulled up at Harvey Dickson's and they all spent a good 2 hours looking at hundreds of everything old hanging from the ceiling and walls. A light meal with hot drinks was served. Harvey, the owner, gave the members a tour of the place and added in a few interesting stories. Finally, they all had a late lunch and headed back home to Bunbury. A great trip with a lot of fun and happiness was enjoyed by all.



40th Anniversary celebrations

Recently, the Probus Club of Fremantle celebrated their 40th Anniversary. They were very privileged to have Probus South Pacific Limited (PSPL) W.A. Director Graeme come to their Anniversary Meeting. He presented a framed PSPL 40th Anniversary Certificate to their President Peter. Graeme then joined their President Peter to cut the Anniversary Cake. They had four Life Members form a panel to speak about various aspects of the Club's history in which they had participated.



A tour of the Life Flight Hanger and Operation

Thirty-five members from the Probus Club of Sandgate enjoyed a tour of the Life Flight Hanger and Operation at Sunshine Coast Airport and were educated about what work Life Flight does. They also had an opportunity to climb into a small helicopter and watch several commercial jets and other helicopters take off and land. Afterwards, they all proceeded to have lunch at The Coolum Beach Tavern and enjoyed a delicious two-course meal. They agreed that a lot of fun and fellowship were experienced by all.



A delightful outing

Members from Kenmore Village Probus Club went on a delightful outing to the Ipswich Incinerator Theatre.



They all agreed that the trip brought back memories and felt like a 'second childhood' riding trams at the volunteer local Tramway Museum. A wonderful time was had by all following documentation of trams in their city and other capitals of Australia and watching a video on converting AC to DC power, in the history section of the Museum.



Lunch at Bribie Island Hotel

Thirty-six members from the Probus Club of Bribie Island, partners and visitors had a wonderful time attending lunch at the refurbished Bribie Island Hotel. Although the staff appeared a little overwhelmed, trying to serve different meals to so many at the same time, everyone thoroughly enjoyed their choice. They all agreed that it was certainly a day that satisfied their Club's motto of 'Fellowship, Friendship and Fun' as it could be heard by the laughter and conversation among the group.





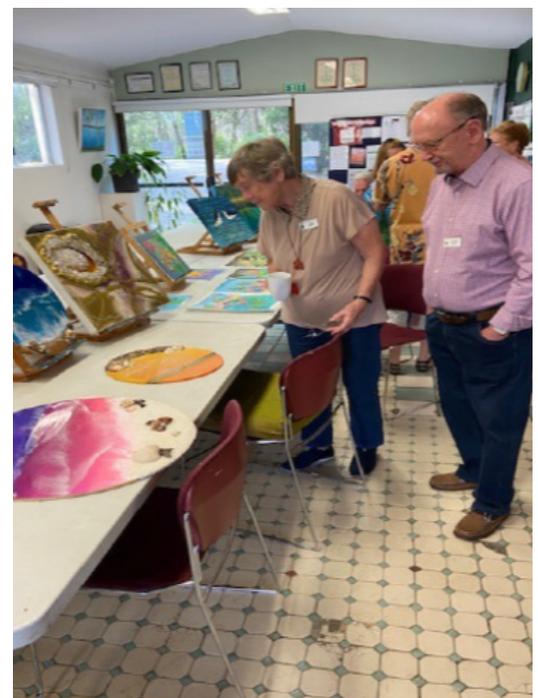
A Trip to The Alexandra Park

The Alexandra Beach Cabins and Tourist Park played host to a party for Redcliffe City Mixed Probus Club members. Though their schedule for the day had to be delayed due to the weather conditions, their Happy Hour, games, and update sessions in the camp kitchen were a constant. They all had a great trip that included going for a walk to Kondalilla Falls, a delicious breakfast, lunch and a farewell Asian dinner. Individual members took the opportunity to catch up with friends and relatives and enjoyed visits to Maleny, Montville, Eumundi and Noosa as well as meeting up at the Alexandra Heads Surf Life Saving Club for lunch. Back at the Park entertainment included swimming, board and card games, and a variety of fun activities!



Macleay Island Trip

Members of the Redlands Probus Club had a great time visiting Macleay Island, located in the Moreton Bay Marine Park at the southern end of Moreton Bay. They all had a delicious lunch at the Bowls Club after they saw the Macleay Island Arts Complex and visited the potters at work. All the members had a wonderful experience and agreed that it was a very enjoyable trip.





A Delicious Lunch Outing

The members of Burleigh Heads Ladies Probuss Club went out for lunch at the top of Q1 Skyscraper at Surfers Paradise. It is the tallest tower on the Gold Coast. All the members had a wonderful time catching up with one another over a tasty lunch. They all agreed that it was a day well spent with lots of fun and laughter with friends.



Easter Celebrations and New hats

The members of Fraser Coast Hervey Bay Combined Probuss Club celebrated Easter wearing new clothes and hats. It is believed that Spring and Easter signal new life and rebirth, so the members honoured the meaning of Easter and celebrated the coming of Spring by getting a new outfit and hat. They had a competition for the best hats, and the winners were Gina and John! All the members had a lot of fun and an amazing time together.



The Sunday walk around Qld

Probussians of Indooroopilly West Probuss Club went out on their usual Sunday walk and felt a bit of nostalgia around the University as it brought back memories of their university days. They spent a wonderful time in the "Great Court" with over 1000 botanical, zoological and "Grotesques" carvings. They walked along the path around the lake, which was serene, unlike the busy University. They all had a great time during their walk which ended with coffee and cake!



35th Birthday Celebrations

Members of North Brisbane Probuss Club met up to celebrate the Club's 35th Birthday. The venue was set up beautifully. All the members enjoyed the event, and the food was delicious.



They all agreed that the event was very relaxed and enjoyable. There was plenty of time for members to chat and move around to catch up with their fellow Probussians. Overall, the most enjoyable time was had by all present.





20th Anniversary Celebrations

Chisholm Combined Probus Club celebrated its 20th Anniversary of the Club in April this year, strong and determined to continue to offer friendship, fellowship, and bright, engaging programs to the members. The Club was delighted to receive congratulatory wishes from Mount Waverley Rotary Club and from Probus South Pacific Limited on this milestone occasion. A cake celebrating the milestone was cut by current President Peter, surrounded by some of the foundation members who continue to be members of the Club. The Club is flourishing and it is regularly adding new members and developing and refreshing its great array of programs and resources.



20 years of Fun and Friendship

Colac Central Ladies Probus Club recently celebrated 20 years of their Fun and Friendship at Yeowarra Hill Winery. They had a wonderful day where they presented 20-year pins to 13 foundation members and 9 members of the same year. Former President Kathie said she was thrilled to celebrate two decades of friendship and fun. She said the Club provided a social connection for retirees. They also had representation from 4 other Colac Probus Clubs who helped them celebrate. Musical entertainment was provided whilst dining and a celebratory cake was cut. 20 years of memorabilia were displayed for all to see and reminisce.



Celebrating 15 years of Fellowship, Fun and Friendship

South Morang Probus Club celebrated its 15th anniversary of the Club which was formed in 2007. The birthday cake was cut by President Justin with the assistance of 10 past Presidents of the Club. The Club's Certificate of Congratulations from PSPL was presented to Current President Justin and Immediate Past President Marg by Eugene, President of Rotary Bundoora. The Club currently has 19 Foundation Members. 13 of these Foundation Members attended on the day. Each Foundation Member received a certificate honouring their 15-year continuous commitment to the Club.



Exploring Melbourne in winter

East Malvern Combined Probus Club has arranged several local outings as winter embraces Melbourne. Recently, members of the Club boarded the trains to Flinders Street and then jumped aboard the no.75 tram to reach the Seafarers Mission in Docklands. They were happily greeted by the volunteer staff who showed them around the mission and lunch was supplied in the gathering space. All the members agreed that they were lucky to avoid the rain and enjoy the treat of brisk walking in the cooler temperatures of Melbourne's winter.



Blue suede shoes, on the way to Bendigo

Hidden in the wardrobe behind all the clutter was one pair of blue suede shoes. Recently, these shoes made a journey to Bendigo to visit the Elvis exhibition in the Bendigo Arts Centre. These shoes were joined by many other members from the East Malvern Combined Club's March outing on a beautiful early Autumn Day which enhanced the ambience of the day out! Once inside the exhibition space, members were delighted with the range of Elvis paraphernalia – costumes, posters, guitar, MG car, Harley Davidson bike and video clips of the Elvis story. After viewing the exhibition, they had lunch together at the Italian restaurant across the road from the Gallery. On their return journey to Melbourne, there was a great exchange of Elvis-related details shared amongst the members. The members all had a great time together.



At the Museum

In March, some members from the Combined Probus Club of Beaconsfield caught the train into the city and visited the Melbourne Museum where they saw the new display of the 67-million-year-old Triceratops Dinosaur, where 85% of the bones are original. A very enjoyable and informative day was had by all the members.





MN Probus Club Takes Wings

On the 19th of May, members of Mitcham Nunawading Probus Club enjoyed a tour of Moorabbin Air Museum. This facility has a wonderful collection of aircraft from the early days of aviation, from a Gypsy Moth biplane with wooden wings covered in textile to more recent early jet aircraft such as the Canberra bomber, and Mirage fighter and a Viscount commercial airliner. A great day was finished off with an excellent lunch at the Fight Deck Bar and Grill, a four-star restaurant that lived up to its reputation of fine dining with a view of Moorabbin airport, the second busiest airport in Australia.



10th Anniversary Celebrations

Studfield Wantirna Probus Club celebrated its' 10th Anniversary at the Knox Club Wantirna by combining the Clubs' regular meeting and lunch with an afternoon of entertainment by Col, a local performer. Forty-nine members enjoyed the day, particularly singing along to songs from the 60s and 70s. An enjoyable day filled with fun, friendship and fellowship was had by all.



Day Trip to Lorne

A small group of members from Belmont Central Combined Probus Club recently enjoyed a lovely Autumn Day in Lorne. Members browsed the shops, lunched, strolled along the foreshore, and took in the beautiful beach environment. The scenic bus trip along the Great Ocean Road added to the day's pleasure.



3 Minute Lemon Curd



Ingredients

- 2 Eggs
- ½ cup castor sugar
- 100 gm softened butter
- Juice of 4 lemons

Method

1. Whisk eggs and sugar and add butter and lemon juice. Whisk until smooth.
2. Microwave in a glass jug, removing every 30 seconds to whisk.
3. Pour into sterilized jars, and store in the fridge when cool.

Bon Appétit!



Words Into Masterpieces

- Creative Writing by Probiants

AS TIME GOES BY

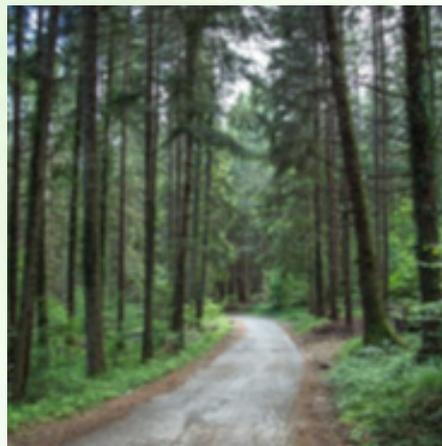
by Wendy Darwin
Probus Club of Darwin Writing Group

The young tree stood tall and proud. Feeling the life-giving surge through its slender trunk, filling the branches and leaves with life and colour. It was a young sapling in the ancient forest surrounded by his many ancestors. His great-great-grandfather stood in the distance tall and proud, over five hundred years old. His massive trunk was gnarled and pot marked with holes and crevices creating homes for many creatures. His branches reached the top of the forest creating a canopy over his family protecting them as they grew and flourished in the rich soil. The ancient tree was beginning to show the first signs of ageing. Many leaves gently falling to the forest floor each day. As time goes by those leaves decay to become nourishment for the young sapling. The once supple branches were starting to become brittle, losing their strength and flexibility. Some had broken off, falling to the ground-breaking more branches as they fell. As time goes by these dead branches will provide homes and protection for the creature who dwell on the forest floor.

The young saplings vast family stood strong, slowly growing providing life and shelter for the forest inhabitants.

Each tree knew its future, quietly waiting for time to pass and their turn to reign over the forest. It will be many years before the old tree finally gives up his position. The family of trees send messages underground to the ancient one "it is all right great father we are here." The trees gently relay comfort, support and strength during his last few years. "It is time ancient one. Time for your next life. You have protected us well old one."

As time goes by the trees grow and flourish knowing one day it will be their turn to stand tall and provide the massive canopy for the forest.



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