

Active Retirees

Fun, Friendship and Fellowship in Retirement



Probians staying
active in winter
Feature Story - P18



Pictured: Albury Murray
Probus Club members

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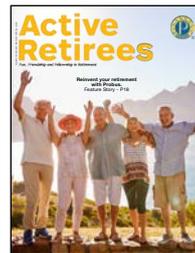
61 Amazing Probiants



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Active Retirees

Fun, Friendship and Fellowship in Retirement

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MAGAZINE GRAPHIC DESIGN

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Welcome to the spring edition of the Active Retirees magazine.

In this edition, I would like to discuss group activities in Probus Clubs. Our Clubs play a vital role in fostering friendship, mental stimulation, and active engagement among our members. One of the key factors contributing to the ongoing success and vibrancy of Probus Clubs is the provision of a wide variety of activities. Offering a wide range of activities is crucial for several reasons.

Firstly, members of Probus Clubs come from many different backgrounds, with varied interests and abilities. By providing a broad spectrum of activities, Clubs ensure that all members can find something that appeals to them, promoting inclusivity and sustained engagement. This diversity not only attracts new members but also keeps existing members enthusiastic and involved.

Secondly, a mix of activities encourages our members to try new things, which can enhance their sense of achievement and well-being. It also provides opportunities for members to share their own skills and passions, strengthening the sense of community within the Club.

As an example, I have always had an interest in photography, and so I convene a photography group in my own Club. Some members have expensive cameras, but many just use their mobile phones and have just as much fun. Also, we get to go to some fascinating locations, and they almost always also have a coffee shop and lunch venue nearby.

Thirdly, activity groups give members opportunities for engagement outside the normal monthly meetings. All you need is a few members with interests who are prepared to organise activities whenever it suits them.

There are many other examples of popular Probus Club activities. Regular outings, such as visits to museums, gardens or historical sites, offer social interaction and the chance to explore new places. Interest groups – such as book clubs, walking groups, or craft

sessions – cater to specific hobbies and foster closer friendships among members with similar interests. Of course, trips away overnight are excellent ways for members to get to know each other better.

Ideas for activities are endless; I recall visiting one Club near the coast who were considering setting up a fishing group in their Club.

Activities can be very simple. Many Clubs have a weekly coffee morning at a local café, where members come if they are free. Just make sure there is someone present to keep a record of attendance in case of any possible insurance claims.

Weekend lunches are becoming more popular as well: many members are busy during the week with other activities such as child minding, but weekends can be lonely. A monthly Sunday lunch or picnic can be a very successful activity.

In conclusion, a diverse program of activities is essential for Probus Clubs to remain relevant, engaging and supportive environments for members. By catering to a wide range of interests and abilities, Clubs can ensure that all members feel valued and involved, leading to a richer and more fulfilling Club experience for everyone.

I would be interested to hear what interest groups Clubs have. Particularly if you have any activities which might be a bit unusual, or you think might be of interest to other Clubs, please let me know. You can send details to me by email:

michaelransom@probussouthpacific.org

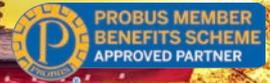


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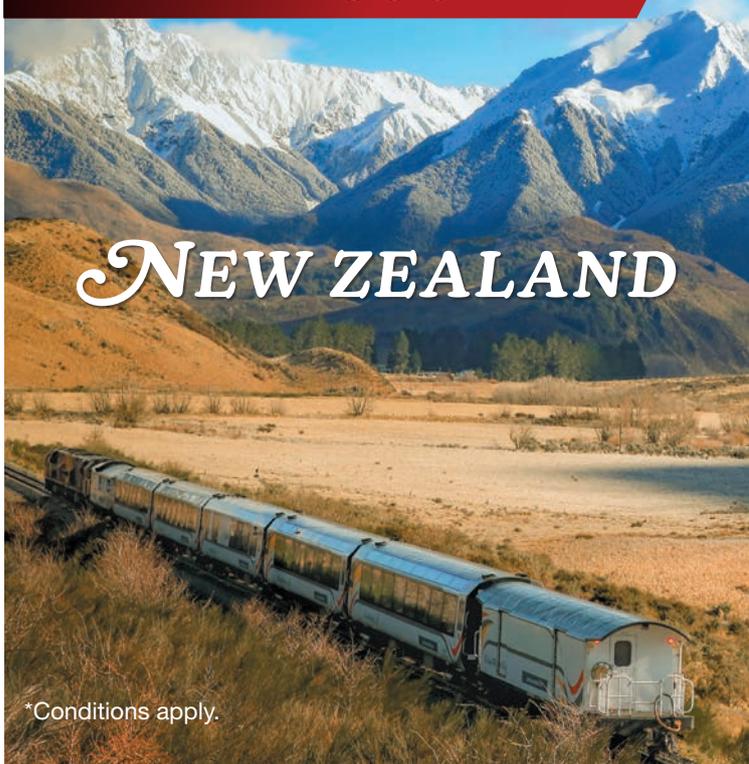
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GRANNY FLATS: FRIEND OR FOE?

No longer just for grannies, secondary dwellings have surged in demand. But do you know that a granny flat can do wonders for your retirement income?

Perceptions of granny flats have long been of an old building in the back of a property reserved for extra family members to use – whether living or visiting. But viva le revolution, because granny flats have undergone an extensive transformation and are now considered a desirable place to live.

Why the revolution?

There are numerous reasons that people choose to build a granny flat in their backyards. For some, it provides an external space to use as a studio or home office. It can also serve as a separate living area for teenagers or adult children who are still living at home. Additionally, it can help adult children who cannot afford to move out of home to gain some independence.

For others, the rental yields make it a desirable option.

How can granny flats help?

Granny flats may be a gold mine in your backyard. But it does depend on how you intend to use the property.

Owner-occupiers can save by downsizing or building a property in the yard and renting the main premises. But you do need to be aware of the tax implications.



Investors can claim any expenses they incur for a rental property such as interest, rates, repairs and maintenance costs and property management fees. If a granny flat or a home becomes a rental property, the owner is entitled to claim depreciation deductions for the wear and tear that occurs to the building and the plant and equipment assets contained. The upside? The deductions mean the owner can reduce their taxable income and improve their tax liability, therefore improving their cash return. Importantly though, if the owner is living in another part of the property, deductions can only be claimed on the portion of the property which is income producing.

Financial pros and cons

As with anything in life, there are advantages and disadvantages when it comes to granny flats. And you need to seriously weigh these up before deciding to go ahead with the idea. Granny flats are relatively cheaper to produce, and an investor can expect to claim depreciation in the first financial year. Depreciations are also considered generous as you can make claims on the shared areas such as decks, pools and even barbeques. Many states have also imposed easier planning regulations, so building a granny flat is much less hassle and ends up being much cheaper than a duplex, for example. Finally, looking long-term, a granny flat may increase the capital value of the main house, however this largely depends on how it has been built, including the design, the privacy and access.

Nevertheless, you need to weigh up any income against the expenses incurred. Granny flats cannot be put on a separate title so they must be sold with the main property. This may affect your resale value. Plus, you'll need to look at whether you actually want to share your yard with a tenant, and possibly one you don't have any ties to.

Before diving in

There are some things you need to consider when deciding whether or not to construct a granny flat. First, they may not be a practical idea for your particular property. This includes aesthetically and practically – you should always check to see whether your property is suitable for an extra dwelling.

Plus, there are different regulations between states so

you'll need to do your research. And finally, while a granny flat may push your sale price up when you take your property to market, it can also swing the other way if potential buyers emphasise backyard space over more living space. You need to weigh up both sides of the argument.

Regardless of what you decide, it's important that you talk to the experts. If you plan to use a granny flat to produce income, it's recommended you speak with your accountant to find out how this will affect your annual income tax return and to discuss the capital gains tax implications should you decide to subdivide or sell the property down the track.

If you're the one moving into a granny flat, also talk to your local Centrelink office, as this may have implications on your pension entitlements.



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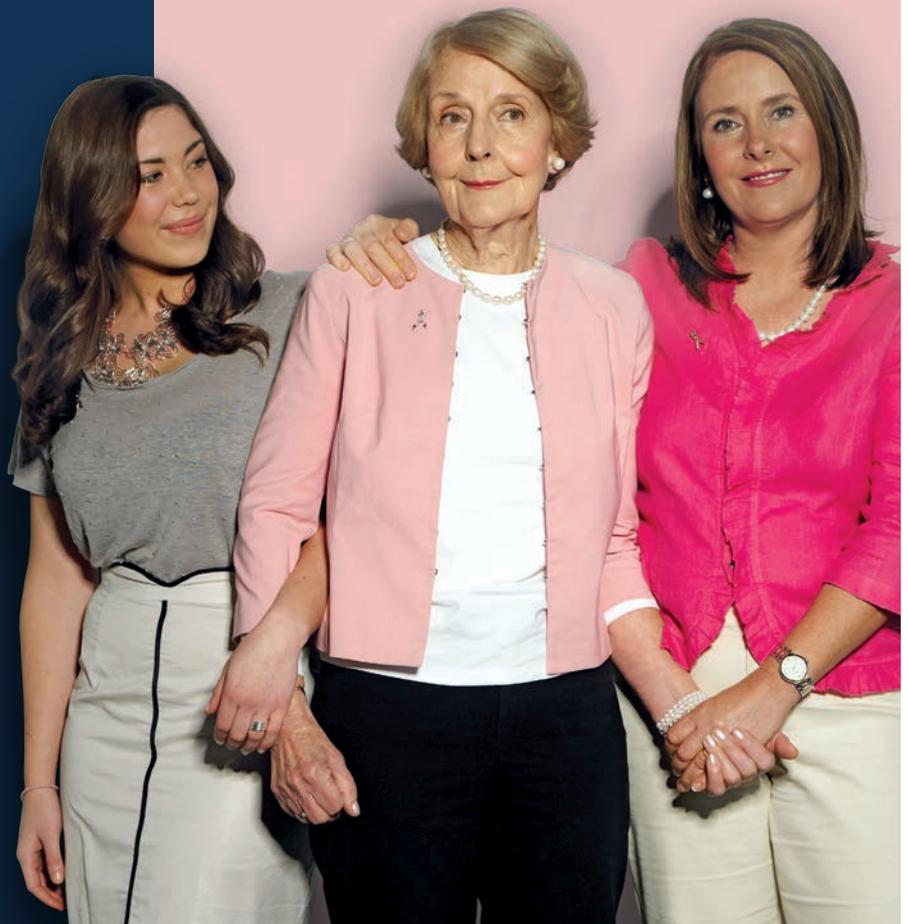
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FALLS PREVENTION: STAYING STEADY, SAFE, AND INDEPENDENT AT HOME

Every year, thousands of older Australians are admitted to hospital after a fall, and more than half of these incidents happen in the home. They often occur in places we think of as safe, such as the kitchen, the bathroom, or even on the garden path. As we age, changes in balance, vision, and reaction time, as well as conditions such as arthritis or Parkinson's disease, can make these everyday environments riskier than we realise.

The good news is that falls are not an inevitable part of aging. With a combination of active living, practical home adjustments, and the right support equipment, you can greatly reduce your risk and enjoy a safer, more independent life.

Move More, Fall Less

Most falls occur on level ground, not down stairs or on ladders. Small changes in the home can go a long way towards prevention. Keep walkways clear of clutter, remove or secure loose rugs, and ensure rooms are well lit. In high-risk areas

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such as bathrooms or steps, installing grab rails or non-slip mats adds another layer of protection. Even simple adjustments, like rearranging furniture to create wider pathways, can make moving around safer and easier.

Equip Yourself for Confidence

For many people, the right equipment can be the key to maintaining independence. Support rails, shower chairs, and over-toilet aids help reduce the risk of slips in wet areas. Adjustable beds can make getting in and out of bed less strenuous, and mobility

aids like walkers or rollators provide stability and reassurance when moving around.

Expert Support and Practical Solutions

There is a wide range of products and advice available from Aidacare to help make your home safer and your daily routines easier. From bathroom safety solutions and mobility aids to tailored recommendations for your specific needs, the right guidance and equipment can make a real difference to your confidence, safety, and independence at home.

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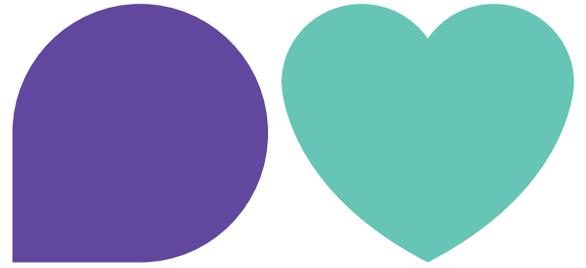
Include a Charity Week

1-7 September



Abigail





Having a Will protects your wishes – leaving a gift changes their future

Monday 1 September kicks off Include a Charity Week 2025 - a social campaign that raises awareness about the importance of creating a Will and how you can leave a gift to a meaningful cause like Sydney Children's Hospitals Foundation (SCHF).

Including a charity in your Will is a special and personal decision. It's a powerful declaration of your values and beliefs, leaving a legacy that you and your loved ones can be proud of for generations.

Your support can help change the future for kids like three-year-old Abigail. She is one of more than 400,000 children in Australia who live with a rare disease.

Born in 2021, Abigail entered the world via an emergency c-section and spent her first two weeks in the Neonatal Intensive Care Unit, before finally making it home just in time for Christmas. Her parents hoped their hospital days were behind them. But then everything changed.

After a medical episode at home, Abigail was rushed to Sydney Children's Hospital, Randwick for urgent care. There she was diagnosed with hypopituitarism - a rare, life-long condition where the body doesn't produce enough of the

critical hormones for growth, metabolism and overall health. Like 95% of children with a rare disease, there is no cure for Abigail but there is hope - through gene therapy and groundbreaking research.

Thanks to generous gift in Will supporters funding initiatives like the Kids Advanced Therapeutics Program, at Sydney Children's Hospitals Network, the future is changing for children like Abigail, creating new possibilities for kids with rare conditions, including cell and gene therapies that turn off disease at its source.

Abigail's proud parents, Adrienne and Aaron say it's incredible to see research change the life of children with no cure or traditional treatment.

By leaving a gift, large or small, in your Will to SCHF, you too can help provide the best possible care to sick kids for generations to come.

"Our Abigail is thriving, but she will always need medication to help control her metabolism, blood pressure and growth. While her condition is rare but stable, some families aren't so lucky."

- Adrienne and Aaron.

To find out more call 1800 770 122 to speak to one of the friendly Planned Giving Team members at SCHF or visit the website.

IS THERE SCIENCE BEHIND MANIFESTING, OR IS IT JUST A VIBE?

Manifesting is the idea that our thoughts can directly shape our future and reality. Basically: think it, believe it and it will happen. This concept has been made popular by self-help books and social media. But is there any science to back up the idea that our mind can change the future?

While there is no proof that your mind can alter reality, there is some solid psychology behind why manifestation can be helpful when it comes to believing in yourself and setting goals for the life you want.

Here's what the research says:

1. Positive thinking boosts motivation and reduces stress.

Thinking positively makes you more likely to take action. You're more likely to approach things that are unpleasant or difficult in a more positive and productive way. It's not magic—it's just that you're more likely to try when you believe something's possible. As a bonus, it can also help reduce stress.

2. Your brain can turn visions into success with repetition.

When you vividly imagine yourself succeeding, your brain activates the same neural pathways as if you were actually performing the task. This



mentality can enhance skills, boost confidence, and improve focus. Regularly doing this has been linked to reduced stress and anxiety, increased creativity, and improved performance.

3. Believing in yourself actually matters.

People who believe they can do something and believe in themselves are more likely to follow through and succeed. When you trust your skills and past successes, you're more likely to set and achieve goals and manage stress. It's important to keep in mind that this should be based on a realistic understanding of your abilities and experiences.

4. Focus = action.

Thinking about what you want keeps it at the forefront

of your mind. You're probably thinking... well duh! But, by doing this, you will notice more opportunities, stay motivated and are more likely to take the steps needed to get there.

But let's be real... Thoughts alone won't cut it.

You still need to do the work. No amount of visualising will replace actually sending the email, applying for the job, or showing up for yourself.

It's not instant.

You might be more aware of things you want (thanks, brain), but that's not the same as the universe handing it to you—and that's okay!

Watch out for ‘toxic positivity’.

It’s okay to have bad days. You don’t have to be endlessly positive for things to work out. Feeling your feelings is part of the process too.

Know when to reach out for support.

There are some things you can’t manage on your own or ‘think’ your way out of. If you’re feeling overwhelmed about anything, know that it’s okay to ask a friend or loved one for support. You can also speak to your healthcare provider.

Journaling is manifestation’s best friend.

If you’re into manifestation (or just want to feel more focused), journaling is a super easy, science-backed way to get started. It can:

- clear your mind, reduce stress, anxiety and overthinking
- help you create realistic goals and define what you want to achieve by breaking down goals into manageable steps
- keep you on track and show you how far you’ve come.

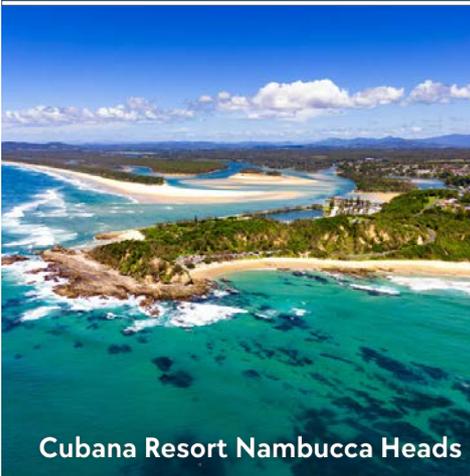
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Probians staying active in winter



The chilly weather often encourages many to remain indoors; as temperatures drop, so does our motivation to go out and explore. We reached out to various clubs to discover how they have remained active and engaged by finding innovative ways to gather during these colder months.

Glen Waverley Combined Probus Club, Victoria

Glen Waverley Combined Probus Club is fortunate in having 120 members who actively support a diverse range of monthly activities to cater for various interests. They also strive to have at least one special outing each month, providing members with something to anticipate.

During each meeting, a table is set up displaying booking sheets for upcoming activities, allowing members to freely walk around and sign up for events they wish to attend. This setup creates a central gathering point where members can engage in discussions about the offerings as they mingle.

To boost attendance, they occasionally enhance the experience by choosing more upscale activities. For instance, the dine-out event in June was held at a local golf club, which, while slightly more expensive, offered a wonderful atmosphere and was fully booked.

The Activities Coordinator addresses the members at every general meeting highlighting the upcoming activities and gathering valuable feedback from members.



Albury Murray Probus Club, New South Wales

The Albury Murray Probus Club members have had a wonderful time exploring this winter, gathering as early as 8am to set off on their weekly walks. Each walk is always complemented by a coffee before heading home.

The Club has two enthusiastic walking groups who set off every Monday and Thursday morning. This is a fantastic way to kickstart the day, enjoy a cozy cup of coffee or tea afterward, and ensure that everyone gets their daily steps in.



Gorokan Combined Probus Club, New South Wales

Gorokan Combined Probus Club shares that now, more than ever, they have more members eager to participate, regardless of the weather.

Recently, they enjoyed a fantastic trip to the Snowy Mountains. Since the outing coincided with ski season, the Club advised everyone to dress appropriately for the conditions. They consistently encourage members to join these excursions, as it offers a chance to connect with fellow members in a way that differs from spending just a few hours together at the monthly meetings.



The group trips at Gorokan Combined Probus Club are typically organised during the cooler months, allowing them to select popular tours at prices lower than typical market price. In addition to this, the Club has a variety of activities tailored to various mobility levels to enhance participation. When attendance numbers are low, they also aim to collaborate with other Clubs within their Cluster.

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Belmont Central Combined Probus Club, Victoria

Belmont Central Combined Probus Club recently started a winter day with a brisk walk along the tranquil banks of the Barwon River in Geelong.

Every Monday, regardless of the weather, up to 15 members meet for their walk. Since the group's inception, there have been very rare occasions when the walks have had to be cancelled, highlighting the enthusiasm all share in gathering for their weekly walk.

To keep members active during the winter months, the Club encourages continued participation in indoor sports such as pickleball, badminton, and table tennis.

If the weather is too unpleasant, the Club adopts this strategy of continuing to go on outings but instead opting for indoor activities. As a result, the winter season is filled with engaging activities and outings for Belmont Central Combined Probus Club.



Logan Village Probus Club, Queensland

As this was Logan Village Probus Club's first winter together, they decided that rather than do standard bus trips, they would offer a variety of activities and outings to gauge interest from members. All have

been well attended and have given members the opportunity to get to know one another outside of the monthly meetings. They've had lots of laughs and seen a lot of phone numbers being swapped and new friendships being formed, which is what Probus is all about.

Members also braved a chilly winter morning and headed to Esk (100km northwest of Brisbane) for the annual Garden and Lifestyle Fair. The Club made sure to plan a variety throughout the winter season and are excited to continue having fun, friendship and fellowship.



Woodcroft Probus Club, South Australia

During winter, the Woodcroft Probus Club enjoyed visiting the Prancing Pony Brewery at Mt Barker for lunch and a taste of their beer selection. It was a pleasant lunch of warm pumpkin soup with chicken and mushroom pie and a range of other delicious meals to choose from.

The Club actively keeps their members active and engaged during the winter months, ensuring that their monthly meetings during winter always have an option of warm soup along with other hot dishes. The Club also promotes a follow-up event after listening to guest speakers, where members can continue the day elsewhere. Numerous outings have been planned for the winter season, with a visit to Parliament House scheduled in the near future.



Taringa Probus Club, Queensland

Taringa Probus Club is a very active Club all year-round. Once a month, the Club has a movie morning at a suburban cinema followed by lunch at a nearby restaurant. They also have a coffee morning which provides a social encounter for members who enjoy a chat over coffee and cake – both activities are very good on winter days!



They also maintain Sunday walking days for those who enjoy walking and looking at the fabulous winter landscapes on offer in and around Brisbane.

During winter they had a very informative visit to the State Library of Queensland and the State Museum where they learnt of how the German tank, Mephisto, was purloined by members of the First AIF and brought to Brisbane. It is the only one known to still exist, and it now has pride of place at the State Museum of Queensland, together with a compass, possibly souvenired from the same tank.

Paynesville Probus Club, Victoria

Paynesville Probus Club has been staying busy and when winter approaches, the Club is ready with a diverse range of program options for members. Planning and spontaneity are the essential ingredients for their success.

Their winter program includes lunches at a local restaurant, exploring historic sites, coffee club, and many other events.

Outdoor outings are often held at short notice to coincide with favourable weather predictions. In addition, members are always on the lookout for impromptu events including a visit to the movies, a local play, or musicals of interest.

The Club emphasises that all these activities are made possible through the active participation and involvement of members and their commitment to the ethos of fun and friendship.



Whittlesea Combined Probus Club, Victoria

“Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds” is a phrase long associated with the American postal worker. This could equally apply to members of the Whittlesea Combined Probus Club.



Apart from four special interest groups who meet individually, the monthly general meeting is when personal exchanges take place and general health is discussed. Many members are long-term friends and keep in contact, but like any population there are isolated individuals. At the Club, they are graced by a proactive Welfare Officer who makes many personal visits to those reported to be in poor health or have been noticeable by their absence, especially during winter.

COACH HOLIDAYS AND TOURS

2025/26 TOURS

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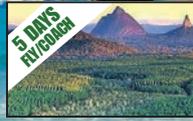
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CANBERRA

2025 - 3 Days - \$595 pp twin - \$755 solo
4 Days - \$825 pp twin - \$1,065 solo
Departing 10/9/25 4 Days, 18/9/25 3 Days,
7/9/26 3 Days, 11/9/26 4 Days



SUNSHINE COAST

Return flights ex SYD included
2025 - \$1,695 pp twin - \$1,995 solo
2026 - \$1,825 pp twin - \$2,117 solo
Departing 8/9/25, 4/5/26, 21/9/26



YOUNG CHERRY PICKING

2025 - \$745 pp twin - \$925 solo
2026 - \$810 pp twin - \$1,000 solo
Departing 30/11/25, 3/12/25, 28/11/26



ORANGE

2025 - Sold Out
2026 - \$1,890 pp twin - \$2,400 solo
Departing 28/3/26, 27/9/26



HUNTER VALLEY CHRISTMAS LIGHTS

2025 - \$895 pp twin - \$1,075 solo
2026 - \$945 pp twin - \$1,135 solo
Departing 30/11/25, 9/12/25, 30/11/26, 7/12/26



MUDGEJEE

2025 - 1,845 pp twin - \$2,345 solo
2026 - \$1,970 pp twin - \$2,495 solo
Departing 21/9/25, 28/9/25, 29/10/25, 15/3/26, 18/10/26



CHRISTMAS IN JULY - MUDGEJEE

2026 - \$845 pp twin - \$1,049 solo
Departing 1/7/26



LIGHTNING RIDGE

2025 - \$1,825 pp twin - \$2,145 solo
2026 - \$1,995 pp twin - \$2,375 solo
Departing 6/10/25, 26/4/26, 26/9/26



BATEMANS BAY

2025 - Sold Out
2026 - \$1,215 pp twin - \$1,500 solo
Departing 8/2/26, 2/11/26



BENDIGO

Return flights ex SYD included
2025 - \$1,895 pp twin - \$2,255 solo
2026 - \$1,895 pp twin - \$2,275 solo
Departing 28/9/25, 27/4/26, 31/8/26



PARKES

2025 - \$1,445 pp twin - \$1,820 solo
2026 - \$1,610 pp twin - \$2,010 solo
Departing 9/11/25, 19/4/26, 13/9/26



KANGAROO ISLAND

Return Flights ex SYD Included
2025 - Sold Out
2026 - \$1,980 pp twin - \$2,334 solo
Departing 6/3/26, 11/9/26



GRIFFITH & THE MIA

2025 - \$1,450 pp twin, \$1,750 solo
2026 - \$1,560 pp twin - \$1,885 solo
Departing 21/9/25, 12/4/26, 7/10/26



GREAT OCEAN ROAD

Return flights ex SYD included
2025 - \$2,150 pp twin, \$2,630 solo
2026 - \$2,340 pp twin - \$2,840 solo
Departing 15/9/25, 22/9/25, 6/4/26, 7/9/26



WAGGA WAGGA

2025 - \$1,595 pp twin - \$1,995 solo
2026 - \$1,695 pp twin - \$2,120 solo
Departing 28/9/25, 12/4/26, 2/8/26



BROKEN HILL, WHITE CLIFFS & MILDURA

2025 - \$2,175 pp twin - \$2,713 solo
2026 - \$2,385 pp twin - \$2,985 solo
Departing 27/9/25, 10/5/26, 15/8/26



SAPPHIRE COAST

2025 - \$1,625 pp twin - \$2,000 solo
2026 - \$1,825 pp twin - \$2,250 solo
Departing 21/9/25, 19/11/25, 1/11/26



CAIRNS

Return Flights ex SYD Included
2025 - Sold Out
2026 - \$2,935 pp twin - \$3,605 solo
Departing 30/5/26, 6/6/26, 8/8/26, 15/8/26



WANGARATTA

2025 - \$1,685 pp twin - \$2,185 solo
2026 - \$1,835 pp twin - \$2,360 solo
Departing 7/9/25, 28/3/26, 19/4/26, 6/9/26



LONGREACH & OUTBACK QUEENSLAND

2025 - Sold Out
2026 - \$3,825 pp twin - \$4,890 solo
Departing 30/5/26, 13/6/26, 11/7/26, 15/8/26



DORRIGO

2025 - \$1,695 pp twin - \$2,070 solo
2026 - \$1,795 pp twin - \$2,195 solo
Departing 27/10/25, 15/3/26, 13/9/26



TASMANIA

2025/2026 - \$4,680 pp twin - \$5,529 solo
Complimentary Flights to/from SYD Included
Departing 1/12/25, 12/1/26



BALLINA

2025 - Sold Out
2026 - \$1,795 pp twin - \$2,320 solo
Departing 22/3/26, 30/8/26



EAST COAST

2026 - \$5,990 pp twin - \$7,741 solo
Complimentary Flights to/from SYD Included
22/5/26, 6/6/26, 31/7/26, 15/8/26



SOUTH WEST ROCKS

2025 - \$1,650 pp twin - \$2,125 solo
2026 - \$1,755 pp twin - \$2,210 solo
Departing 19/10/25, 22/2/26, 20/9/26



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pp twin = per person twin share, solo = solo traveller
All tour pricing is ex Sydney Metropolitan area and group pickups outside of this area may incur extra costs. We reserve the right to vary pricing and itineraries to meet operational needs.

CELEBRATING TRAVEL, FRIENDSHIP AND 30 YEARS OF MEMORIES

COACH HOLIDAYS AND TOURS

For more than 30 years, Coach Holidays & Tours has proudly partnered with Probus members to create unforgettable journeys across Australia. From humble beginnings, they have grown into Sydney's largest coach touring company catering exclusively to retirees and Probus clubs—something they consider both a privilege and a responsibility.

Over three decades, thousands of Probians have travelled with them, forming friendships, discovering hidden gems, and enjoying the peace of mind that comes with their **fully inclusive, no-surprises packages**. With more than **30 extended tours and 130 Sydney day tours** to choose from, they offer unmatched variety, flexibility, and value.

What's New

As part of their 30th anniversary celebrations, they're thrilled to launch exciting new options:

- **Tasmania 12-Day and East Coast 14-Day Tours** – with



complimentary flights for Probus members booking select departures.

- A brand-new **Sydney Day Tour Series** has just launched, featuring over 130 carefully curated day trips designed with Probus clubs in mind.
- **Exclusive Probus extended tour discounts** including up to 12% off base prices and additional incentives for group organisers.
- **Expansion into other states** bringing their cost-effective tours to all members.
- State of the Art **Volvo touring coaches** worth \$750,000 each.

Why Probians Choose Them

- **All-inclusive pricing** – every tour covers transport, accommodation, meals, and entries.
- **Attention to detail** – from morning teas to hand-picked accommodation, everything is arranged so you can relax and enjoy.

- **Experience that matters** – 30 years of touring knowledge ensures smooth, well-paced itineraries that suit Probus travellers.
- **Unmatched buying power** – their scale allows them to negotiate the best rates without compromising quality.

They invite you to travel with them in 2025 and beyond—whether it's exploring the outback, celebrating wildflower season, taking in the wonders of Tasmania, or enjoying a simple day trip with friends. Whether you live in NSW, VIC, QLD or other states they have tour packages to suit.

Travel in comfort. Arrive with memories. That's their promise to Probus.

For more information or to request a brochure, call them on 1300 13 44 23 or visit [their website here](#).

MAURITIUS: WHERE PARADISE MEETS CULTURE, ADVENTURE & CHARM

If you've ever dreamt of a holiday that combines turquoise lagoons, lush tropical gardens, vibrant culture and once-in-a-lifetime wildlife encounters, Mauritius should be at the top of your list. Known as the "Star of the Indian Ocean," this tiny island nation punches well above its weight when it comes to beauty, history and diversity.

A Tropical Haven in Grand Baie

Your journey begins in Grand Baie, a picturesque coastal village in the north. With its sheltered lagoon, luxury resorts and lively local scene, Grand Baie is the perfect introduction to island life. Spend time unwinding on the white sands, dipping into the pool, or strolling along the waterfront lined with shops and cafés. As the sun sets, indulge in fresh seafood or enjoy a cocktail while the colours of the bay shimmer in the fading light.

Grand Baie is also a springboard for exploration. Just along the coast lies Cape Malheureux, with red-roofed Notre Dame Auxiliatrice Church offering postcard-perfect views of Coin de Mire. Nearby, the Sir Seewoosagur Ramgoolam Botanic Garden - one of the oldest in the Southern Hemisphere - invites you to wander past giant water lilies and exotic palms planted by royalty. For a taste of Mauritius's sweet history, the L'Aventure du Sucre Museum tells the story of the island's



sugar industry, complete with rum tastings that reflect the island's French and Creole heritage.

Elegant Estates & Colonial Charm

Mauritius is not only about natural beauty; it's also steeped in colonial history. A visit to the 150-year-old Château de Labourdonnais reveals a grand estate surrounded by orchards bursting with mangoes, spices and exotic fruit. This lovingly restored mansion showcases both architectural elegance and agricultural tradition.

Further south, Eureka Mansion in Moka offers a glimpse into 19th-century colonial life, with antique-

filled rooms and verandahs overlooking tropical gardens and waterfalls. Sitting down to a traditional Mauritian lunch here is like stepping back in time, with flavours that reflect the island's multicultural roots.

The Buzz of Port Louis

Port Louis, the capital, brims with colour, sound and flavour. From the bustle of its central market - piled high with spices, saris and fresh produce - to the modern Le Caudan Waterfront precinct with its boutique shops and cafés, the city is a fascinating blend of old and new. Standing above it all is La Citadelle at Fort Adelaide, where sweeping views stretch from the Champ de Mars Racecourse to the sea.

**Sweet & Spiced:
Rum, Tea &
Vanilla**

Mauritius’s fertile land produces more than sugar. At Saint Aubin House, you’ll discover the island’s long connection with vanilla, tea and rum production. The estate’s Rum House, Vanilla House and tropical gardens showcase how traditional practices blend with modern innovation. Similarly, the Bois Chéri Tea Factory and Museum opens the door to the island’s tea-making culture, with tastings served against a panoramic backdrop of crater lakes and sweeping plantations.



Chamarel and the lush Black River Gorges, Mauritius is an island shaped by volcanic forces and spiritual traditions alike.

**A Journey
of Meaning &
Connection**

Travel in Mauritius is also about people. A visit to Joie de Vivre School in Chemin Grenier offers a chance to connect with local children and learn about the community-driven projects making a difference. It’s a heartwarming reminder that travel is as much about giving back as it is about discovery.

**Sailing, Heritage
& Dolphins at Play**

On the southwest coast, the UNESCO World Heritage site of Le Morne Brabant tells the powerful story of resistance and freedom, with its Slave Route Memorial honouring those who fought for dignity and justice. From



this poignant moment of history, the mood shifts as you step aboard a catamaran for a barbecue lunch cruise. With the Indian Ocean breeze on your face and perhaps dolphins leaping in your wake, it’s hard not to feel like you’ve found paradise.

More Than Just a Holiday

Mauritius is not just a destination - it’s an experience that blends leisure with discovery, relaxation with adventure. Whether you’re sipping rum beneath palm trees, wandering through colonial estates, sailing past coral-studded lagoons or sharing laughter with local children, Mauritius leaves an imprint that’s hard to shake.

It’s a place where cultures converge, where history runs deep, and where every sunset feels like it belongs only to you. And when the time comes to say farewell, you’ll leave knowing that Mauritius is more than an island - it’s a paradise of the heart, waiting for your return.

If this vision of paradise speaks to you, join one of our two Mauritius departures next year,

[16 May 2026](#) or [05 September 2026](#).

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Tours



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TASMANIA SHORT BREAK WILDERNESS, WILDLIFE & GOURMET DELIGHTS

Discover Tasmania's wild beauty & rich history with stunning peaks, river cruises & gourmet delights.



Departure 11 April & 09 September 2026

NORFOLK ISLAND EXPERIENCE

Experience Norfolk Island's reefs, history & island charm on one of these unforgettable escapes.



Departure 15 April 2026

CUNNAMULLA INDULGENCE IN THE OUTBACK

Soak in mineral-rich hot springs & be mesmerised by Cunnamulla's storied past.



Departure 03 May 2026

LORD HOWE ISLAND ESCAPE DISCOVERING PARADISE

Escape to Lord Howe Island's dreamy world of volcanic peaks & coral-fringed beaches.



Departure 19 May 2026

COLOURS OF AUTUMN IN THE VICTORIAN ALPINE REGION

Breathe in the beauty of Bright as autumn paints the alpine valleys in a blaze of colour.



Departure 22 May 2026

MURRAY PRINCESS DISCOVERY CRUISE VICTOR HARBOR & MOUTH OF THE MURRAY

Cruise the iconic Murray River, explore charming towns & soak in coastal delights in Victor Harbor.



Departure 19 June 2026

CAIRNS TO CAPE YORK FAR NORTH QLD ADVENTURE

Explore the rugged beauty of Far North QLD, from Cairns to the remote northern tip of Australia.



Departure 07 September 2026

SOUTH WESTERN AUSTRALIA EXPLORER PLUS INDIAN PACIFIC RAIL OPTION

Experience Western Australia's natural wonders, rich history, and food and wine delights.



Departure 17 September 2026

FLINDERS, ARKAROOLA & BAROSSA VALLEY

Explore the rugged outback, natural wonders & fine wine on this South Australian adventure.



Departure 12 May & 28 July 2026

OUR COOK ISLANDS PARADISE

Unwind in paradise with a week of vibrant culture, crystal-clear lagoons & warm island hospitality.



Departure 16 May & 05 September 2026

MAURITIUS INDIAN OCEAN PARADISE

Embark on a tropical journey & explore vibrant markets, pristine beaches & lush botanical gardens.



Departure 03 November 2026

SRI LANKA PEARL OF THE INDIAN OCEAN

Journey through Sri Lanka's rich tapestry of ancient temples, lush tea plantations & vibrant wildlife.



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Cruises



Departure 17 March 2026

AUCKLAND TO SYDNEY ONBOARD NORWEGIAN SPIRIT

Discover New Zealand from Auckland to Milford Sound, then journey on to Melbourne & Eden.



Departure 02 April 2026

SOUTH PACIFIC ONBOARD CARNIVAL LUMINOSA

Sail from Brisbane to San Francisco, cruising through Tahiti and the breathtaking South Pacific.



Departure 19 April 2026

EUROPEAN EXPLORER ONBOARD SAPPHIRE PRINCESS

From Rome to Copenhagen, enjoy stops in Italy, Spain, France, England, Norway & Denmark.



Departure 20 April 2026

JADE SEAS JOURNEY ONBOARD OCEANIA RIVIERA

From Singapore to Tokyo, stop in Ho Chi Minh City, Nha Trang, Hong Kong, Taipei, Okinawa & Kyoto.



Departure 02 May 2026

HAWAII INTER-ISLAND ONBOARD PRIDE OF AMERICA

Experience an island-hopping cruise through paradise, from lush landscapes to cultural treasures.



Departure 26 May 2026

BARCELONA TO NICE ONBOARD AZAMARA JOURNEY

Experience an unforgettable 7-night cruise along the southern coast of France.



Departure 29 June 2026

CROATIA INTENSIVE CRUISE ONBOARD AZAMARA ONWARD

Beginning in Venice, sail through the sparkling Adriatic concluding in historic Athens.



Departure 18 July 2026

ALASKA CRUISE ONBOARD ZAANDAM

Explore the beauty & history of Denali & Yukon before a scenic cruise through The Inside Passage.



Departure 25 July 2026

GREECE CRUISE ONBOARD AZAMARA ONWARD

Cruise through the sun-drenched Aegean and Eastern Mediterranean from Athens.



Departure 01 August 2026

MUTINY ON THE BOUNTY & FIJI ONBOARD CARNIVAL ENCOUNTER

Explore historic Norfolk Island, the tranquil Mutiny on the Bounty islets & vibrant Fiji.



Departure 13 September 2026

BEST OF THE MEDITERRANEAN ONBOARD AZAMARA QUEST

Journey from Monte Carlo to Venice, with enriching stops in Rome and Sorrento.



Departure 02 April 2027

SOUTHERN AUSTRALIA EXPLORER ONBOARD GRAND PRINCESS

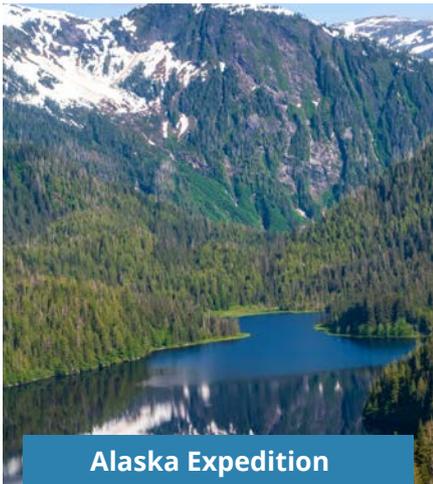
Sail from Sydney to Fremantle, exploring southern gems like Melbourne, Adelaide & Margaret River.



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**Alaska Expedition
HX Expeditions**

Ease into your journey with two indulgent nights in Vancouver before venturing through glaciers, fjords and frontier towns enroute to Anchorage. With handpicked excursions, cultural encounters and wilderness at every turn, this curated expedition unveils the wild beauty of Alaska's Inside Passage, a rare adventure for the discerning traveller.

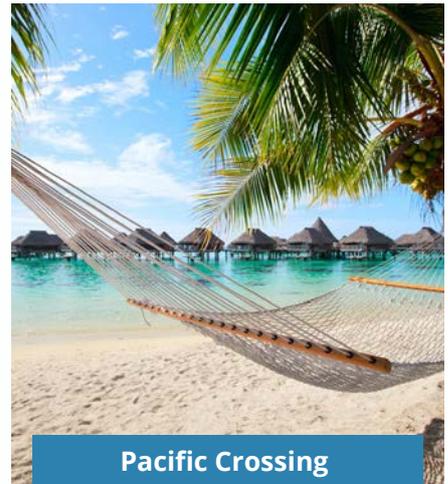
**MS Roald Amundsen
Vancouver to Seward
Cruise departs
21 May 2026**



**Mediterranean Discovery
Silversea Cruises**

Sail through sun-drenched Spain and Morocco, from Casablanca's traditions to Andalusia's charm and Barcelona's artistic flair. Onboard, indulge in Silversea's signature all-inclusive luxury, butler service, world-class dining and unrivalled comfort on a voyage designed for those who seek elegance and depth in every destination.

**Silver Muse
Lisbon to Barcelona
Cruise departs
20 August 2026**



**Pacific Crossing
Celebrity Cruises**

Begin with three nights in Waikiki before crossing the Pacific in sophisticated style. Journey via the emerald peaks of Moorea, the lagoons of Raiatea and Tahiti, and the shores of New Zealand, all while savouring Celebrity's refined dining, immersive entertainment and attentive service. A transformative passage between worlds.

**Celebrity Edge
Honolulu to Sydney
Cruise departs
25 September 2026**

THE WORLD OF CRUISING

Cruise Beyond The Ordinary



There's something timeless about setting sail, the sense of adventure as the horizon stretches endlessly ahead, the luxury of unpacking once yet waking in a new destination each morning, and the ease of letting the journey itself become part of the holiday. Cruising today is more diverse than ever, offering a style to suit every traveller.

Ocean cruises are the classic choice with grand ships that carry you across vast seas while delivering world-class dining, entertainment, and relaxation at sea. From tropical islands to storied cities, each day offers a new destination to discover.

For those seeking something more intimate, river cruising gently glides through the heart of Europe, Asia, or Africa. You'll dock right in the centre of charming towns, wander through historic streets, and enjoy guided tours that bring each region to life - all while returning to the comfort of a boutique floating hotel.

Adventure seekers are increasingly drawn to expedition cruising. On smaller, specialist vessels, you'll journey to remote places like Antarctica, The Kimberley or the Galápagos. Guided by expert naturalists, these voyages take you closer to wildlife, landscapes, and cultures that few people ever encounter.

And for travellers who want to indulge, luxury cruises offer the ultimate in comfort - lavish suites, fine dining, personal service, and curated shore excursions that elevate every moment.

Whether you're planning a relaxing getaway, a family cruise with children and grandchildren, or a once-in-a-lifetime international journey, National Travel ensures every detail is managed with care. Our consultants work alongside you as trusted travel partners - designing trips that reflect your lifestyle, interests, and budget. Every journey is uniquely yours, never one-size-fits-all. Talk to National Travel today and start planning a journey made just for you.

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About Us

Love Tasmania Tours is a family-owned, Tasmanian-based company offering memorable tours across Australia. We've had the pleasure of working with Probus groups long before the Probus Partners program existed, and we continue to value these wonderful connections today. For us, coach touring is all about the journey—relaxing in comfort, enjoying the scenery, and discovering some truly fabulous stops along the way. Our focus is on creating enjoyable, fully inclusive experiences that let every guest make the most of their adventure.

Private Group Tours: For your club or cluster group

Choose from a wide range of itineraries or let us design a customised tour to perfectly suit your club. With private group travel, you can select the dates that work best and enjoy a trip tailored exactly to your preferences. Tours are designed for groups of 10 or more and include fully inclusive packages with flights, accommodation, coach transport, meals, entry fees, and even the option of a dedicated tour leader.

We can also create tours around your club's special interests and events—such as the Melbourne International Flower & Garden Show, Tamworth Country Music Festival, Floriade Canberra, rail journeys—The Ghan, Indian Pacific or Great Southern, or cultural experiences including ballets, performances, and more. Take a look at some of our popular tour packages to the right for inspiration.

Travel Club Tours

The Senior Travel Club is perfect for individuals, couples or small groups to book a seat-in-coach tour from one of the exciting departures offered within each 6-monthly program release. To see what tours are currently on offer be sure to visit the website!



Discover Norfolk Island 8-Day Tour

Escape to the timeless beauty of Norfolk Island, where lush landscapes, dramatic coastlines, and rich convict history come together in one unforgettable destination. Discover World Heritage-listed ruins, vibrant local culture, and island hospitality at its finest on a relaxed yet immersive island escape.

Our most popular tour for Probus!



West Coast Tasmania 6-Day Tour

Explore Tasmania's West Coast on a journey that blends heritage and natural beauty. From Hobart's city highlights to the rugged landscapes of the West, including The Wall, a Gordon River Cruise, Cradle Mountain, Stanley, and the ancient Tarkine wilderness, every stop offers unforgettable scenery. Continue through Tasmania's northern coast to Launceston, discovering charming towns and dramatic landscapes along the way.



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PACKAGES

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Kangaroo Island & Adelaide 11-Day Tour

Discover the best of South Australia, where natural beauty meets rich cultural charm. Explore Adelaide's elegant architecture, thriving arts, and world-class wine regions, before venturing to Kangaroo Island—Australia's own 'Galápagos.' Here, dramatic coastlines, pristine beaches, and abundant wildlife await amid untouched wilderness and pioneer history.



Most popular Tassie Tour!

Full Loop Tasmania 11-Day Tour

Embark on the ultimate Tasmanian adventure, circling the island to uncover its most iconic sights and hidden treasures. From Hobart's city highlights to the rugged West Coast with The Wall and a Gordon River Cruise, then on to Cradle Mountain, Stanley, and the wild Tarkine, every day is filled with wonder. Continue through Launceston, the Bay of Fires, Wineglass Bay, Bicheno, and Port Arthur before returning to Hobart.



Broome to Perth 12-Day Tour

Experience WA's most breathtaking landscapes, from the vast Great Sandy Desert to the turquoise waters of Ningaloo Marine Park. Discover unique attractions including Willie Creek Pearl Farm, Eighty Mile Beach, Monkey Mia, and the striking Pinnacles of Nambung National Park. With stops in vibrant coastal towns and outback stations, this tour blends rugged beauty, rich culture, and unforgettable natural wonders.



East Coast Tasmania 11-Day Tour

Discover the breathtaking beauty of Tasmania's East Coast, from pristine beaches to dramatic coastlines. Journey from Launceston to the Bay of Fires, Bicheno, and iconic Wineglass Bay, then explore historic Port Arthur and the Tasman Peninsula. Include in Hobart and surrounds, after enjoying the perfect blend of natural wonders and coastal charm.



Coastline to Capital 8-Day Tour

Set out from Melbourne to Canberra on our Coastline to Capital tour, highlighting the natural beauty of the Gippsland Region. Discover the coastal wonders of Phillip Island, Foster, Lakes Entrance, and Merimbula, along with the relaxed charm of Sale. This journey blends nature, history, and culture into an unforgettable exploration of Australia's stunning coastline.



Darwin to Broome 11-Day Tour

Explore the heart of Australia's rugged beauty, from Darwin's vibrant culture to the breathtaking Katherine Gorge. Journey into the Kimberley, where the iconic Bungle Bungle Range, Lake Argyle, and Geikie Gorge showcase dramatic landscapes. Experience the untamed Outback, where red earth stretches to endless horizons.



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!



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An exceptional first year

Kingswood-Caddens Probus Club recently celebrated their 1st birthday with a gathering at the Nepean River with cupcakes and nibbles.

Evelyn, Sally, and Connie were incredibly considerate and brought along some delicious goodies for everyone.

The Club is excited for the next year and would also like to thank Connie and Tracy for their support in organising the day.



Gwen turns 105!

Gerringong Probus Club recently celebrated the 105th birthday of member Gwen.

The Club appreciates Gwen as she has always been an absolutely wonderful member.

She attributes her long life to ongoing friendships, completing a variety of word puzzles daily, and reading six books a month.

On behalf of the team at Probus South Pacific, we would like to wish Gwen a very happy birthday!



A train trip to Canberra

New Lambton Honeysuckle Probus Club recently headed on a trip to Canberra for a few days.

An enjoyable trip was taken from Newcastle to Sydney Central where the members then boarded a train to Canberra.

They had a variety of organised outings whilst in Canberra, as well as free time to do their own exploring. The group also gathered each evening for dinner and to reflect on the day.

All had a wonderful time and look forward to their next interstate outing.





Enjoying a tour of far western NSW

Ulladulla and Districts Probus Club recently enjoyed a tour to towns in far western NSW including Broken Hill, Silverton, and White Cliffs.

All travellers were grateful for the expertise of their coach tour company and the organisational skills of the club activities officer, Jim.

The participants were treated to a close-up view of the massively rich lode of silver, lead and zinc ore which has been continuously mined at Broken Hill since the mid-1880's.

Silverton has been the filming location of several movies while White Cliffs sources some of the world-famous opal the outback is famous for.



A successful first 12 months

South West Rocks Probus Club recently celebrated its first birthday.

The Club has been thriving in its first year and quickly reached its ceiling of 100 members followed by an extensive waiting list. Consequently, the number of members was extended to 125 at the AGM.

With a diverse membership, there is a wealth of experiences, stories, and interests that enrich the Club's culture and creates a positive and welcoming environment.

The enthusiastic management committee have been providing a friendly, inspiring and stimulating Club with a range of activities to suit everyone involved. Weekly activities, such as cards and coffee marry seamlessly with bimonthly celebration events, and the hugely popular monthly wine appreciation.

All members agree that the Probus motto of fun and friendship in retirement has certainly been accomplished in the first twelve months.



Celebrating a centennial

Menangle Probus Club recently celebrated the 100th birthday of Doreen.

Doreen lives alone in their retirement village in Menangle, and was born in Prahran, Victoria on March 1, 1925.

She has always enjoyed crafts, including sewing and knitting. She also enjoyed playing tennis and line dancing. Doreen worked as a cashier during her life, often working around school hours. John and Doreen spent a lot of time caravanning and visiting family as well.

Doreen moved to her retirement village in 2021 and is enjoying her life living there. She has 4 children, 9 Grandchildren, 22 Great Grandchildren and her 3rd Great, Great Grandchild is not far away.

When asked what the secret to her long life is, she answered "have never smoked or drank alcohol."

We would like to congratulate Doreen on this wonderful milestone!



Strathfield Ladies Probud turns 40

Recently, the Strathfield Ladies Probud Club celebrated their 40th birthday.

A wonderful day was held and many members enjoyed lunch and cake.

Entertainment was provided by the Banjo players, who played catchy tunes that added to the festivities.



35 years of community and companionship

Rutherford-Telarah Ladies Probud Club recently enjoyed celebrating their 35th birthday.

Members of the Club gathered to enjoy a meal, chat together, and celebrate the special milestone.

The Club is grateful to have several foundation members attend on the day who commented that they have always enjoyed the monthly meetings, making new friends, and going on fun outings.

A delicious cake was cut to celebrate, and all had such a lovely time on the day.



A remarkable 45-year anniversary

Sutherland Combined Probud Club recently celebrated their 45th anniversary with a very well attended luncheon.

Prior to the main meal being served, a 45th anniversary certificate was presented to Jim, the Clubs highly valued longest serving member of 29 years. Jim has been the Secretary for the past 20 years, as well as a Past President, and his contribution to the Clubs success has been immense.

The presentation concluded with the cutting of the celebration cake, the pieces of which were distributed to members following the main meal over tea & coffee.



Recognition of community service and dedication

Blaxland Glenbrook Probud Club recently recognised the community service of their oldest and longest attending member, Victor.

Victor joined the Club in 1990 and was President during the early 2000s when it was a Mens Club. He had the foresight to advocate for women to be able to join, and it is a Combined Club today.

The Club awarded him with a life membership for all his dedication over the years.

A lifetime of service to the Glenbrook community is now further recognised by his friends and members of Blaxland Glenbrook Probud.





An important award won by Probian

Norfolk Island Probus Club recently celebrated member Zena being awarded the title of Norfolk Island's Citizen of the Year.

Zena enjoyed a well-deserved "cuppa" with members at the first Club meeting for this year.

The following report on Zena's achievement is taken from 'The Norfolk Islander' on the 1st of February 2025:

"Zena's unwavering commitment to improving the lives of both locals and tourists on our beautiful island is a testament to her inspirational character and immense contributions to our community.

Through her personal journey, marked by both challenges and triumphs, Zena has brought joy and hope to everyone fortunate enough to meet her. Her resilience and positive outlook are contagious, inspiring others to adopt a similar attitude in their own lives. Zena has taken risks and put in the hard work required to enact positive change in our community, and her efforts have made a significant impact on a diverse range of people.

Zena has also generously donated numerous artifacts and memorabilia to the Bounty Museum, further enriching our island's cultural heritage. She hosts engaging tours that attract visitors and locals alike, showcasing her deep knowledge and love for Norfolk Island.

In every aspect of her life, Zena demonstrates what it means to be a true community champion. Her tireless work and inspiring presence have made a lasting difference on Norfolk Island, creating a more vibrant and welcoming environment for everyone."



A fun coach tour to Oberon

Leonay Probus Club recently enjoyed a coach tour to Mayfield Gardens in Oberon.

The group had a leisurely but feature-filled walk through one of the most spectacular European-inspired gardens in Australia.

This was followed by a two-course lunch at a nearby hotel that all thoroughly enjoyed.



A record induction of new members

Avoca Beach Probus Club recently welcomed 10 new members at an induction.

This is a record for the Club to introduce this many new members at once.

It is certainly lovely to see the Club continue to grow and impact more retirees and semi-retirees in the Avoca Beach area.





40 years of Parkes Probus

Parkes Probus Club recently celebrated their 40th anniversary.

The President of Parkes Rotary Club, David, attended the monthly meeting to present the Parkes Probus Club President, Kevin, with a 40th anniversary certificate.

It was a special day celebrating a special milestone, and the members of the Club look forward celebrating more anniversaries in the future.



Visiting an alpaca farm

Beacon Hill Probus Club recently went by coach to an alpaca farm in Camden.

After an interesting introduction on the history of the breed in Australia, they were treated to a country style morning tea and had the opportunity to interact with and hand-feed some of these very cute animals.

This was followed by lunch nearby and a stop at the Wollondilly Heritage Museum on the way home. A great day was had by all.



A special celebration at Nambucca River Combined

Nambucca River Combined Probussouthpacific.org Club recently celebrated its 20th anniversary with new and existing members.

The Club's function room was decorated in Probussouthpacific.org colours by both the Club and Mrs Shepherd.

A every enjoyable lunch was served, and the stunning cake ended a wonderful celebration.





Healthy living insights

Charles Darwin Probus Club recently welcomed guest speaker Leanne who spoke about healthy living.

Leanne particularly spoke about diabetes which is a condition marked by high levels of glucose in the blood.

Club members found it extremely informative as they learnt a lot more about the role of glucose thanks to Leanne.



Celebrating 40 years in Darwin

Darwin Probus Club will be celebrating its 40th anniversary this year, having formed in 1985.

Throughout this year, the Club has been acknowledging members with a certificate displaying when they joined the Club, along with a pin indicating their length of membership.

Recently, the Club celebrated a group of 7 members who have been in the Club for 10 years, together with 3 members who have 15 years of membership. Quite often these members are pleasantly surprised to realise they have achieved this milestone.



Welcoming a proactive guest speaker

Marrara Probus Club recently welcomed a local member of parliament as a guest speaker.

The guest speaker has held many senior leadership positions in health and delivering mental health care to Territorians.

He is proactive and a passionate advocate for local families, with a plan to help build Northern Territory for local kids' futures.

Everyone at the Club thoroughly enjoyed listening to him present.



Hosting an information booth

Palmerston Probus Club recently hosted an information booth at Palmerston Library as part of their community hub.

They proudly flew the Probus flag once a month for three months and handed out flyers to spread the word.

While they didn't quite draw crowds requiring crowd control, they did chat with many friendly, engaged people who showed genuine interest in joining the Club.



From 1935 to Today

Subiaco Probus Club recently celebrated a special milestone for three of its members.

Gerry, William, and Tess all turned 90 years old, and they marked the occasion with cake, smiles, and friendship.

The Club is honoured to celebrate these incredible members and recognise their many contributions over the years.



An interesting Perth Mint Tour

Noranda Combined Probus Club recently enjoyed an interesting Perth Mint Tour.

They heard gold history stories before heading inside to view the many different gold specimens. They also wandered around the gift shop, checked out the beautiful jewellery, minted their own medallion, and saw the process of a gold pour.

They all then enjoyed lunch at the Grosvenor Hotel before heading home by bus or train, an awesome day was had by all.





A golden getaway to Kalgoorlie

Eaton Combined Probus Club recently enjoyed an action-packed getaway to Kalgoorlie.

The tour begun with the group wearing protective gear as they went a small way into the Gwalia Mine Super Pit which is known as Australia's deepest underground gold mine.

The group did see real gold, although it was in the vault of the Boulder Museum. They visited several museums during their stay, and each reflected the lifestyle of the early prospectors.

Lunch was enjoyed on the veranda once occupied by Herbert Hoover, former US President, when he was mine manager at the Sons of Gwalia mine.

After a fun four days, the group headed back to Perth on the Prospector train.





A sunny picnic day

Alexandra Headland Mixed Probus Club recently enjoyed a picnic in the park at Cotton Tree.

It was a relaxing outing with beautiful weather, good food, and even better company.

The Club is grateful to have made the most of the weather in winter, with lots of fun and friendship being enjoyed.



A joyful celebration

The Nambour 90 Probus Club recently celebrated their 35th anniversary.

The new Club President, Margaret, their first female President, welcomed over 80 members to the celebration.

The Club historian presented a history of the Club, followed by a slide presentation of a 'Walk Down Memory Lane'.

The celebration concluded with a large sponge birthday cake being cut by the longest serving member, and the newest member.



Florence turns 105!

Helensvale Probus Club member, Florence, recently celebrated her 105th birthday!

Florence and her husband, John, founded the Helensvale Probus Club in 1993 and since her inception she has served on the management committee as a historian, a position she still holds today.

Florence served in the WRAAF during World War II and for her 105th birthday, the Southport RSL presented her with a plaque in recognition for her service.

The Club enjoyed celebrating this special occasion.





A bushwalk on a beautiful winter's day

Indooroopilly Probus Club recently enjoyed a bushwalk on a beautiful winter's day.

There was bright sunshine and a touch of coolness in the air, making it ideal for walking.

They proceeded up the popular Summit Track that is well maintained and goes past towering gums and follows a creek part of the way.

At the summit of Mount Coot-tha, they enjoyed the view of the Brisbane surrounds and some refreshments at the café.



Visiting the original Caboolture railway station

Caboolture Probus Club recently visited the post office where Mr William Geddes 'Lord of Caboolture' and the first Postmaster had returned to the same Post Office building where he worked back in 1869.

The Caboolture Historical Village created a full-size 'life-like' hologram of Mr Geddes who welcomes visitors and talks about how he and his family risked the dangerous journey from Manchester in England and ended up following the gold diggers, who were on their way to the Gympie gold fields hoping to make their fortunes.

The group finished at the original Caboolture railway station building where they were to board the little train.



A truly special musical experience

Bribie Island Probus Club recently enjoyed a truly special musical experience, thanks to a visit from the exceptionally talented Blue Water Trio group.

These three musicians met in a local gym and discovered they had more than 120 years of music teaching experience between them — and still a deep passion for performance. So, they formed a trio.

Their hour-long performance featured a captivating mix of jazz, classical, and popular music, arranged for a delightful combination of flute, clarinet, piano, harp, and percussion.

The audience was spellbound. After each piece, you could hear the whispers:

“Oh, so beautiful!” and “That’s amazing!”

It was such an inspiring and uplifting performance.



Celebrating a members 97th birthday

Sherwood Combined Probus Club recently celebrated the 97th birthday of member Barbara.

Barbara has been a member of the club for 24 years and a regular attender at meetings; the Scrabble Group and other activities.

At a recent meeting of the scrabble group, they surprised Barbara with a celebration cake.



An exciting island resort stay

Salisbury East Probus Club recently enjoyed a three-day adventure to Tangalooma Island Resort.

Many were decked out in their best nautical or resort attire, and followed by a welcome from resort staff, the group were free to indulge their fantasies. Some decided on fish feeding, dolphin feeding, and even glass bottomed boat trips.

A sunset sailing trip was undertaken by some who witnessed sunken wrecks, whilst enjoying the sun setting below the horizon. Other adventurous members embarked on helicopter rides, and some even took a trek to the southern end of Moreton Island.

The trip finished up at the village of Koorinal where a seafood meal was served. Much to the delight of all members!



Life begins at 60

Logan Village Probus Club foundation member, Colleen, is a true testament to what can be achieved when passion and discipline know no age limits.

Colleen, 85, took up body building in 1999 and competed in her first bodybuilding show in New Zealand when she was 60. At age 71, she competed in her 100th bodybuilding show.

For several years, Colleen was part of the New Zealand bodybuilding team representing New Zealand in several international championships.

In 1999, Colleen also became involved in Special Olympics and was assistant powerlifting coach at four Special Olympics National Games in Auckland, Christchurch, Manawatu, and Dunedin.

Colleen has also won gold medals and broken numerous records in Masters Games Rowing events. Colleen loves a challenge and says age is no limit, only the time to fit it all in.

Her motto is "love of life keeps you young". Colleen still goes to the gym regularly and is an inspiration to everyone at the Logan Village Probus Club.





A bus trip around regional Queensland

Taringa Probus Club recently enjoyed a 6-day bus trip to the Granite Belt, New England and Northern Rivers areas of Queensland and NSW.

They learnt of the early pioneers of the region, including Allan Cunningham and the Leslie Brothers, and the importance of the current agricultural industries.

The trip included a tour of the suburbs including Tenterfield, Glen Innes, Bellingen, and Coffs Harbour.

A highlight was Glen Innes with a visit to the Australian Standing Stones which celebrate the contribution of the Celtic people to the region. The autumn tree tones were enjoyed then in Armidale, as was the visit to the University of New England, originally home of pastoralist Frederick White who donated it to become the nucleus of the University.

All had a very enjoyable time, and some members have trips booked for Japan and Blue Mountains next year which they certainly look forward to.



An outing to the Gold Coast Historical Society

Recently, the Broadbeach Ladies Probus Club embarked on a charming visit to the Gold Coast Historical Museum, nestled in the heart of Surfers Paradise.

This hidden gem offers a captivating glimpse into the region's rich past, from its early Indigenous heritage to its evolution into a vibrant coastal community.

Upon their arrival, they were warmly welcomed by the museum's knowledgeable volunteers and soon were treated to a delightful homemade high tea.

Whilst enjoying their morning tea, the volunteers talked about the museum's history which is situated on land with a profound historical significance. Originally an Aboriginal gathering place, the site is believed to have contained shell middens, indicating its long-standing cultural importance. Later, it became the burial ground for workers of the Bundall Sugar Mill, which operated from 1872 to 1888.

The ladies soon wandered through a series of thoughtfully curated exhibits. Some of the highlights included displays of early European settlement, the development of local industries, and the cultural transformations that have shaped the Gold Coast. Each artifact and photograph told a story, sparking lively discussions among our group members.

This outing provided a perfect blend of culture, history, and culinary delight. The group would highly recommend it to anyone seeking a unique and enriching experience on the Gold Coast.



Monthly walks at Glenelg Bay

Glenelg Bay Probus Club recently enjoyed a walk along the southern airport boundary path where they met some friendly horses.

The also went on another walk from the boat ramp along the esplanade to Glenelg North and back along the Patawalonga.

It is always an enjoyable walk and the group notes that it's always great to have members participate and join the walks when they can.



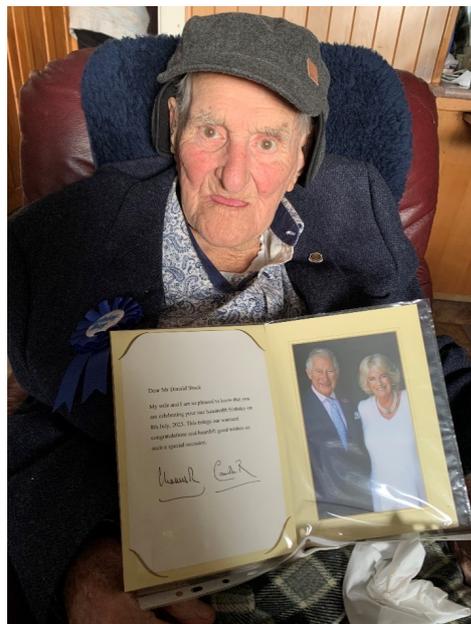
Bruce turns 100!

Bruce from Marion Probus Club recently turned 100 and received a birthday message from King Charles and Queen Camila.

Bruce worked at Westminster School for just over 30 years where he served as a grounds man and handyman and could fix anything. He was a friendly, well-loved and respected staff member.

He built his own home at Secombe Heights which has a beautiful view over the city. His home is full of his hobbies including oil paintings, lead lighting, and a fish made out of glass. He also has an amazing workshop where he made lots of wood carvings and furniture.

Since retiring he has been a member of the Marion Probus Club for 15 years.



BBQ and cake for 40th Anniversary

Naracoorte Mens Probus Club recently celebrated their 40th anniversary with a cake and a BBQ lunch.

A brief history of the Club was shared on the day, followed by the President, Warwick, cutting the ceremonial cake with the management committee present.

The Club has been going strong for 40 years by holding the values of fun and friendship close and look forward to what the future holds.





A pleasant walk at Happy Valley Reservoir

Woodcroft Probus Club recently enjoyed a very pleasant walk at Happy Valley Reservoir.

In perfect weather, the group walked around the Southern Loop where they had great views of the reservoir surrounded by trees. The reservoir has a pine forest, native flora and open grassy areas.

They spoke about the original history of the reservoir which used to be a small town called Happy Valley. Most structures were removed when the reservoir was built, but the top of a tower can still be seen.

After their walk, they had lunch at the nearby Tavern which not only had good meals, but also a chance to socialise more.



Celebrating World Cannoli Day

Every year on June 16th, sweet tooths at Payneham Probus Club unite for World Cannoli Day.

This year, members of both Payneham and Unley Probus Clubs made sure to celebrate in delicious style.

They attended a charming afternoon tea hosted by the Sicilia Social and Sports Club in Klemzig, South Australia. Here, the aroma of espresso mingled with the sweet promise of crispy, creamy cannoli.

The event was a golden opportunity to connect, laugh, and dance along to live music. New friendships were formed, while the live entertainment added just the right amount of sparkle to an already delightful gathering.



Brighton Ladies celebrate their 38th birthday

Brighton Ladies Probus Club recently celebrated their 38th birthday.

Celebrations included lunch and birthday cake along with entertainment provided by Weezy Listening, a one-woman band with songs from the 50's, 60's, 70's and through to the 90's.

Their president, Lyn, called upon Jill to snuff out their candles with a snuffer donated to the Club many years ago.

Jill is their oldest in age member (97) and also their second oldest member of the Club with 15 years membership.

The Club would like to thank everyone who made this an enjoyable day and a lovely way to celebrate their 38th birthday with many more to come.





A special 37th birthday

Port Lincoln Ladies Probus Club recently celebrated their 37th birthday.

To celebrate, members displayed an amazing and diverse range of crafts they have done over the years. Each member spoke about how they started their craft.

Rosa was also presented with a card and gift for all her hard work and dedication to find gardens for members to visit over the years.

It has certainly been an exciting year for the Club with six new members inducted by President Valda at the birthday celebrations.

The day ended with happy birthday sung to all members and cupcakes with the Probus logo were handed out to each member.



A visit to the National Trust Museum

Port of Goolwa Probus Club recently headed to Strathalbyn for a tour of their National Trust Museum.

The volunteers welcomed and escorted the group through the various buildings and explained all the exhibits, of which there was plenty. Everything from farm machinery to kitchen items, and everything in between.

The group then headed to the Victoria Hotel for a lovely lunch.



Coffee and conversation

A group of Strathalbyn Ladies Probus Club members recently gathered at The Vault in Strathalbyn for a very pleasant time together.

They were also joined by a potential member, Raelene.

All had a wonderful time and look forward to their next café catchup.





A trip to the historic town of Berrima

Greenway Combined Probus Club recently enjoyed a fun trip to the historic town of Berrima.

Lake George was full as their big bus drove past, out of the freezing fog of Canberra into a lovely sunny day in the country. Members from two other clubs also joined them for this trip.

Their first stop in Berrima was Harper's Mansion where they examined the early Georgian style house which was built of bricks made on the site. They then congregated in the back garden because of the sun amid lemon trees and a spectacular collection of rose bushes.

Afterwards, they walked around the corner to the oldest inn in Australia for a hot drink, chatted happily until midday then ordered lunch from a couple of imaginative menus. The food was very tasty and those who ordered Barramundi received huge portions.

After a leisurely lunch, many went to view the historic courthouse while others visited the shops.

The Club enjoyed how the air was fresh, the weather stayed sunny, as it was a relaxing, enjoyable and well organised country outing.



A fascinating visit to the Royal Australian Mint

Canberra Lakes Ladies Probus Club recently enjoyed a fascinating visit to the Royal Australian Mint.

The Mint is where Australia's coins are made and from the golden-hued foyer, the theme of Australian coins covered the building.

The group had the opportunity to watch the coins being made including the process of cutting blank metals and pressing images onto barrels.

They finished the outing with a light lunch at a nearby café, chatting about their fun and educational experience at the Mint.



Exploring vineyards in Canberra

Woden-Weston Creek Combined Probus Club recently enjoyed a visit to the Vintners Daughter Winery in Murrumbateman.

The vineyard was one of the earliest in the district, having been originally established in 1978. It is also perfectly situated on a small sloping rise which allows for good cold-air drainage and helps to protect against spring frosts.

The group enjoyed a wine tasting and afterwards met at the local Murrumbateman bistro and bar for lunch.



Celebrating a remarkable milestone

Recently, members of Jamison Probus Club had the enormous pleasure of celebrating a remarkable milestone that very few have the privilege of witnessing when Jean celebrated her 100th birthday.

Jean has been a member of Jamison Probus Club since August 2007.

She was born in Austria in 1925 and enjoyed her childhood in Europe, but moved to Shanghai, China, during her early high school years.

In 1947, she had left China for Australia where she continued secretarial work in Cooma. It was there that she met her husband shortly after. They had two daughters and then moved to Canberra where Jean had begun working as a legal secretary for many years.

Once retired, Jean decided to get formal qualifications in Family History. After three years of study and an exam, she was accredited to the Australian War Memorial, the National Archives of Australia, and the Noel Butlin Archives Centre at the Australian National University. She researched happily in these and other repositories until two years ago.

We would like to wish Jean many more years of good health and active membership.



Celebrating 30 years at Gungahlin

This year, Gungahlin Probus Club proudly celebrated 30 years of fun and friendship.

The Club has grown into a vibrant, welcoming community – thanks to the dedication of their members past and present.

Though the birthday was one day, it represented decades of shared experiences and unwavering spirit that defines the Club.

Here's to a proud past and a bright future ahead.





Weston Probus keeping busy

Weston Probus Club has had a busy few months enjoying outings and activities around Canberra.

Recently, they met to tour the Royal Australian Mint where they heard about the development of currency in Australia, from the holy dollar to the current high-tech coloured coins and notes.

They also met to watch the movie "F1" starring Brad Pitt. There was some debate as to whether multi-cylinder engines screaming at 12000 rpm, or Brad Pitt, was the main attraction.

To get into the Christmas in July spirit, many members also gathered for dinner enjoying mains such as salmon, chicken schnitzel, sausages or pork ribs. The desserts were equally as scrumptious.



Fun and friendship in Lyneham

Lyneham Probus Club formed last year and has since been thriving with a variety of social activities and a strong committee leading the Club.

Since its formation, the Club has had a number of excellent speakers covering a variety of topics including forensic science, volunteering efforts, and interesting facts about the law.

Their social outings have included trips to cultural sites including the National Museum and National Gallery, as well as regular monthly walk and lunch outings.

The Club is eager to continue to grow within the area and continue to provide friendship and fun to its members.





A fun Christmas in July

Wanniassa Probus Club recently enjoyed a fun Christmas in July event.

The Club was very fortunate to have supportive venue hosts that brought the private function rooms alive as many of Santas elves flitted around the room beforehand, decorating the tables with all the Christmas cheer.

Christmas music filled the room, and many came dressed in their finest Christmas bling, and the men brought out their Christmas ties. This made for stiff competition for the prizes – eventually won by Julie for her bling and Bruce for his tie.

Then came the Christmas trivia and word jumble competitions which was very competitive with some conjecture and challenges thrown in. Chocolates were provided all round for such great answers.

Then it was time to wrap up what had been a very happy and fun time for all Club members who celebrated Christmas in July this year!



A historical tour of Australia's first casino

Sorell Probus Club recently enjoyed a historical tour of Wrest Point Hotel Casino, Australia's first casino. Wrest Point was originally known as Chaffey's Point and has also been known as St Helenas. The Club found the tour very interesting as it evoked scenes of days long past.





A walk around Westbury

Launceston Probus Club recently enjoyed a walk around Westbury, a town in the central north of Tasmania.

On a lovely sunny day, the group moved to the first stop and admired the murals on the side of the bus shed. They were impressed by the mix of old and new houses and found the conservation of old trees impressive.

The group enjoyed viewing the classic country hotel, Westbury Hotel, and appreciated the Holy Trinity Church on the corner which stood out and was well maintained.

As by tradition, the walk ended with a coffee at the local café.



A visit to the East Coast Heritage Museum

Spring Bay Combined Probus Club recently travelled to Swansea to visit the East Coast Heritage Museum.

The group was welcomed by curator, historian and genealogist, Maureen, who shared her wealth of knowledge. The museum collects exhibits and preserves artefacts from throughout the Glamorgan Spring Bay area, for the community and future generations.

The building housing the museum is part of the old 1860's school, post office, library and teachers' residence.

It was a wonderful morning enjoyed by all in attendance. They then ventured on to the Swansea Bark Mill where a light lunch and warm drink was enjoyed by all.



Exploring the Cloudehill Garden & Nursery

Wantirna Heights Combined Probus Club recently enjoyed a visit to the Cloudehill Garden and Nursery.

Bathed in sunshine, the group appreciated the stunning contrasts in the garden – large trees, colourful flowers, and ponds.

The meandering paths tested the groups fitness, but their efforts were always rewarded with something wonderful to admire.

A sumptuous lunch at the garden's café completed a very enjoyable outing.



A weekend away in Echuca

Belmont Central Combined Probus Club recently went on a pleasant caravan and camping trip to Echuca.

Upon arriving, they visited the Great Aussie Beer Shed & Heritage Farm Museum where they saw thousands of vintage beer cans, farm machinery, and much more memorabilia.

A highlight of the trip was the picnic at Torrumbarry Weir as the group enjoyed the lovely sunny weather. August even managed to throw in a fishing line, although there was no fish for dinner that night.

Lastly, they enjoyed a boat ride down the Murray River, learning about the history of the boat and the surrounding area.

The group really enjoyed this trip and was fortunate to have sunny weather every day which made it all even more enjoyable.



A wonderful night at the Athenaeum Theatre

Croydon Park Probus Club were recently fortunate enough to visit the Athenaeum Theatre.

The theatre was built in 1888 and produces only five shows each year. The Club is lucky to be attending two shows this year being 'Haunted' and 'Diary of Anne Frank'.

The actors mingle with the audience after the performance, in the beautifully restored splendour of this magnificent building.

The group had a wonderful time and look forward to their next show.



Belmont Combined Probus is 30 years young

Belmont Combined Probus Club was formed on 13th May 1995 and recently celebrated their 30th birthday.

The day was celebrated with a birthday lunch in Geelong.

Nine foundation members are still involved in the Club and were presented with a 30-year certificate by Steve who represented the Belmont Rotary Club.

The Club's oldest member, Stan, aged 96, cut the birthday cake.

Everyone looks forward to more fun and friendship to be had.





Exploring the south coast of NSW

Paynesville Probus Club members and guests recently enjoyed eight days of travel and sightseeing around the south coast of NSW.

The tour was led by Neil and started with a stay at Cann River before proceeding to Eden where he welcomed members and guests.

The next day the group enjoyed coffee at the local café which was only a short walk from the camp. This was followed by lunch with several lucky members having a win in the gaming room.

After a couple of days, the group travelled to Bermagui, with stops to Candelo, Bega, and Cobargo along the way.

A highlight was visiting the Tilba Tilba Heritage Town and having a wonderful dinner with quizzes, jokes, and games which made for a very enjoyable day.

Everyone enjoyed the experience, and thanked Neil for enabling members to have a safe and enjoyable caravanning experience.



A fun bus trip to Bright

Sale Ladies Probus Club recently enjoyed a wonderful 5-day bus trip to Bright.

They were joined by 18 members from the Maffra Probus Club and 27 members from Wonthaggi Probus Club, making it a lively and friendly group.

The attendees mentioned that the weather was kind, the company was even better, and a great time was had by all. From scenic drives to shared laughs, it was a trip full of memories and new friendships.



Festivities to mark 35 years

Essendon Central Probus Club recently enjoyed celebrating their 35th birthday.

Festivities began with President Wayne reading congratulatory messages and presenting a Certificate from PSPL. Margaret then gave an overview of the Clubs history and its current status.

Their most senior members Heather (99) and Ken (95) cut the Anniversary cake which all enjoyed for morning tea. President Wayne then bestowed life membership on Ken who has been a member for the past 30 years and has held many positions during his years in the club.

Members enjoyed a light lunch and the opportunity to relive events over the past 35 years.



Pakenham Central celebrate 15 years

Pakenham Central Probus Club recently celebrated its 15th Birthday with all the best party treats.

It was an enjoyable celebration as entertainment was provided by one of their talented members, which was followed by plenty of singing and dancing, and playing Pass the Parcel.



A fascinating visit to the Duldig Studio

On a scintillating autumn day, Glen Waverley Combined Probus Club attended the Duldig Studio in Glen Iris.

After a welcome greeting from four friendly volunteer staff members, the group watched a short video that recounted how the owners had escaped from Vienna in 1940 to arrive in Australia.

They then split into three groups to tour the house, sculpture workshop and garden. The guides shared interesting anecdotes and stories about the various art works, sculptures, books and furniture. For example, holes had been left in some pieces of work, and these were called negative space, and the viewer was invited to use imagination to fill them.

Back in the house, they enjoyed a delicious Viennese plum cake and filtered coffee or tea. The group had been fascinated with the tour, and everyone voted it to be very different from their usual outings.



A winter's day of art and friendship

On a crisp winter's day, members of the East Malvern Combined Probus Club strolled across Princes Bridge to the National Gallery of Victoria.

Their destination was the much-anticipated Winter Masterpieces: French Impressionism exhibition, on loan from the Museum of Fine Arts in Boston.

Upon entering, they were immediately transported into the grandeur of a Boston mansion from the 1800s, beautifully recreated as the setting for the exhibition. The interior design was outstanding—full credit to the designers who brought it to life so vividly.

The mansion was adorned with over 100 magnificent works from the French Impressionist era, featuring renowned artists such as Claude Monet, Pierre-Auguste Renoir, and Alfred Sisley. The group described it as a truly enriching experience.

Following their visit, they made their way to the Gallery's Tea Room upstairs, where they enjoyed a delicious lunch filled with conversation and laughter.



Celebrating a ruby anniversary at Wonthaggi-Inverloch

Wonthaggi-Inverloch Probus Club recently celebrated the 40th birthday of their Club at the Wonthaggi Workman's Club.

Formed on the 1st May 1985 under the sponsorship of the Wonthaggi Rotary Club, the Wonthaggi-Inverloch Probus Club has continued to prosper since that date, and offers the opportunity for senior members of the community to enjoy the company of others from all backgrounds,

and, in doing so, enhance their knowledge of happenings in the region, and broaden their range of friendships.

They are also very interested in listening to local speakers each month and taking the opportunity to travel on many scenic coach trips throughout the state including a recent trip to Bright.





Annual bowls tournament at Syndal

Syndal Combined Probus Club recently enjoyed the 12th year of their annual bowls tournament.

It was wonderful to see the level of fun and enjoyment this event is still giving to all members in the Club. Congratulations to the deserved winners, Gary, Rosemary, and Karl.

The Club gives special thanks to Barrie and his helpful crew who once again made the day's function such a friendly and fun day. Also, special thanks to the Club members Geoff, Maree, and Graham for their organisation of the day's events.



A trip to the historic gold mining town of Bendigo

Waurm Ponds Deakin Probus Group travelled to the historic gold mining town of Bendigo in Central Victoria.

They all enjoyed the welcome BBQ and quality time together upon arrival around the huge firepit.

They had the opportunity to explore and discover the rich history of the early days of the mining community. Five members returned the following morning to experience the reality of the underground mine.

This was followed by a choice to go to the Bendigo Art Gallery to view the Frida Kahlo Exhibition, or to the Military Museum, followed by free time to explore more of Bendigo.

All members noted that it was an incredible trip they all enjoyed.



A much-anticipated birthday luncheon

The room was buzzing with excitement as members of the Hoppers Crossing Ladies Probus Club gathered for the much-anticipated Club birthday luncheon—a cherished tradition that celebrates their Club's birthday annually in June.

The event kicked off with a warm welcome from the Club President, followed by a hearty two-course lunch served with tea, coffee, exciting raffles, door prize and plenty of conversation.

After lunch, a lively game of 'Celebrity Heads' had everyone smiling from ear to ear. It was a delightful mix of laughter, puzzlement, and friendly banter as participants tried to uncover their hidden identities—ranging from Elvis Presley to Catherine, Princess of Wales and Nicole Kidman.

The game brought out playful competition and plenty of laughs. Members enjoyed cheering on their friends and offering not-so-subtle hints from the sidelines.

It was a memorable day filled with fun, friendship, and the kind of joy that makes the Hoppers Crossing Ladies Probus Club such a valued part of the community.





Weekly coffee club at Murrumbeena Probus

Murrumbeena Probus Club recently enjoyed a trip to the Shrine of Remembrance as part of their monthly walk.

The recently formed Club has been thriving, and it is amazing to watch the Club grow with many foundation members, as well as many people who have shown interest in joining.

An exciting year ahead awaits.



Discovering a long-standing heritage

Bacchus Marsh Ladies Probus Club recently enjoyed a wonderful and tasty outing to a winery in Myrning, Victoria.

They discovered a long-standing heritage and family legacy at the winery, growing from its humble beginnings in 1972 to the successes of today.

The group enjoyed wine and noted their favourite being the white chocolate liqueur. Afterwards, they enjoyed a sumptuous grazing platter with homemade damper.

They were truly warmed by the staff hospitality and many members left with a souvenir to taste later!



Famous author visits Donald

Donald Combined Probus Club recently welcomed famous author, Robyn, who spoke to an enthusiastic audience about her book called Faraday.

Invitations were forwarded to neighbouring Probus Clubs, and it was widely publicised. There were approximately 100 in attendance with morning tea being served. The Club is indebted to these ladies who serve morning tea at each of their meetings and have done so for 23 years.

Author Robyn grew up at Faraday and along with her sisters attended the local school. Little did they know how October 6, 1972, would change their lives forever when two masked men burst into the school and kidnapped their young teacher and 6 students.

Robyn was aged 10 at the time and told her story of growing up on the farm, and the effect this terrible crime had on her in later life. It has taken her 62 years to acknowledge with pride that she came from Faraday and was educated at this school.

Following the meeting, approximately 70 people were booked in for a very nice lunch with the hosts whose efforts the Club also greatly appreciates.



Amazing Probian

Melbourne Bearbrass
Probus Club

Kathy Barnes

When Kathy Barnes retired in Melbourne, she hardly knew anyone. Fortunately, a close friend introduced her to Melbourne Bearbrass Probus Club years ago during the COVID lockdown. At the time, the Club was running fortnightly Zoom calls and continuing to hear from guest speakers in this format as well. Kathy says that joining her local Probus Club found her many friends and she thoroughly enjoys the musical theatre trips including Annie, Sister Act, and Tina Turner. She is involved with the scrabble, cards, and coffee groups and looks forward to the Clubs upcoming three-day trip to Warrnambool.

Growing up, Kathy was one of ten kids, she had seven brothers and three sisters. In her career, she worked in customer relations and advertising, mainly in newspapers and magazines. Recently, she doubled her success as a TV quiz show champion. On Channel 9's TV Show 'Tipping Point', Kathy was competing with 30 others for a chance to get on the show. Upon making it on the show, the well-informed 80-year-old beat her two rival contestants to the buzz button to win many prizes, including \$20,000 cash. That tops her performance on Channel 7's 'Deal or No

Deal' in 2009 when she was awarded the grand prize of \$16,000.

For her second game show appearance, the 'Tipping Point' audience cheered madly as former tennis star and compere Todd Woodbridge guided her final quest – with \$3500 already won - to get the marked counter pushed into the prize capsule. He paused only to ask her to read his palm-lines - it's another of Kathy's talents. She answered

the final two questions correctly about Hollywood actors Morgan Freeman and Charlton Heston, and iron man Grant Kenny in the 1984 Olympics. She received a huge winning hug from Todd Woodbridge, who called her "Kathy Unbelievable". What'll she do with \$20,000? – "I've got my eye on a cruise around the British Isles," she says.



Book Review

Next of Kin by Casey Beros

Wiley | \$34.95

In *Next of Kin*, acclaimed health journalist and TV presenter Casey Beros takes readers on an emotional, enlightening, and deeply human journey into the world of caregiving. What begins as a personal story—Beros uprooting her family to care for her terminally ill father—evolves into something far more universal: a compassionate and practical guide for the millions of Australians navigating life as carers.

Despite her professional background reporting on the Australian healthcare system, Beros quickly discovered the harsh reality: navigating care, illness, and end-of-life planning is anything but straightforward. Her candid acknowledgment “I thought I was prepared, but we fell through the cracks constantly” forms the foundation for a book that seeks not only to inform but also to comfort.

With a warm, witty, and unflinchingly honest voice, *Next of Kin* provides invaluable tools for carers, from demystifying complex legal documents like wills and powers of attorney, to offering clear

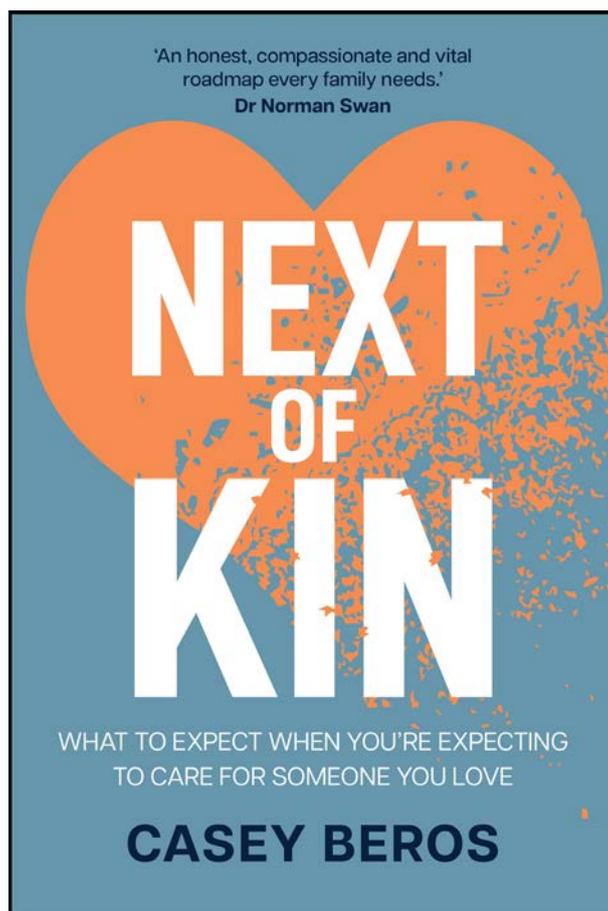
strategies for emotionally charged conversations about illness, grief, and death. It also gives practical guidance for dealing with burnout and preserving the fragile emotional landscape of caregiving relationships.

What sets this book apart is its dual strength: raw personal insight blended with expert-backed advice. Beros doesn’t just reflect on what went wrong—she turns her hard-earned lessons into actionable support. The result is both a lifeline and a companion for carers, who so often feel isolated in their roles.

This isn’t a clinical manual or a grief memoir, it’s a bridge between the two. *Next of Kin* is essential reading not just for those in the midst of caring, but for anyone who wants to better understand what their loved ones are facing. It’s as much about empowering readers as it is about easing suffering.

Whether you’re preparing for the inevitable, walking through it now, or trying to make sense of the aftermath, *Next of Kin* offers something rare: clarity, empathy, and community in one of life’s most difficult passages.

For a chance to win a copy of *Next of Kin*, please [click here](#).





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