

Active Retirees

Fun, Friendship and Fellowship in Retirement



50th Anniversary of
Probus in Australia
Cover Story - P21

Tours



Departure 11 June 2026

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Departure 30 June 2026

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Departure 5/6 July 2026

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Departure 19 July 2026

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Departure 16/17 August 2026

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Departure 8 September 2026

THE GULF SAVANNAH EXPLORER CAIRNS TO CAIRNS

Experience Gulf Country's rail journeys, gorges, wildlife and sunset seafood cruise

Cruises



Departure 24 June 2026

GREAT BARRIER REEF ONBOARD CARNIVAL SPLENDOR

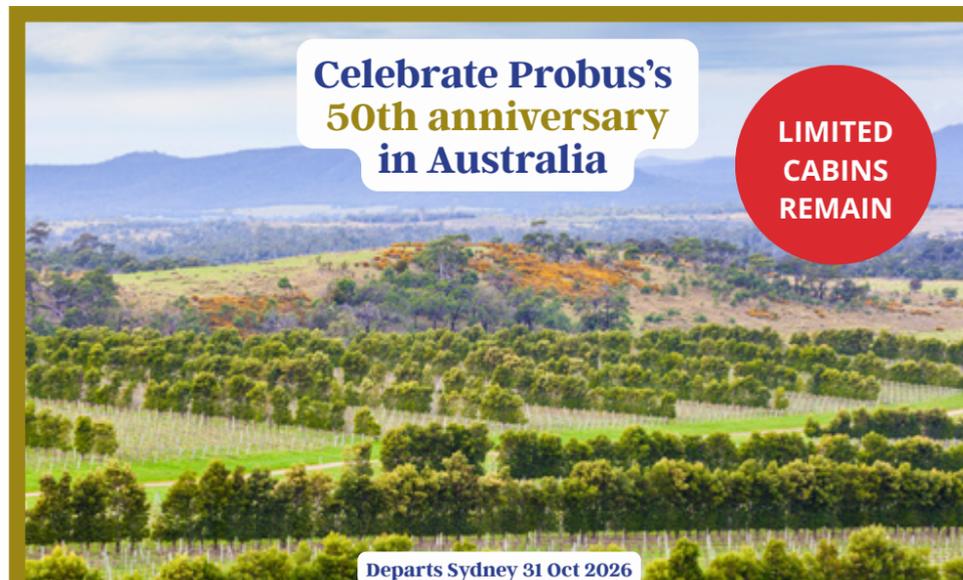
Sail from Sydney to the Great Barrier Reef, immersing in vibrant reefs and idyllic islands.



Departure 13 July 2026

KIMBERLEY EXPLORER ABOARD HERITAGE ADVENTURER

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50th anniversary
in Australia**

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December 2025



September 2025

PROBUS PARTNERS



Active Retirees

Fun, Friendship and Fellowship in Retirement

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50 YEARS OF PROBUS IN AUSTRALIA: FRIENDSHIP, PURPOSE AND COMMUNITY

This year marks a proud milestone: fifty years of Probus in Australia. Since the first Probus club was formed in 1976, the movement has grown into a nationwide network that has enriched the lives of hundreds of thousands of retired and semi-retired Australians.

From its beginnings, Probus has been built on a simple but powerful idea — that retirement should be a time of connection, curiosity and enjoyment. Sponsored originally by Rotary, Probus clubs were created to help people maintain the friendships, interests and sense of purpose that can be so important after leaving full-time work. Half a century on, that founding vision remains as relevant as ever.

Across Australia today, Probus clubs offer far more than regular meetings. They are places where friendships are formed and sustained, where members share knowledge and experience, and where new interests are discovered. Through guest speakers, outings, travel groups, book clubs, walking groups and countless other activities, Probus encourages lifelong learning and active participation in community life.

Just as importantly, Probus plays a quiet but vital role in supporting wellbeing. By reducing social isolation and fostering inclusion, clubs help members stay mentally, socially and physically engaged. In towns, suburbs and regional centres, Probus strengthens community fabric through volunteering, local involvement and the collective wisdom of its members.

I recently had the privilege of joining members of the Hunters Hill & District Probus Club in Sydney at a function to celebrate their first meeting fifty years ago. It is a testament to the club and its leaders that the club is still going strong in 2026. It was a great opportunity to celebrate on behalf of Probians all around Australia. We also were

honoured by the presence of Mr John Howard, OM AC who was there in his capacity as local federal Member of Parliament at the time of the club's formation. Mr. Howard stressed the importance of Probus in its role of fostering community and companionship for older people. His words echoed the sentiment of many other public figures of all political persuasions who have also spoken highly of our role in the community.

Reaching fifty years is a testament to the dedication of countless volunteers who have given their time to lead clubs, organise activities and welcome new members. It also reflects the enduring appeal of an organisation that adapts to changing generations while staying true to its core values of friendship, fellowship and fun.

As Probus in Australia celebrates this golden anniversary, it does so with pride in its past and confidence in its future — continuing to prove that life after retirement can be active, meaningful and richly connected.



Michael Ransom

Michael Ransom
Chairman 2025-2026 | Probus South Pacific Ltd



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Your journey has been defined by independence, purpose, and cherished memories. From the quiet joy of a morning garden to the vibrant adventures shared with your Probus community, you understand the value of a life well-lived.

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By selecting a Guardian Plan, you are providing your family with a clear map during a time when they will need it most.

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A Special Invitation for Probus Members



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Kay's parents had arranged a prepaid funeral plan, and when the time came to organise their funeral, she found the experience significantly less stressful.

With the arrangements already in place, Kay did not have to worry about financial obligations or make difficult decisions about her parents' wishes during an emotional time.

"I'm so grateful that my parents did have a funeral plan that made it so much easier." shares Kay, secretary of the St Clair Probus Club.

"It's about while I'm here, I make sure that my family would not have any financial burden, that my kids are going to be okay."

For Kay, arranging a prepaid plan is one of the most meaningful gifts a person can give their family offering clarity, certainty, and reassurance when it is needed most.



Kay, St Clair Probus Club secretary

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CONFIDENCE TO LIVE LIFE YOUR WAY WITH A PERSONAL ALARM

Staying active, independent, and connected is important at every stage of life. For many Probus members, enjoying time at home, travelling, volunteering, or keeping up with hobbies is all part of an engaged and fulfilling lifestyle. A personal alarm offers added confidence to continue doing the things you enjoy, knowing that support is available if it is ever needed.



What is a personal alarm?

A personal alarm is a small, discreet device designed to provide peace of mind while supporting independent living. Worn as a pendant, clipped to a belt, or used as a smart watch, it allows the wearer to call for assistance quickly and easily at the press of a button.

Using 4G and SIM technology, modern personal alarms work anywhere there is mobile coverage, whether at home or out and about. Each device has its own Australian mobile number, allowing it to operate independently and continue working while travelling or on holiday.

Who might find a personal alarm helpful?

Personal alarms are suitable for people of all ages who value independence but appreciate having an extra layer of reassurance. They are particularly useful for those who live alone, enjoy an active lifestyle, or want peace of mind while going about daily routines.

Some devices include automatic fall detection, which can trigger an alert if a hard fall is detected and the wearer is unable to press the button themselves. Features such as location tracking can also help families stay connected and provide reassurance to loved ones.

How does it work?

Using a personal alarm is straightforward. Pressing the SOS button on the pendant or watch sends an alert to nominated contacts. A text message is sent with the wearer's location, followed by calls to saved contact numbers in order.

When a call is answered, the two-way voice feature allows

the wearer to speak directly through the device, explain what has happened, and request assistance. If the first contact does not respond, the device automatically calls the next person on the list until someone answers.

Family members can also call the device or send a text message to check the wearer's location if needed.

Monitored and non-monitored options

Personal alarms can be set up to contact family or friends who live nearby and are happy to help. For those who prefer added reassurance, a 24-hour monitored service is available, offering professional support at any time.

A personal alarm is a simple way to stay active, independent, and confident, while offering reassurance for both you and those who care about you.

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TAP AND GO: UNDERSTANDING DIGITAL WALLETS

You've likely seen it at the supermarket checkout. Instead of pulling out a purse or wallet, someone simply taps their phone against the terminal, hears a soft beep, and the payment is done.

No cash. No card. No signature.

It might look complicated or overly technical. In truth, it's far simpler than it appears. Here's what a digital wallet really is, how it works, and whether it's something worth considering.

What exactly is a digital wallet?

A digital wallet is a secure app on your smartphone that stores electronic versions of your bank cards. Think of it as a modern extension of your physical wallet — but inside your phone.

Instead of carrying multiple cards, your phone can securely hold:

- Debit and credit cards
- Store loyalty cards
- Boarding passes or tickets

When it's time to pay, you hold your phone near the payment terminal and tap, just as you would with a contactless card. You are still using your own bank account. The phone simply acts as the middle step.

How does Tap and Go work?

Most modern smartphones have a feature called Near Field Communication, or NFC. While the name sounds technical, the concept is simple. It allows two devices that are close together — your phone and the payment terminal — to communicate and exchange information securely.

When you tap your phone, it sends a secure signal to the terminal, which then processes the transaction through your bank.

Importantly, your actual card number is not shared with the store. Instead, the phone creates a unique code for each purchase. This added layer of protection is one reason digital wallets are considered very secure.

Is it safe?

Security is understandably the biggest concern for many seniors.

In many ways, digital wallets can be safer than carrying a physical card. To make a payment, you must first unlock your phone using a passcode, fingerprint, or facial recognition. If your phone is lost, you can remotely



disable the wallet through your account settings.

- Digital wallets also include:
- Biometric security (fingerprint or facial recognition)
 - Encrypted transactions
 - The ability to disable your wallet remotely

Of course, sensible habits still apply. Use a strong phone passcode, avoid sharing banking details, and contact your bank immediately if you notice anything unusual.

Getting started is easier than you think

If you have a smartphone and a contactless debit or credit card, you are already most of the way there.

Setting up a digital wallet typically involves opening the wallet app on your phone, adding your card details — often by simply scanning the card with your camera — and confirming your identity through your bank. The entire process usually takes only a few minutes. If you feel unsure, many banks offer step-by-step guidance online or in branch.

Where can you use it?

Anywhere you see the contactless payment symbol — the small wave-like icon — you can generally use a digital wallet.

In Australia, contactless payments are widely accepted in supermarkets, cafés, pharmacies, retail stores, petrol stations, and even for some public transport services. You can also use your digital wallet for online purchases or to store event tickets and boarding passes.

For many people, this convenience becomes the biggest advantage. Everything sits in one place, ready when needed.

Do you have to give up your physical wallet?

Not at all.

A digital wallet doesn't replace your traditional wallet unless you want it to. Many people choose to carry a card as backup, particularly in case their phone battery runs low. You might begin by using it for small purchases — a coffee or a grocery shop — and see how comfortable you feel. There's no obligation to change your habits overnight.

Why some Active Retirees prefer it

Those who adopt digital wallets often appreciate the speed and simplicity.

There's no searching for coins, no inserting a card into a machine, and no signing receipts.

For people managing health conditions, tapping a phone can feel easier than handling small cards or cash. Others simply enjoy the added sense of security.

The verdict

A digital wallet isn't futuristic or complicated. It's simply another way to pay — one designed for convenience and security.

You remain in control of your money. Your bank remains the same.

The only difference is that your phone steps in as the tool you use to complete the transaction. If you're curious, try it once.

You may find that "tap and go" is less about technology — and more about making everyday life just a little easier.

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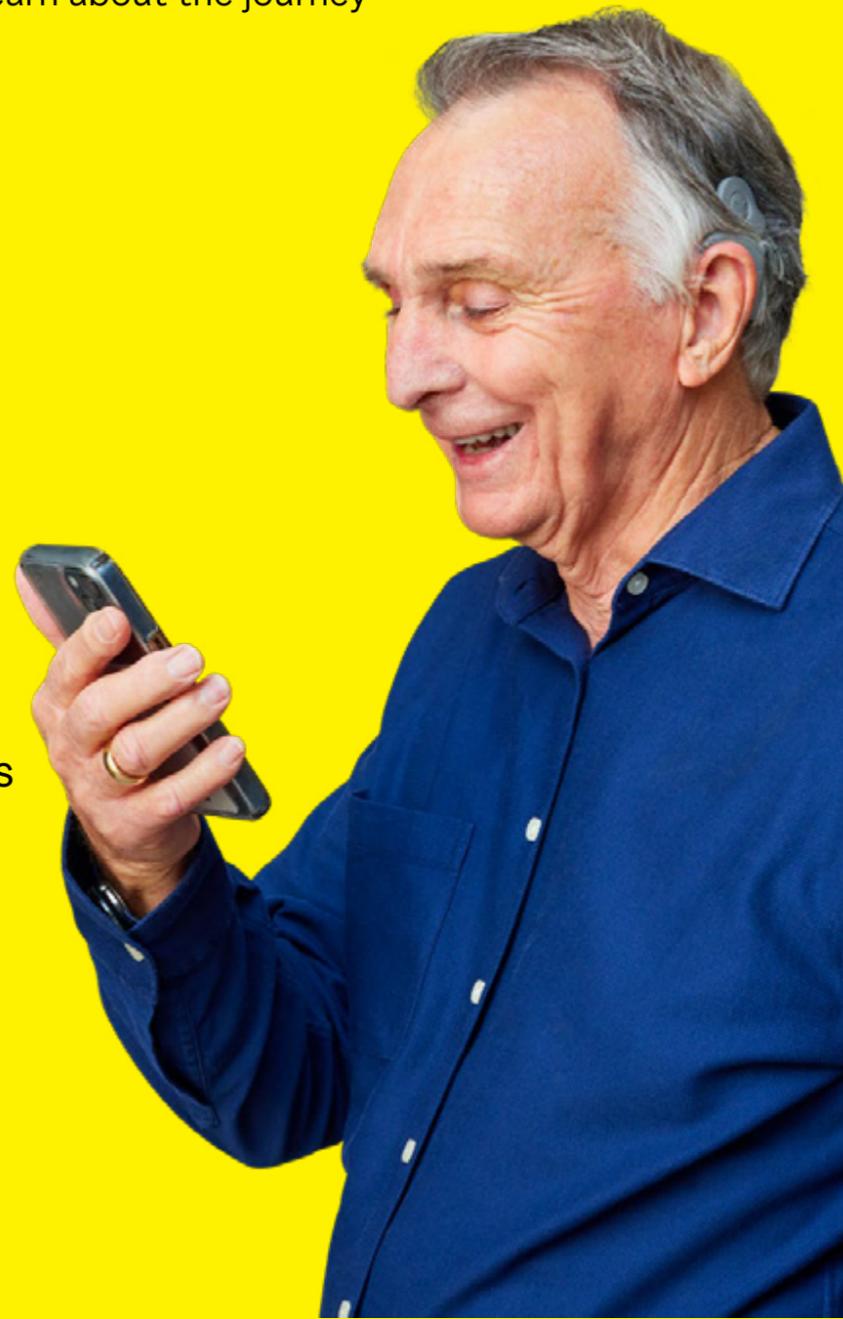
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PROTEIN AFTER 60: ARE YOU GETTING ENOUGH?

Protein often gets associated with athletes and gym enthusiasts. But after 60, it becomes one of the quiet achievers of healthy ageing — helping you stay strong, steady and energised for the life you want to live.

Whether it's travelling, gardening, playing with grandchildren or staying active in your community, maintaining muscle strength makes everyday activities feel easier and more enjoyable. And protein plays a central role in that.

The focus isn't about bulking up. It's about staying capable.

Why protein matters more as we age

From midlife onward, our bodies naturally change. Muscle mass gradually reduces over time, which is simply part of the ageing process. The encouraging news is that lifestyle choices — including nutrition — can make a meaningful difference.

Protein supports:

- Muscle maintenance and strength
- Bone support
- Energy and recovery
- Feeling satisfied after meals

When paired with regular movement, protein helps your body stay resilient and ready for whatever your week holds.

Think of it as daily maintenance for your independence.



How much protein do you actually need?

Many older adults eat slightly less protein than their bodies would ideally prefer, often without realising it. Smaller appetites or lighter meals can mean protein intake dips over time.

While needs vary, many experts suggest aiming for roughly 1 to 1.2 grams of protein per kilogram of body weight per day. For someone weighing 70 kilograms, that's approximately 70 to 84 grams daily.

That may sound like a lot,

but it becomes quite manageable when spread across breakfast, lunch and dinner rather than concentrated in one meal.

It's about balance across the day

A common pattern is minimal protein at breakfast, moderate at lunch and most at dinner. However, the body tends to use protein most effectively when it's evenly distributed.

Adding a protein source to each meal can be surprisingly simple. An egg or yoghurt at breakfast, legumes or fish at lunch, and lean meat or tofu at dinner all contribute steadily throughout the day.

Small, consistent habits tend to work best.

Everyday foods that deliver

You don't need specialty products or complicated meal plans. Many familiar foods provide excellent protein.

Some easy options include:

- Eggs
- Fish and seafood
- Lean meats
- Greek yoghurt
- Milk and cheese
- Lentils and chickpeas
- Nuts and seeds

Even simple additions — a handful of nuts, a slice of cheese, or a dollop of yoghurt — can boost intake without increasing portion sizes dramatically.

What about protein powders?

For most Active Retirees, whole foods provide more than enough protein. Powders and supplements are optional rather than essential.

If appetite is smaller, blending yoghurt, milk and fruit into a smoothie can be an easy and enjoyable way to increase intake without feeling overly full.

As always, it's wise to speak with your GP or dietitian if you're considering major dietary changes.

A strength-focused mindset

Protein after 65 isn't about restriction or rigid rules. It's about nourishment that supports the lifestyle you value.

When strength is maintained, everyday tasks feel lighter. Long walks feel easier. Travel feels more comfortable. Confidence grows.

Food becomes part of the strategy for staying active and engaged.



Fuel for the years ahead

Healthy ageing isn't accidental — it's supported by small, consistent choices. Ensuring there's a source of protein on your plate at each meal is one of those simple choices that can pay off over time.

You don't need dramatic changes. Start by looking at tomorrow's breakfast. Could it include a little more protein? From there, build gradually.

Staying strong isn't about lifting heavy weights or chasing trends. It's about giving your body what it needs to keep doing the things you love.



Your legacy. Their future.

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Connection. Safety. Friendship. Family. When you include a gift in your Will for Australian Red Cross, you create endless opportunities to make a difference.

Just ask Elsie. At 95 years old, Elsie has been brightened by weekly visits from Fiona, a dedicated Red Cross volunteer. Their bond showcases the extraordinary power of human connection. Fiona's visits not only keep Elsie engaged and connected to her community, but they also enrich Fiona's own life in profound ways.

“Elsie always says, ‘You make me feel so happy. I love seeing you; it’s such a highlight,’” Fiona says. “I say it back to her because it’s the same for me. I think it’s given her more of a will to live. That sounds pretty deep, but I know how much she looks forward to seeing us; it’s giving her more purpose in life.”

In a world where people feel lonelier than ever before, a gift in your Will can help ensure thousands of older people don't feel so alone. These days, Elsie knows she is loved and cared for, thanks to her friend Fiona.

Everybody deserves the warmth of kindness and friendship, and your Will can help us share that with people for generations to come.

Find out more about leaving a Gift in your Will.



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50th Anniversary of Probus in Australia



When I celebrated my 50th birthday, my husband and daughter organised a wonderful party inviting family and friends old and new – it was a joyful, memorable event.

My view of the 50th Anniversary of Probus in Australia is a lot like that party – celebrating a major milestone in a gathering of people whose company you enjoy. To me, birthdays and anniversaries are about recalling the past, the good times and looking forward to the future.

This Probus anniversary affords a tremendous opportunity to celebrate and highlight our achievements, while sharing our future vision and introducing significant numbers of people to the desirability and benefits of Probus Club membership.

I am honoured and privileged to play a part in formulating a plan to memorialise our 50th Anniversary in Australia. In May 2025, at a





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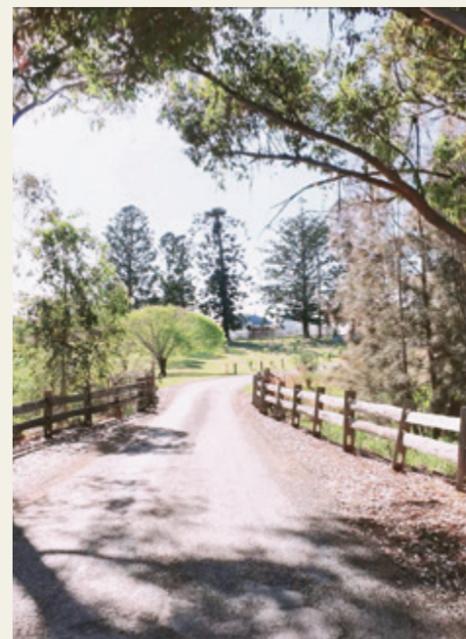
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PSPL Board Meeting, I was invited to Chair the formation of a group, to develop and deliver celebrations and events to commemorate this wonderful achievement, and so, the 50th Anniversary of Probus in Australia Organising Committee was formed.

The committee also known as 50COM comprises an extraordinary group of volunteer Probus members including six of our nine PSPL Directors Michael Ransom (Vic & Tas), Jennie Law (SA & NT), Brian Holt (WA) Caroline Nelson (Qld), Nick Erby (NSW & ACT), also Kevin Marnie, representing Hunters Hill & District Probus Club being the first Probus Club in Australia. Probus Club members Bruce Murn, Tom Anderson and Steve Pead are also on the Committee, and me.

We have worked hard and well together. Our efforts have been substantially supported by CEO Silvana and our Parramatta team. An impressive program of advertising, promotion and media activities has been developed and will continue until late 2026.

Creating a greater awareness of the important role that our Clubs play in our



communities is a prime objective. An outstanding outcome of our program has been the remarkable offerings of positive testimonials both in video and written formats, from our Federal, State and Territory politicians.

In addition, several State Governors and the Governor General are recognising our 50th Anniversary with receptions and functions.

To promote our messages to the widest possible audience, we have been fortunate to secure the support of well-known media identity Heather Ewart who has enthusiastically accepted the role of the Probus 50th Anniversary Media and Spokesperson.

Occasions to celebrate the 50th Anniversary throughout the year commenced on 03 February 2026 with the actual anniversary of the establishment of the first Club at Hunters Hill NSW. This event was attended by former Prime Minister, John Howard OM AC, who was the Federal Member of Parliament when the club was formed.

Opportunities to make new friends and acquaintances will be extended with holiday experiences. Close to 300 members will be joining



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Western Japan Autumn Special
11 Day Tour - Departs 17th November 2026

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pp twin share plus taxes
airfares

Tour Highlights:

- 8 NIGHTS LUXURY ACCOMMODATION IN JAPAN
- VISIT 6 UNESCO WORLD HERITAGE SITES
- FASCINATING TRADITIONAL VILLAGES
- FULLY ESCORTED, WORRY FREE
- PERFECT FOR AUTUMN COLOURS
- RYOKAN STAY / ONSEN EXPERIENCE



What we think you'll love about this tour:

"Some journeys feel immediately rewarding, inviting you to slow down and take in where you are. This journey offers a rewarding way to experience Japan, balancing its most fascinating destinations with time to enjoy each place properly. With everything handled along the way, it's a tour that allows you to relax into the experience and appreciate Japan as it naturally unfolds."

Satoko Franks, Founder & Managing Director



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visit our website www.janescotravel.com





Researchers from the University of Sydney are investigating whether a self-guided physical activity program can help people with osteoarthritis increase their activity levels.

The study is led by Professor David Hunter, a rheumatologist at Sydney's Royal North Shore Hospital and the world leading expert in osteoarthritis research.

You may be eligible if you:

- Are **45 years or older**
- Can walk for **at least 10 minutes a day**
- Are willing to take part in a **self-guided physical activity program**
- Experience **activity-related hip or knee pain**

If this sounds like you, we'd love to have you involved!

You can join from anywhere in Australia

By joining the study, you will receive a FREE Fitbit Inspire to keep track of your physical activity!

[Click here](#) to find out more about the study and to check your eligibility today!

Why Movement Matters for Your Arthritis

Staying active is one of the best things you can do for your health—yet most Australians aren't meeting the World Health Organisation's

recommended activity levels. For adults over 65, that means aiming for 150 minutes of moderate activity or 75 minutes of vigorous activity each week. Think of it as a 30 minute walk five days a week or one to two tennis matches.

Around 3 million Australians live with arthritis, and osteoarthritis is the most common form. Keeping physically active is one of the most effective ways to manage symptoms. Research even suggests that taking at least 6,000 steps a day can help reduce pain and improve function. Contrary to belief, physical activity does NOT make your joints worse.

More Than Just Joint Health

Being physically active doesn't just help your arthritis—it benefits your whole body. Regular movement can:

- Lower the risk of heart disease
- Reduce the likelihood of developing diabetes, cancer, and dementia
- Boost mood and overall wellbeing
- Support social connection and community engagement

How to Get Started

If you're new to exercise or getting back into it, remember this: doing something is always better than doing nothing.

Start with activities you enjoy. Many people choose walking because it's safe, free, and easy to fit into daily life. You don't need special equipment or a gym membership—just a comfortable pair of shoes and a plan to begin.

If you have any questions, please contact the team at cascade-oa.study@sydney.edu.au



"One of the best ways to manage your osteoarthritis is by staying active. Staying active helps to maintain a healthy weight and keep excess load off your joints. Join our study anywhere from Australia and take charge of your health"
- Professor David Hunter.

two Ocean Cruises (ex-Brisbane and Sydney) as well as a number of regional tours that are being organised.

Working groups including our State and Territory Associations, Membership Representatives and hundreds of Clubs are planning sporting matches, tournaments and special events including a nationwide picnic/luncheon being held across Australia on 01 October, marking the start of Probus Month 2026.

The 50COM has been successful in developing a number of commemorative items including an envelope produced by Australia Post, a special labelled sparkling wine from Chandon, red & white wines from Western Australia and an attractive range of 50th Anniversary merchandise...and of course the special balloons and chocolates.

On behalf of my fellow members of the 50COM, I hope you enjoy celebrating this very special milestone. Thank you to all who have contributed to the wonderful organisation that is Probus today.

Cheers

Judith

Judith Maestracci AM
Chairman of the 50th
Anniversary Committee
and Director
**PROBUS SOUTH
PACIFIC LIMITED**



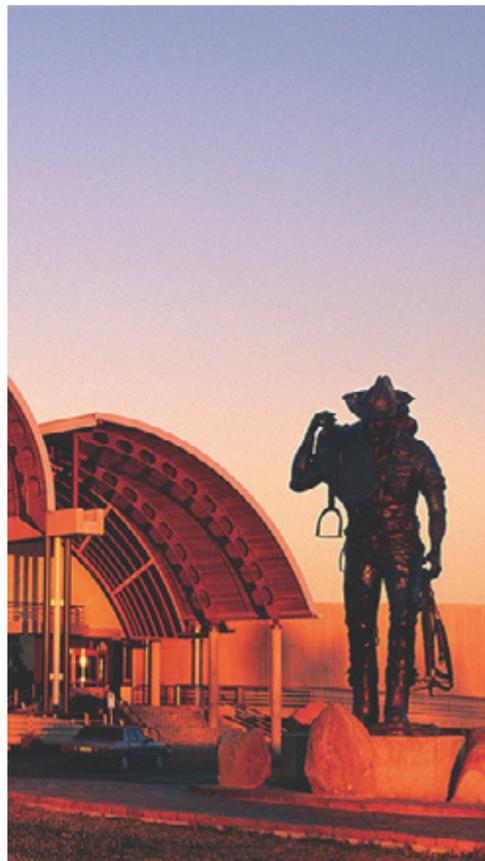


Discover the Heart of Outback Queensland

Outback Queensland is high on the bucket list for many Australians, and we know why! It is packed full of authentic, unforgettable experiences and incredibly diverse landscapes with stories that share deep connections that will take your breath away.

For nearly 40 years, Outback Aussie Tours has brought this remarkable region to life, sharing the heart and soul of the outback with travellers from across Australia and beyond.

From the moment a journey begins, guests are hosted by a dedicated driver and tour host whose deep local knowledge and specialist training ensure every step is as smooth as it is inspiring. But the true magic of the outback lies not in logistics - it's in the people, the stories, and the moments that stay with you long after the journey ends: a home-baked smoko under a wide blue sky, laughter echoing across the plains, or sunsets that seem to stretch forever.



Trade Travel is proud to partner with Outback Aussie Tours to deliver fully escorted 2026 departures that redefine effortless outback exploration. With every element thoughtfully curated, from flights and accommodation to expertly guided touring and exclusive encounters, travellers are free to immerse themselves in the landscapes, heritage, and enduring spirit of the region.

On the **6-Day Longreach & Winton Outback Tour**, guests experience exactly this: wandering historic sheep and cattle stations, uncovering stories at the Qantas Founders Museum, tracing the footsteps of pioneers at the Waltzing Matilda Centre, standing among towering dinosaur canyons, and enjoying gourmet sunset barbecues and starlit cruises. For those seeking a wilder frontier, the **9-Day Gulf Savannah Explorer** ventures deep into Queensland's rugged northwest, revealing pioneering towns, heritage rail journeys, and untamed savannah landscapes. Keep an eye out for another immersive Outback tour, **Channel Country Legends**, set to launch soon.

With Outback Queensland in high demand, 2026 departures are filling quickly. Whether discovering iconic towns or hidden corners, these fully escorted journeys combine expert local knowledge, immersive storytelling, and seamless hosting to deliver an unforgettable Australian adventure.



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Sri Lanka: Where Heritage Meets Wilderness



Vivid, soulful and layered with history, Sri Lanka engages every sense. Within a single journey, ancient civilisations, sacred rituals, mist-draped highlands and extraordinary wildlife encounters unfold in remarkable harmony.

Few places in Asia present such accessible depth of heritage. The great rock citadel of Sigiriya rises dramatically from the plains, a feat of engineering and ambition crowned with sweeping views. Nearby, the Dambulla Cave Temple, with its vast chambers of gilded Buddha sculptures and ancient wall paintings, offers a profound glimpse into Sri Lanka's sacred traditions. In the ancient capitals of Anuradhapura and Polonnaruwa, vast stupas, serene Buddha statues and intricate stone carvings reveal a civilisation flourishing more than two millennia ago. Far from museum relics, these UNESCO-listed treasures rise beneath open skies, quietly powerful and profoundly humbling.

In Kandy, the Temple of the Sacred Tooth Relic draws pilgrims bearing lotus blossoms and whispered prayers, while rhythmic drumming and incense fill the air with reverence. Nearby, spice gardens, botanical estates and traditional performances add colour and cultural texture.

Sri Lanka's wildlife is equally compelling. In Minneriya and Yala National Parks, elephants gather in impressive numbers, crocodiles bask along riverbanks and, if fortune favours, the elusive leopard emerges at dusk. Encounters are raw and unscripted, offering moments of genuine wilderness.

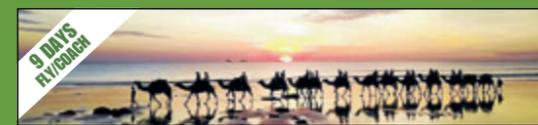
Then come the highlands, where emerald tea plantations ripple across cool mountain slopes. Waterfalls thread through valleys, colonial-era bungalows overlook manicured estates, and the scent of fresh Ceylon tea lingers in the air. Along the southern coast, Galle Fort's cobbled streets and ocean views provide a graceful contrast, with history softened by the sea breeze.

Sri Lanka endures long after departure, warm, generous and richly textured. Discover more about Trade Travel's fully escorted Sri Lanka journey departing November 2026 [HERE](#).



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	CANBERRA 2026 - 3 Days - \$725 pp twin - \$944 solo 4 Days - \$1,095 pp twin - \$1,421 solo Increased pricing due to hotel upgrade Departing 3/10/26 3 Days, 11/9/26 4 Days		SAPPHIRE COAST 2026 - \$1,825 pptwin - \$2,250 solo Departing 1/11/26, 13/11/26
	YOUNG CHERRY PICKING 2026 - \$810pptwin - \$1,000solo Departing 28/11/26		WANGARATTA 2026 - \$1,835 pptwin - \$2,360 solo Departing 28/3/26, 19/4/26, 6/9/26, 31/10/26
	CHRISTMAS IN JULY - MUDGEES 2026 - \$845pptwin - \$1,049solo Departing 5/7/26		BALLINA 2026 - \$1,865 pptwin - \$2,390 solo Departing 22/3/26, 30/8/26
	CHRISTMAS IN JULY - ORANGE 2026 - \$845pptwin - \$1,049 solo Departing 20/7/26		ORANGE 2026 - \$1,890 pptwin - \$2,400 solo Departing 28/3/26, 27/9/26
	HUNTER VALLEY CHRISTMAS LIGHTS 2026 - \$945 pp twin - \$1,135 solo Departing 30/11/26, 7/12/26		MUDGEES 2026 - \$1,970 pptwin - \$2,495 solo Departing 15/3/26, 18/10/26
	BATEMANS BAY 2026 - \$1,215pptwin - \$1,500solo Departing 2/11/26		O'REILLY'S AND THE GOLD COAST Coming Soon
	PORT STEPHEN'S 2026 - \$1,525pp Twin - \$1,891solo Departing 13/10/26 4 Days		KANGAROO ISLAND ReturnFlights exSYD Included 2026 - \$1,980 pp twin - \$2,334 solo Departing 4/9/26, 11/9/26, 1/9/26
	GRIFFITH & THE MIA 2026 - \$1,560 pptwin - \$1,885solo Departing 12/4/26, 7/10/26		BENDIGO Returnflights exSYD included 2026 - \$1,995 pp twin - \$2,365 solo Departing 27/4/26, 31/8/26
	PARKES 2026 - \$1,610 pptwin - \$2,010 solo Departing 19/4/26, 13/9/26		LIGHTNING RIDGE 2026 - \$1,995pptwin - \$2,375solo Departing 19/4/26, 26/4/26, 26/9/26
	WAGGA WAGGA 2026 - \$1,695 pptwin - \$2,120solo Departing 12/4/26, 2/8/26		GREAT OCEAN ROAD Return flights ex SYD included 2026 - \$2,340 pp twin - \$2,840 solo Departing 6/4/26, 7/9/26
	SOUTH WEST ROCKS 2026 - \$1,755pp twin - \$2,210solo Departing 20/9/26		BROKEN HILL, WHITE CLIFFS & MILDURA 2026 - \$2,385pptwin - \$2,985solo Departing 10/5/26, 12/9/26, 6/11/26
	BELLINGEN 2026 - \$1,795 pptwin - \$2,195 solo Departing 16/5/26, 13/9/26		CAIRNS ReturnFlights exSYD Included 2026 - \$3,095 pp twin - \$3,855 solo Departing 30/5/26, 6/6/26, 8/8/26, 15/8/26
	SUNSHINE COAST Return flights ex SYD included 2026 - \$1,825 pp twin - \$2,117 solo Departing 4/5/26, 21/9/26, 26/9/26		LONGREACH & OUTBACK QUEENSLAND 2026 - \$3,825 pptwin - \$4,890 solo Departing 30/5/26, 13/6/26, 11/7/26, 15/8/26

	NORFOLK ISLAND Return flights ex SYDIncluded 2026/2027 - \$3,345 per person twin share - \$3,778 solo traveller Departing 25th October 2026, 10th January 2027, 14th March 2027
	TASMANIA 2026/2027 - \$4,995 per person twin share - \$5,975 solo supplement Complimentary Flights to/from SYD Included Departing 1st December 2026, 11th January 2027, 26th January 2027
	EAST COAST 2026 - \$5,990 per person twin share - \$7,741 solo traveller Complimentary Flights to or from SYD Included Departing 21st May 2026, 31st July 2026
	AROUND AUSTRALIA IN 2026 2026 - \$24,990 per person twin share - \$31,490 solo traveller Departing 22nd July 2026
	SYDNEY TO DARWIN 2026 - \$8,490perperson twin share - \$10,990solo traveller Departing 22nd July 2026
	DARWIN TO BROOME 2026 - \$4,490perperson twin share - \$5,790solo traveller Departing 6th August 2026
	DARWIN TO PERTH 2026 - \$10,690perperson twin share - \$13,790solo traveller Departing 6th August 2026
	BROOME TO PERTH 2026 - \$6,890perperson twin share - \$8,890solo traveller Departing 13th August 2026
	PERTH TO SYDNEY 2026 - \$7,190perperson twin share - \$8,890solo traveller Departing 13th August 2026
	NEW ZEALAND - GRAND 2026/2027 - \$9,965per person twin share - \$11,865solo traveller Departing 1st September 2026, 5th October 2026, 23rd March 2027
	NEW ZEALAND - NORTH ISLAND 2026/2027 - \$4,990per person twin share - \$5,950solotraveller Departing 1st September 2026, 5th October 2026, 23rd March 2027
	NEW ZEALAND - SOUTH ISLAND 2026/2027 - \$5,750per person twin share - \$7,050 solo traveller Departing 9th September 2026, 13th October 2026, 31st March 2027

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- \$100 off per booking on international travel packages
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In addition, as a guest of National Travel, you have access to priority benefits such as added inclusions at select hotel stays, onboard cruise credits and more!

Simply quote your Probus membership number at the time of enquiry. T&Cs apply.



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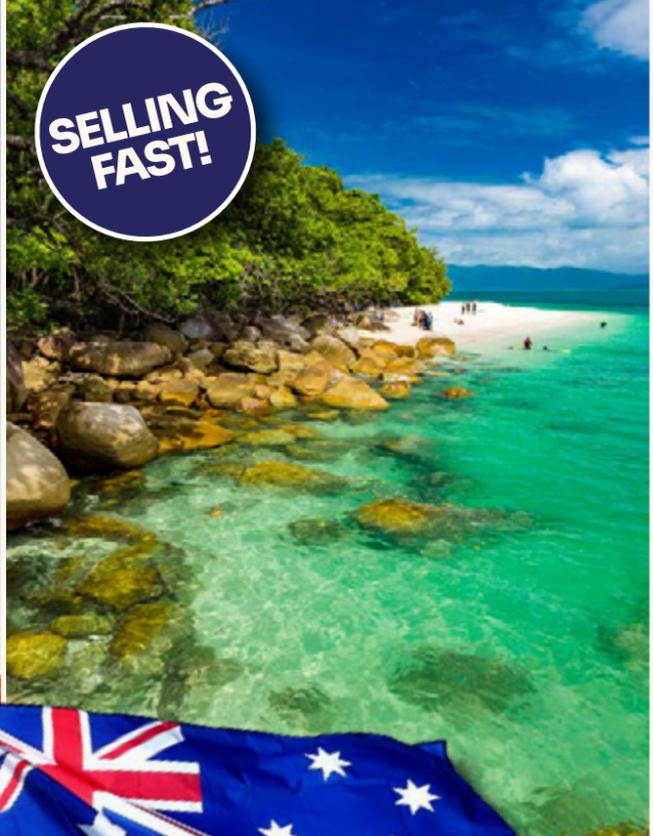


13 DAYS | **AUG 1** TO **AUG 13, 2026** | FITNESS LEVEL **ACTIVE MODERATE**

Outback QLD Dinosaur Discovery

Travel deep into Outback Queensland from Longreach to Cairns, with optional Spirit of the Outback Gold Class rail add on. Discover Qantas heritage, stockman history and a Thomson River sunset cruise. Explore Winton's dinosaurs, Lark Quarry, Undara lava tubes, Cobbold Gorge, the Atherton Tablelands, Kuranda Rail and Skyrail.

FROM **\$6,795.00** [VIEW ITINERARY](#)



6 DAYS | **AUG 14** TO **AUG 19, 2026** | FITNESS LEVEL **ACTIVE MODERATE**

Palm Cove and Cairns

Soak up tropical **Far North Queensland** on a relaxed six-day escape to Palm Cove and Cairns. Cruise the Daintree River, explore Mossman Gorge, Port Douglas and the Atherton Tablelands' crater lakes and waterfalls. Ride the Kuranda Scenic Railway and Skyrail, with free time in Cairns and optional Great Barrier Reef or island adventures.

FROM **\$3,995.00** [VIEW ITINERARY](#)



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Six different ways to experience Australia

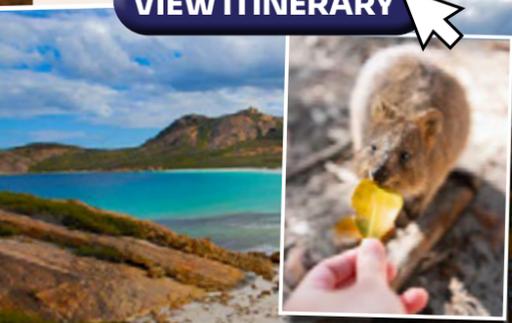


11 DAYS | **SEPT 30** TO **OCT 10, 2026** | FITNESS LEVEL **ACTIVE MODERATE**

Perth and South West Australia

Explore WA from Perth and Rottnest's quokkas to Lucky Bay, then Albany and Cape Leeuwin. Finish by flying home or taking the Indian Pacific.

FROM **\$6,095.00** [VIEW ITINERARY](#)

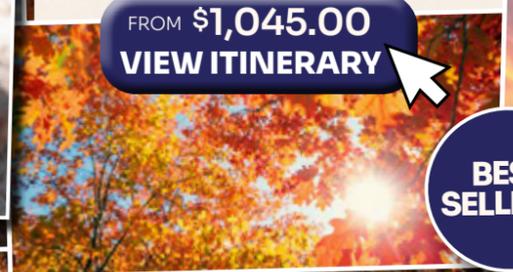


3 DAYS | **MAY 1** TO **MAY 3, 2026** | FITNESS LEVEL **MODERATE**

Autumn Colours of the Central West Koyo Matsuri Festival

Relax on a three-day autumn escape to the Central West: Cowra Koyo Matsuri, Mayfield Garden, Mount Tomah, Bathurst, Oberon, Blue Mountains villages.

FROM **\$1,045.00** [VIEW ITINERARY](#)



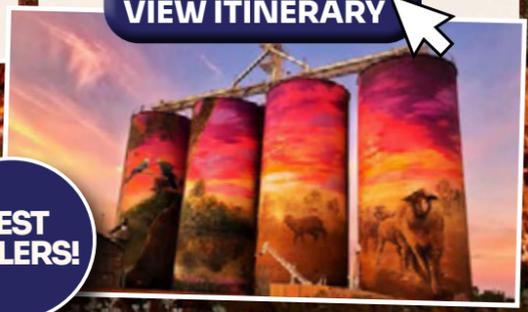
BEST SELLERS!

6 DAYS | **MAY 2** TO **MAY 7, 2026** | FITNESS LEVEL **ACTIVE MODERATE**

NSW & QLD Silo Art Journey

Hunter Valley to Brisbane silo art tour: giant mural silos in Merriwa, Quirindi, Barraba, Goondiwindi, Yelarbon via Tamworth, Armidale.

FROM **\$2,695.00** [VIEW ITINERARY](#)



6 DAYS | **AUG 25** TO **AUG 30, 2026** | FITNESS LEVEL **ACTIVE MODERATE**

Barossa & Clare Valley Wine Tour

Sip and savour SA through Clare and Barossa: Gawler, Burra, Mintaro, wine tastings and shared meals, Tanunda, Angaston, Adelaide Hills High Tea.

FROM **\$3,595.00** [VIEW ITINERARY](#)



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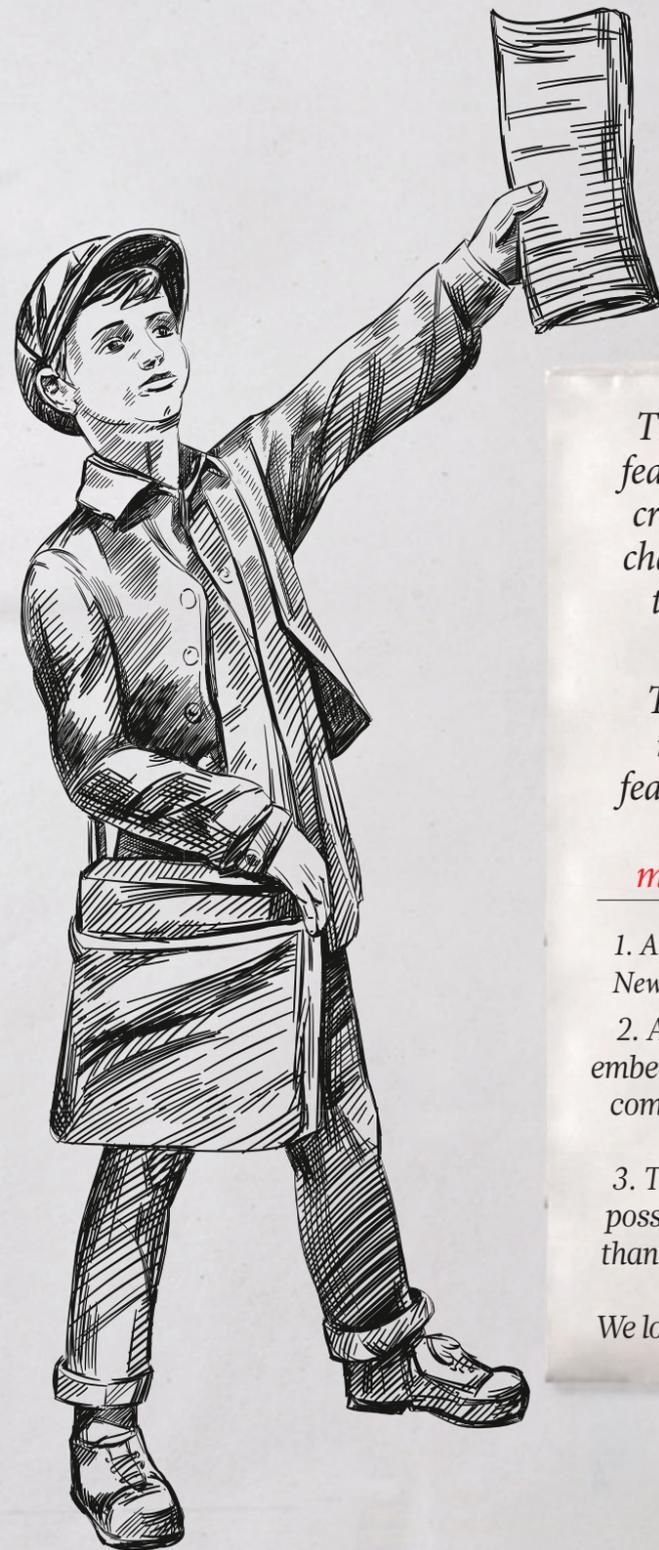
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TOURS AND TRAVEL



Probus Partner

Extra! Extra! Read all about it!



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

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

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

We look forward to receiving your submissions!



A Cluster Meeting in Wonthaggi

Wonthaggi & District Combined Probuss decided to host a cluster meeting at their venue at the Wonthaggi Workmen's Club.

Representatives from ten surrounding Probuss Clubs attended, and all agreed it was a very successful meeting. Each President, or their representative, spoke about their own club and the challenges they face, and all attending found it interesting and informative.

They then broke off into groups – Presidents, Secretaries, Treasurers, and Activities and Tour Group Coordinators – and discussed the various issues and challenges of attracting members and rising costs.

Tour Group Coordinators resolved to communicate and meet on a regular basis to pool resources whenever possible.



A Trip to a Garden and a Zoo

Members of Maling Combined Probuss recently enjoyed a delightful outing to the Victorian State Rose Garden at Werribee, taking full advantage of a perfect sunny day. The group strolled peacefully through the beautifully maintained grounds, home to more than 5,000 roses in full display.

Members wandered the vibrant beds in search of their favourite blooms – a true haven for rose lovers. From there, the group traveled by bus to the Werribee Open Range Zoo. Its vast grounds allowed members to walk past several naturalistic enclosures before stopping for lunch.

In the afternoon, a 40-minute Safari Bus Tour, complete with an informative narrator, offered valuable insights into the zoo's wildlife and conservation work, saving some species from extinction.

Many members commented on how much the zoo has improved since their childhood visits, recalling a time when lions paced in small cages and elephant rides were offered to visitors.

Today, animals such as elephants, lions, giraffes, antelopes, zebras, and many others appear relaxed and at home in their spacious environments. It was a wonderful day filled with conversation, laughter, and a shared appreciation of nature and wildlife.



50th Anniversary in Lake Wendouree

Members of the Alfredton Lucas Probuss gathered for morning tea at Pipers on Lake Wendouree to celebrate the 50th anniversary of Probuss in Australia.

The occasion brought members together to mark this national milestone in a relaxed and social setting.





A 5-day Trip to Great Ocean Road

Monday began bright and early for East Malvern Combined Probus members, with alarms ringing at 6 am so members could be ready for their tour bus adventure — a trip organised by John, the Bus and Coach Convener, along with tour guide Chris and his trusty “Highland Explorer Bus.”

Members gathered at the East Malvern RSL car park to meet their fellow Probus travellers. With 20 travellers aboard, plus Chris as driver, luggage safely packed into the box trailer, they were off to an early and smooth start.

Day 1

Over the mighty West Gate Bridge they went, heading out on an adventure along the iconic Great Ocean Road. Travelling without having to drive proved a real treat — there is so much more to notice when someone else is at the wheel. The first stop was Torquay’s famous Bells Beach, home of the World Surfing Championships. Then it was onward to Anglesea, where they discovered that it is true — kangaroos do relax and sun themselves on the golf fairways!



From Anglesea the trip continued to Lorne, with a look at Teddy’s Lookout, a view of the Pole House at Fairhaven, and areas still marked by the 1983 Ash Wednesday fires. Hugging the spectacular coastline, they paused at the Cape Patton Lookout to take in the breathtaking scenery. By late afternoon they rolled into the Ocean Road Motel in Skenes Creek — their “base camp” for the week. Once settled into their rooms, they gathered in the dining room for an excellent and generous dinner, just what was needed after a big first day. There was plenty of chatter, laughter, and fun, and the way everyone connected right from the start promised a memorable week ahead.

Day 2

After a leisurely start to the morning — and an excellent breakfast — they hopped back on the bus. One member, Gary, took on the helpful task of placing the step and assisting everyone on and off the bus each time. A big thank you went to Gary for his care and support. Their first stop was Mait’s Rainforest Walk, a hidden treasure many never get to experience. From there, they climbed further into the Otways, detouring off the Great Ocean Road to visit the Cape Otway Lighthouse, which has stood proudly above Bass Strait since 1848. They also explored the old Telegraph Station and the WWII Radar Bunker before enjoying a picnic lunch. The afternoon took them to new territory, following Blanket Bay Road to Point Lewis. Later, they toured the township of Marengo before returning to the motel for another excellent dinner.

Day 3

Members explored some of the Otways’ hidden treasures, starting with Lake Caven and Johanna Heights, followed by lunch at Lavers Hill. Afterwards, they made their way to the beautiful and secluded Triplet Falls, accessed via a short rainforest walk. They also admired the magnificent stand of Californian Redwoods — tall, straight, majestic — towering even above the Mountain Ash of the Black Spur.

The return trip included Ferguson, Cliff Young’s Beech Forest, and stunning panoramas over Skenes Creek before arriving back at the motel.

Chris worked tirelessly throughout the day to ensure the trip was both enjoyable and informative. His knowledge amazed everyone — and his jokes kept the group entertained.

Day 4

Another big day ahead! Breakfast was at 7:30 am, and they boarded the bus by 8:30 am, ready to explore the Twelve Apostles and Shipwreck Coast. Stops included the Twelve Apostles, Loch Ard Gorge, Port Campbell, London Bridge, the Bay of Martyrs, and the Bay of Islands.

It was a fantastic day, made even better by Chris’s excellent commentary. They arrived back at the motel around 5:30 pm, with just enough time to freshen up before another lovely dinner.

Day 5

The journey home began, but the adventure was not quite over. They travelled the Great Ocean Road in reverse, stopping at Erskine Falls and Dean’s Marsh. Lunch was enjoyed at the Winchelsea Pub, before continuing via the Geelong Bypass and Princes Highway, returning to home base at 4:00 pm.

To the 20 Probus members who brought their A-game — their enthusiasm, good humour, and courtesy prompted comments about what a fun and gracious group they were. A great reflection on them, and on the East Malvern Combined Probus Club Inc.

Once again, the small coach proved its worth — allowing access to hidden gems that larger buses cannot reach. The home-style dinners prepared by June and Joyce at the motel restaurant were also a highlight, loved by all who travelled.

A Member’s Reflection

The East Malvern Combined Probus Club shares this reflection from one of its long-standing members, Ernie. With years of experience enjoying the friendship, activities, and camaraderie that Probus offers, Ernie captures the spirit of the club and what it means to be part of the Probus community.

What It’s Like to Be a Member of Probus

Being a member of Probus is a bit like discovering a secret society—only instead of secret handshakes, members greet each other with coffee, conversation, and the occasional enthusiastic hug. People join thinking they will attend a meeting or two... and before long, their calendars look like they’ve been hired as full-time social butterflies. Outings, lunches, guest speakers, walks, day trips, and overnight adventures often leave members needing a rest day just to recover from all the “relaxing” they’ve been doing.

At its heart, Probus is all about fun and friendship. It’s a place where people meet others who somehow manage to feel like old friends from the moment they shake hands. Conversations start easily, laughter flows quickly, and it doesn’t take long before someone says, “Hang on—you know them too? What a small world!” That is the magic of Probus: no matter where people sit, they are always among friends.

And the activities? There is something for everyone. Scenic walks for those who enjoy nature, trips and tours for the curious, lunches for the food-lovers, card days for the competitive, and talks for the forever-young lifelong learners. Even the bus trips have their charm—especially the moment everyone settles in, snacks at the ready, and one member inevitably declares themselves the unofficial tour photographer.

Of course, not everything runs strictly to plan. Someone will always misplace their hat, another will insist the bakery they passed three towns back had the best vanilla slice in Australia, and at least one person will try to convince the group that the map is wrong. But these little moments are exactly what make the memories—and the laughter—so infectious.

What truly makes Probus special is the community spirit. Members look out for one another, lend a hand when needed, share stories, share rides, share recipes, and most importantly, share time. In a world that often rushes by, Probus is a reminder that life is richer when enjoyed together. Being part of Probus means having a place to belong, people to laugh with, and friends to count on. It is fun, it is friendship, and it is full of moments that brighten the week—and stay with members long after the outing ends.

This is Ernie’s reflection. What is yours?





Three Pre-Christmas Celebrations

Last year, the North Balwyn Probuss enjoyed three major pre-Christmas celebrations that brought members together for music, food, and festive fellowship.

Boroondara Council Seniors' Music Mornings in November featured an Elvis Tribute Show starring the talented Damian Mullin, who captured the spirit and sound of Elvis from the 1950s through to the 1970s. It was an extraordinarily enjoyable show that had members thoroughly entertained.

The November Stationary Progressive Lunch, the last of four luncheons for 2025, was hosted by Brian and Sue Mullarvey and took the form of a themed high tea. Fourteen guests enjoyed the traditional high tea fare of sandwiches, scones with cream, and hot snacks. There was much laughter and warm fellowship among those who attended. Plans are already underway for the first Stationary Progressive Lunch of 2026, which will be held in March and hosted by Bev, with details and a list to be available at the February meeting. The December Christmas Lunch at Box Hill Golf Club was the concluding club outing for 2025 and proved to be a very successful and enjoyable celebration to round out the year.



A Milestone Life Membership Award

Frankston Combined Probuss has awarded its first Life Membership since its inception in November 1993, marking 32 years of history and making this a truly significant and memorable milestone for everyone involved.



Heralding Christmas

Attending a long-time friend and work colleague's funeral service, the Speaker Coordinator at the Combined Probuss Club of Whittlesea was more than overly impressed by the choir. The memory was so impressive that it became an obsession to have the choir attend the Christmas meeting at Whittlesea and provide the traditional carolling session. Several exchanges and a visit by the musical director/conductor Birute Prasmutas and assistant/accompanist Zita Prasmutas sealed the deal.

And as they say, "the rest is history!" In 2025, the choir had 24 singers, with 13 taking part in the concert for the Probuss Club at the Whittlesea Bowling Club. They all made their own arrangements to attend and brought their piano and traditional costumes. The Bowls Club made special arrangements to provide a dressing room separate from the room allocated to the general meeting. Extra seating was also provided.

The Melbourne Lithuanian choir "Dainos Samburis" was formed in 1949 and is celebrating its seventy-sixth (76th) year. The choir is based at Lithuanian House in North Melbourne and practices on Tuesday evenings. [Translated, the title means Song Gathering.] Each year, the choir sings at the Lithuanian Independence Day concert around the 16th of February, the Baltic Deportations to Siberia commemoration in June, National Day in July, and a Baltic Concert in October (this year at Estonian House). The choir's annual concert is in November. This year, it was entitled "Christmas with Samburis." There were only two years without a concert, and that was during the COVID lockdown.



Marking 50 Years of Probuss & Looking Forward to 10 Years

Avondale Heights Probuss members recently enjoyed celebrating the 50-year milestone of Probuss in Australia. The club's hospitality officer went above and beyond, providing a delicious morning tea complete with a Probuss 50 sign and festive Probuss balloons.

Members actively participate in a wide range of activities, including walking, crafting, games days, dining out at restaurants, and various tours. The club is eagerly anticipating its 10th birthday celebration this year. Over the past decade, many friendships have been formed, enriching members' lives and strengthening the community.



A Living History Lesson for Paynesville Probuss

Octogenarian and soon-to-be nonagenarian Grace Jobling delivered an engaging presentation on her family's history and life on the Boole Poole Peninsula, Gippsland Lakes. Her maternal lineage traces back to the First Fleet, while her paternal side connects to William the Conqueror. The Barton family, including sea captains and convicts, settled in Perry Bridge after travelling from Port Albert in the early 1800s, eventually acquiring land extending to Metung.

She opened with a poem written by her father, followed by anecdotes highlighting the Barton family's contributions to Gippsland's development. In the late 1890s, a Barton family member constructed a guest house at Ocean Grange, with parts of the original structure still standing.

Grace Jobling's father married Daisy Cook and built a two-storey house from a single Mountain Ash tree. The family demonstrated resourcefulness by repurposing kerosene drums for water transport and converting packing boxes into furniture.

Grace described generational marriages and the challenges of raising a family in the isolated Gippsland Lakes region, including her brother's responsibility at age ten to row the boat from Boole Poole to Metung for school. She recounted her mother's ingenuity in making clothing from sacks and knitting by lantern light, and reflected on the difficulties of World War II, such as rationing and fuel shortages that affected travel.

The family lived off the land, maintaining an orchard of 600 apple and plum trees, a 3 1/2-acre raspberry farm, and a pea farm, with produce delivered to Melbourne markets. Summers were spent picking fruit at their farm in Allambee. Grace attended various schools, as well as being home-schooled. Life in isolation fostered creativity and outdoor play, with no store-bought toys or electronic devices. A highlight was attending church at Lakes Entrance on Sundays, where the family enjoyed ice cream, picnics, and swimming.

Grace Jobling's stories underscored the resilience and hard work of early pioneer families, whose efforts have shaped the region's future.





Egg & Bacon on Australia Day

Lake Tuggeranong Probus enjoyed a lovely brunch on Australia Day to avoid the heat of the day.

Members gathered at 10:00 am for an Aussie egg & bacon roll and a sausage at a popular barbeque spot in Canberra. As can be seen, passers-by could tell who they were and that they were celebrating living in this great country.



A Walk and an Ice Cream Break in Canberra

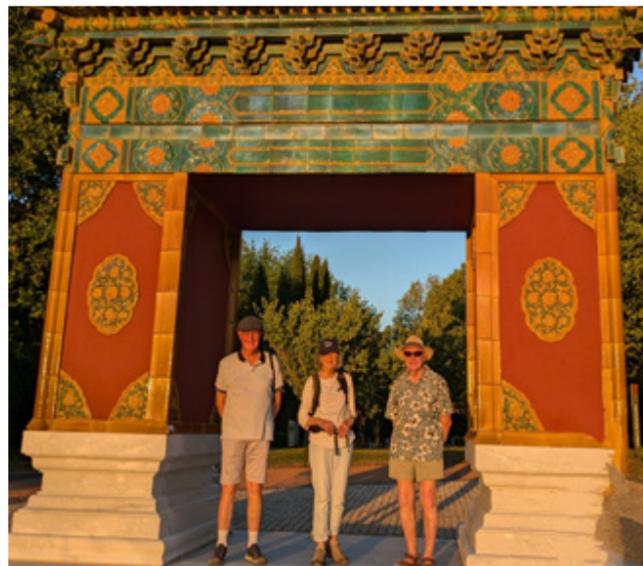
Canberra is very fortunate to have many picturesque walking tracks and paths, both within the city and in the surrounding areas.

In January, members of the Jamison Probus enjoyed a walk that began at the Yacht Club, followed by the edge of Lotus Bay, and continued through the beautiful Beijing Garden.

The garden was a centennial gift from the Beijing Municipal Government to the people of Canberra, celebrating the significance of its sister-city relationship.

It features a traditional Chinese gate to welcome visitors, and its paths meander past sculptures crafted using Chinese stone masonry.

Abiding the light-hearted adage, "Life's short, eat dessert first," the Jamison Probus walkers enjoyed ice cream before ordering a seafood dinner from Snapper at the Canberra Yacht Club.



Sundowners at New Farm Park

New Farm Probus members believe that every month is 'Probus Month'. They often remark on how much they value the connection and collaborative generosity, along with the good spirits and energy generated by the 100 participants of the club.

Members regularly gather for sundowners near the historic rotunda in the iconic New Farm Park.

The gatherings were particularly spectacular amidst the late afternoon splendor of the Jacarandas.

What members particularly enjoy about sundowners is that they keep the gatherings simple; they bring their own afternoon drinks, chairs, and snacks to share, and take the time to relax while celebrating Friendship, Fellowship, and Fun.



Friendship and Fellowship Across the Sea

During the recent tour to Norfolk Island, several of the Chatsworth–Carindale Probus members, including their President Helen, had the privilege of attending the monthly meeting of the Norfolk Island Probus. It was a true highlight of the trip!

They were warmly greeted by President David and the club members, who made them feel at home from the moment they arrived. Morning tea was an absolute feast, with a table filled with delicious homemade treats generously prepared by the members.

Celebrating its 40th year, the Norfolk Island Probus is rich in history and spirit.

They were especially delighted to meet past President and longest-serving member Zeta, whose wit, charm and impeccable fashion advice kept them entertained throughout the morning. Members' heartfelt thanks go to John, their Social Coordinator, for organising the visit and giving them the opportunity to experience true Probus friendship and fellowship. It was a memorable occasion that perfectly captured the spirit of connection that defines the organisation, no matter how far from home they travel.



Three Sets of Fun

The Maleny Probus commemorated Probus Month on three different occasions during October last year.

They hired the local kiosk on the main street, decorated it with promotional materials and balloons, and provided information to both locals and tourists about Probus.

As part of Mental Health Awareness Month, guest speaker Laura Taylor, a nurse working on an older adult mental health ward, presented the definition of mental health, current treatment options, strategies to reduce stigma, and access to support. Members enjoyed lunch at Kondalilla Falls Restaurant, adjacent to the Kondalilla National Park.





A Festive Christmas

At their final gathering for 2025, the Combined Probus Club of Noosa was treated to a lively performance by their very own 'Probus Players', who put on a Christmas Spectacular. The morning featured a wonderful array of Christmas songs and carols, with cabaret-style seating and complimentary champagne adding a special touch. More than 80 members joined in, enjoying the festivities and the colourful display of costumes and characters. Founded in 1997 for annual interclub competitions, the Probus Players Group focuses on entertaining members and promoting fun. Just a few days later, the festive spirit continued at their annual Christmas Party, held at the RACV Noosa Resort. Almost 70 members attended, decked out in their best Christmas-themed outfits, with prizes awarded to the standout male and female costumes. The evening was packed with fun and games, with plenty of prizes up for grabs – from wine, scratchies, and local honey to a banquet meal for two at The Embassy XO Restaurant on Sunshine Beach. The highlight of the night was the major Lucky Door prize: a four-night stay on Magnetic Island valued at \$1,500. The raffle added an extra twist this year, with the last ticket drawn taking home the win! Live entertainment from a local musician kept the energy high, and by the end of the night, the dance floor was buzzing with happy members.



A sweet congratulations to everyone who made these events so memorable. The club is looking forward to next year's celebrations!

Celebrating 25 Christmases: A Festive Probus Year-End Lunch

Forty members of the Combined Probus Club of Sherwood ended the Probus year with a very enjoyable lunch celebrating 25 Christmases. The club was formed on 21 July 2000. Members were entertained by a group of mature dancers, "The Sparklers," dressed in Christmas attire. Life Member Dorothy prepared and recited a monologue reflecting on the 25 years of the club, and guest Amber, with help from her mother, presented a kaleidoscope-coloured screen presentation of animated village Christmas life. It was a clever and fitting contribution to the celebration. The year began with the club's traditional New Year's Champagne Breakfast. It has been a regular event on the calendar since 2004, and members enjoyed wonderful attendance, food, and fellowship. Sadly, "Old Father Time" is catching up with many members, and numbers are dwindling, so this may have been the last such gathering. Though few in number, the good food, champagne, and fellowship still prevailed. Members now look forward to their adventures in 2026 and to celebrating 50 years of Probus in Australia.



A High Tea for Five Decades of Probus

Members of the Runaway Bay Probus came together to enjoy a High Tea in celebration of the 50th anniversary of Probus. The occasion provided a lovely opportunity for members to share conversation and mark this important milestone in Probus history.



A Christmas Lunch in Redlands

Last December, the Redlands Probus enjoyed its Christmas lunch in the Gallipoli Room at the Redlands RSL.

All members who attended shared a wonderful day of fun and good food with their fellow club members.



An Opportunity Shop Outing

Two busloads of ladies from the Alexandra Headland Mixed Probus travelled to Pomona, Queensland for an opportunity shop outing and returned with stacks of bargains.

Gathered with their finds piled high on the bus, the group's impressive haul was a cheerful reminder of the rewards waiting to be discovered on a shopping day out.

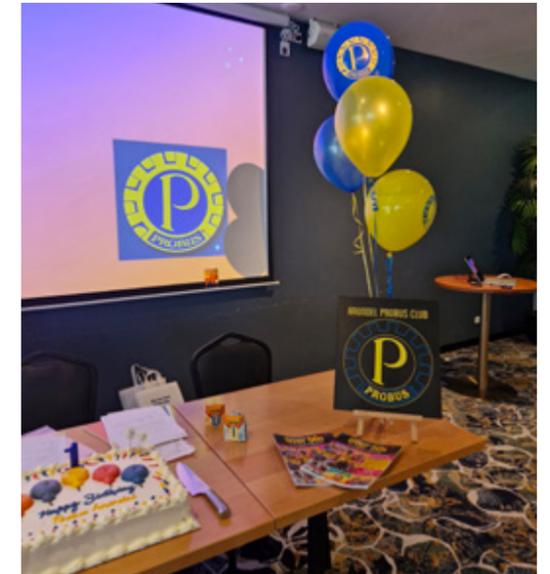


Arundel Probus Club's First Year

It has been a special year for the new Arundel Probus, now with forty-five members. The club has shared laughter, stories, adventures, and the kind of friendship that makes life richer. They recently celebrated their first birthday last November 2025, which was full of fun, a wonderful guest speaker, coupled with decorations of balloons, gift packs, and cake to celebrate this milestone.

Members enjoyed events throughout the year with bus trips, Christmas in July, the Toowoomba Flower Festival, book clubs, morning teas & lunches, a Christmas party, and a Christmas light cruise. The committee is looking forward to another year of fun outings and activities celebrating 50 years of Probus. They will carry the spirit of Probus, Fellowship, Fun, and a zest for life.

For more information on the club, please contact President Ron Jones on 0417 329 239.





Celebrating 40 Years: A Look Back at the Club's History

The Pine Rivers Probus held its 40th Anniversary celebration in November, where the meeting was well attended by current and past members. President Joe-Anne Simpson addressed the group with the following history.

"Our Club was formed as Strathpine Probus Club by the Rotary Club of Strathpine on 28 November 1985. At its first meeting on 5 December 1985, it had four members and grew to 21 members by the end of 1986. The Club's name was changed to Probus Club of Pine Rivers in 1986. In March 2004 it was incorporated, when its name officially changed to Probus Club of Pine Rivers Inc.

The first three meetings of the Club were held in the Rawhide Steakhouse, then in the Petrie Hotel, and finally from 6 December 1990 in the Pine Rivers Memorial Bowls Club (Club Pine Rivers). The Club's membership grew to a high of 118 in 2015 and the numbers remained at over 100 until COVID when during 2021-2023, membership dramatically decreased to 66. The club's membership currently stands at 64, with an average age of 79.

The longest serving active members are Bill (December 2000), John (September 2002), Tom (March 2007), and Arthur (April 2007). The Club periodically awards Life Membership to members who have gone above and beyond in service to the Club. There are currently three active Life Members, Joyce, John, and Bill.

There are also two non-active Life Members, Rob (who joined in October 1998) but was unable to attend today as he was on a cruise, and Bryan (who joined in December 1995) and was able to attend today.

The biggest change to the Club came at the meeting on 6th of May 2010, when Bryan formally moved that the Club become a Combined Club, allowing both females and males to apply for and be granted ordinary membership.

A secret ballot of financial members was held, with 25 votes in favour and three against. On 2nd of September, eight female members were inducted, with another four joining over the following two months. Of these ladies, Beverley, Janet, Mary, Joyce, and Beverley remain active members.

Lorrene Carruthers became the Club's first female president in 2012. The Club also acknowledges the work of its historian, Joyce, for her remarkable research in producing seven articles about the Club.

In conclusion, the Club celebrated its 40th Anniversary and encourages members to invite friends and acquaintances to join, ensuring the Club continues to grow and thrive for another 40 years.



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Together at Forty-six

The Entrance Probus celebrated its 46th anniversary with a joyful gathering, bringing members together for laughter, conversation, and shared memories. Not long before, members also joined the Cluster Picnic at Budgewoi Central Coast, enjoying a relaxed day of socializing, games, and community spirit. The events highlighted the strong bonds and vibrant energy that define the club.



Chinese Food for the Trio

Members from Yass Combined, Cootamundra Combined, and Boorowa Probus came together to celebrate Probus Month at a Chinese Restaurant in Boorowa.



The gathering was filled with laughter, lively conversation, and delicious food, making it a memorable occasion for all in attendance.

The First Birthday

Campbelltown Macarthur Gardens Probus celebrated its first anniversary. The club marked the occasion with a huge cake for morning tea, enjoying plenty of fun and fellowship.

The celebration also featured an excellent guest speaker, Mick Dunne from Mercy Ships Australia, who shared stories of his time in Africa and highlighted the remarkable work the organisation undertakes around the world.



On Track at Byron Bay

Probus members from Grafton and Maclean Clubs enjoyed a nostalgic ride aboard the Byron Bay train.

The group travelled to Byron Bay, visiting the Byron Bay Nature Park (former the Macadamia Castle) for morning tea before continuing on to the world's first solar train.

The train is a two-carriage set, the first of ten "600 class" sets constructed at the Chullora Railway Workshops in Sydney in 1949.

Built from aluminium using aircraft technology developed during WWII, the carriages remain lighter in weight than "light rail."

The train can run at 115km/h although it runs at slower speeds in Byron Bay. The group enjoyed a very tasty lunch at the North Byron Hotel before returning via Lennox Head and Ballina.





Christmas in November

Cessnock Combined Probus celebrated Christmas early last year in November.

It was a truly wonderful day filled with joy and camaraderie, featuring an exciting raffle, a delightful lunch, and outstanding entertainment by Wayne, who captivated members with performances as Roy, Neil, Dean, and more.

It was a fabulous end-of-year party with great entertainment and a mega raffle — a memorable day of celebration.



An Exploration of Broken Hill & District

Seventeen members of the Dapto Combined Probus enjoyed a fantastic nine-day tour of Broken Hill and the surrounding district, arranged by HelloWorld Dapto and Silver City Tours Broken Hill. They travelled to and from Broken Hill by train, a full day journey, but they benefited from being able to walk about, which is preferable to a long coach journey restricted by seat belts. Not only did the group explore Broken Hill by coach, but they also spent a day each at Silverton and Menindee and had an underground night in the motel at White Cliffs following a mine tour.



Their main tour days included the Outback Sculpture Symposium, Pro Hart and other galleries, White's Mining Museum, the fabulous Palace Hotel, the Royal Flying Doctor Service base, and a number of historical and cultural experiences within the city.

Christmas Lunch Celebration in a Festive Setting



Forty-five members of Bathurst Combined Probus celebrated the Christmas season with an informal lunch held at a small hobby farm on the outskirts of Bathurst. The event provided a great opportunity for the Club's members to dress in a festive fashion and to catch up and socialise with each other in a relaxed setting, as per the Probus tradition of fellowship and fun.

The event was spread over two rooms, both of which were decorated with various Christmas items to provide atmosphere, including table decorations handcrafted by a talented club member, Annette.

Members dined on a very enjoyable two-course lunch of festive fare, provided by caterers, "Your Place or Ours".

Following lunch, the Lucky Door prizes were drawn. One talented club member, who wishes to remain anonymous,

donated two beautifully appliquéd cushions as Lucky Door prizes for two ladies, whilst \$25 Bunnings gift cards were won by the male recipients of the other two Lucky Door prizes. The event was deemed a great success, with many positive comments and feedback being received from members.

The Berowra's Probus Song

Berowra District Mixed Probus choir mistress Shirley Menary, who is 93, created a Probus song for Probus Month, which was held last year in October.

It is sung to the tune of "There's No Business Like Show Business."

They also had a tablecloth made with the Probus logo to use at their monthly meetings. There's no people like Probus people Like no people we know Everything about them is appealing Everything that Probus will allow At our meetings there's a happy feeling So let us stand up and take a bow There's no people like Probus people They smile when they are low Every month on Tuesday there's a gathering With friendship and fellowship for everyone Not forgetting that we have a lot of fun So let's get on with the show The Anniversary show.



A Christmas Carols Community Event

On 13 December, Westleigh Combined Probus Songsters gathered in Westleigh Village for their popular annual Christmas carols performance. They enjoyed a full house, featuring two keyboards, two guitarists, Danny and his granddaughter on brass, and the choir, who sang with heartfelt enthusiasm under the leadership of choir director Pam. Carol after carol was greeted with thunderous applause from the crowd of onlookers, mainly Probus Songster groupies, who had gathered for the occasion. Almost every passerby stopped to take a photo, and some even a selfie, with the musicians. It was a lovely way for the Songsters to demonstrate their skills, and the Westleigh shoppers were very appreciative. Possibly in future years, this 60-minute performance could be more actively promoted by Village management. Everyone had a great time and began looking forward to practising for the next performance. All members are welcome when the Songsters reconvene in February. It is a relaxed singalong with a wide range of tunes, with Christmas songs usually making an appearance later in the year.



Celebrating Probus at 50: A Sweet Morning Tea

Castle Hill & District Probus marked 50 years of Probus on 2nd of February with a giant celebratory cake, as members gathered for morning tea to share in the milestone and enjoy a sweet moment of celebration together.





Who Am I – By John of Northmead and District

Northmead and District Probus shared this heartfelt article from John, Who Am I, reflecting on his life and joys as a council worker.

Who Am I?

By John of Northmead and District Probus Club

I commenced fulltime work on Decimal Currency Day. On my first day, I met up with the Chief Clerk for an introductory briefing. He introduced me to my boss, the Records Clerk, who immediately told me,

“Book these files back in and mark back out on the filing cards in this cabinet. Got that?”

“Yessir,” I reply.

So, I, Clerk Hilton, sit down, picks up the first file, and peruses it carefully, trying not to make a mistake with my first touch of the hallowed documentation. A table next to me was littered with files. A Messenger began putting the files on the floor before placing a plastic cloth across the table. The Messenger was one of a number of Messengers in the organisation – young local boys who hated school and wanted to leave as soon as they could.

“What are you doing?” I ask.

“We stop for morning tea,” he mutters.

“I haven’t started yet!”

“No matter. Stop for a cup of tea. I’ll get you a cup.”

Of course, when you are starting at the bottom of the pecking order, you want to fit in with the crowd: to slide into the culture of the organisation.

Well, I thought, if that is the culture, then I’m in. I pick up my cup of tea and smile.

I happily progress through the day and into the first week. On Friday afternoon, one of the staffers asks, “What are you doing at five o’clock?”

“I’m going home.”

“No, you’re not. We all go to the pub and have a drink.”

Five past five and we were off to the pub. It’s already thumpin’ pumpin’ and jumpin’! Quite a few blokes that I crossed paths with during that first week were balancing beers in both hands as they yammered and drank. I was amazed by their ability to get so drunk between 5:00 and 5:05pm. Hmm. Maybe I was a bit naïve back then!

Drinking was part of the culture in this organisation. My memory is filled with *Council Worker Stories* during those *Friday after 5* sessions. The stories they told! One story reaches across to a favourite hotel – nicknamed the Rusty Shovel – where the labourers would head for lunch, lean their shovels against the wall, and by the time they came out ... yeh, the shovels certainly became rusty.

Another story was about the *Collectors*: employees who collected the money from the parking meters. They had trolleys connected to long funnels that inserted into the meter, allowing the coins to spill into the funnels while disallowing any personal access to the coins. The Collectors worked all day in the hot sun, returning to the office later in the day and handing the now heavy funnels over to the cashier. The Collectors were known for wearing wide-brimmed hats for sun protection – makes sense. Yet a myth evolved: they liked a drink at the drop of a hat. Again, probably just organisational folklore.

And one last story. In the 1960s, *Building Societies* were flourishing competitors to Banks. One fellow had a novel way of filling in his lunch hour. He would rob banks and building societies, and yup, he was eventually arrested. The staff in the office where he worked were discussing his activities and recalled that he used to go for a walk at lunch times ... but he always took a bag. Aha! This gentleman did spend some time in gaol but has been released and since then has run a successful business. That is a true story.

And who am I?

I am a *Happy Council Worker*.



A Barbeque at the Cruising Yacht Club

Members and visitors of the West Lakes Combined Probus gathered at Cruising Yacht Club of South Australia. They enjoyed a wonderful barbecue lunch at this scenic location. Everyone had a great time socializing, enjoying great company and conversation.

It was the perfect way to connect and have fun showcasing the lively spirit of the club.



A Festive Christmas with Lunch and Entertainment

The Woodcroft Probus had nearly full attendance at its fantastic Christmas Meeting. The table settings and centrepieces by Leonie were lovely. “Sisters by Choice” again proved to be an excellent choice for entertainment. The duo kindly permitted the fledgling ukulele group members to “open” for them, strumming along while they sang Aussie Jingle Bells. This was followed by a medley of popular Christmas carols before morning tea. It was great to see members singing along. The members provided an excellent Christmas-themed morning tea. In their second bracket, “Sisters by Choice” rocked the club with popular songs that had everyone singing, and some even dancing along.

After morning tea, Suzie, of “Sisters by Choice,” assisted Marilyn, the President, by drawing the Lucky Number Prize Winner and five Christmas Members’ Prize Draw winners. Members were thrilled with their gifts. Each member was also given a beautifully made bag with goodies in it, including a pen with the club’s name on it. These gift bags and goodies were organised by two dedicated members of the Club.

Two winners were also chosen for best-dressed Christmas outfits.

The main feature of the Christmas Lunch was the roast with meats, vegetables, and gravy. It was delicious. It also included a selection of petit four desserts from which members could choose.

The entire Woodcroft Probus thoroughly enjoyed the Christmas Lunch.



An Outing to the Hallett Cove

Magill Probus members arrived at the Hallett Cove Boat Shed and found a sign directing them to dine in the upstairs restaurant.

It proved to be a splendid setting with a wonderful view, and the extensive menu even offered “half-size” options.

After lunch, they adjourned to the South Australia Water Desalination Plant where they viewed displays, watched a video, and listened to an informative talk.

The visit continued with a bus tour of the site, including a stop to inspect one of the plants that was not operating on the day.





Three Years Young and Fifty Years of Probus

The three-year-old Adelaide CBD Probus celebrated its parent organisation's fiftieth anniversary a day early with cake and bubbles.

Michael, the newest member of the Adelaide CBD Probus Club, had the honour of cutting the cake.

The Adelaide CBD Probus was formed in late 2022 and now has 50 members. The club meets on the first Monday of each month in a delightful room on the 13th floor of a city building, offering spectacular views.

Members are most fortunate to have a brilliant guest speaker coordinator who consistently arranges scintillating speakers to entertain and educate.

After food for the brain comes food for the body, with morning tea enjoyed together. Club business is then conducted before members head out at noon for lunch.

The club's Activities Coordinator never fails to offer fascinating outings. There is a walking group, a film group, and a book club, all contributing to a healthy and vibrant club.



40 years of Kidman Park Probus

The Kidman Park Combined Probus Incorporated, commonly known as the Kidman Park Probus, celebrated its fortieth anniversary last December. It was a joyous occasion.

The Board Director for S.A./N.T., Ms Jenni Law, attended and presented the Club with its Fortieth-year Certificate. The celebration was also graced by the South Australia State Member of parliament for the electorate of Lee, Mr. Stephen Mullighan, as well as the two councilors for the Findon Ward of the City of Charles Sturt, Mr. Peter Ppiros, and Mr. George Turrelli, who have been strong supporters of the Club.

The Club's oldest member, Syd, aged ninety-eight, had the honour of cutting the cake. Rose, one of the earliest members of the Club along with her husband Jack, was also able to attend.

The Kidman Park Rotary Club (now the Rotary Club of West Beach), the original sponsor of the Club, was represented by Co-President Barbara Wheatcroft. Entertainment was provided by "The Biekie Busker", James Kendall, a former flautist with the Royal Australian Air Force and a lecturer at the Murray Conservatorium in New South Wales.

Members shared a fine repast, and special thanks were extended to Peggy and Joan for their hard work arranging decorations and other preparations, which helped make the celebration a very memorable occasion.



Strathalbyn Ladies' 35th Birthday

Last year, members of the Strathalbyn Ladies Probus celebrated the club's 35th Birthday at The Terminus Hotel on Wednesday, 12 November 2025.

Foundation members Jill and Helen were given the honour of cutting the celebratory birthday cake, marking a special milestone in the club's history.



George Brown Botanical Garden

Members of the Charles Darwin Probus were addressed by the retired director of the George Brown Botanical Garden, Bryan Harty, who shared some of the history and stories of the area. It was very interesting.

Pictured is Ros Pocock thanking Bryan for his presentation.

The club's last dining-out event was different!

Members went down to the Gardens Golf Course for a pizza lunch, and a few hardy souls tried their hand at Putt Putt golf.

The pizzas were excellent, and no one left hungry.



Honouring Excellence and Service Among Seniors

For more than 40 years, Michael Foley OAM has contributed to the recognition of senior citizens in communities and their mental wellbeing.

Michael saw a need for seniors to be acknowledged for the hours of volunteer work they do every day.

In 2014, he founded Seniors of Excellence NT, inspiring senior citizens to share their valuable expertise and recognise the value of achievement that comes through community service.

Alwyn Nicholson, a member of Marrara Probus, was awarded a Seniors of Excellence NT Award in 2025.



Christmas in Darwin

The Darwin Probus celebrated its 40th anniversary with a spectacular dinner dance and enjoyed a memorable Christmas party on the first Wednesday of December, marking two of the club's biggest social events of the year.





A Christmas Corsage Contest



The Probus Club of Karrinyup & North Beach's Christmas Lunch in December was held at the Kingsway Bar & Bistro in Perth's North. Organisers Glynis and Sylvia booked a special room that accommodated around 45 members. They also organised various kinds of entertainment and, of course, a delicious traditional Christmas lunch.

Their challenge to members this time was to design, make, and wear a Christmas corsage, either

pinned to clothing or worn around the wrist. The result was a stunning array of creations, with even the men participating (well, most!). There were sprigs of rosemary for those who didn't feel so creative. Members' happy, smiling faces were a testament to a very enjoyable occasion.

Two Activities with a Difference

Recently the members of the Eaton Combined Probus experienced two activities that were slightly out of the ordinary.

Firstly, thirteen members drove to the Wellington Dam area where they visited the Living Legacy Forest, where 40 hectares of forest had been donated by local farmers and set aside for a different sort of burial ground. The group was given information about the possibilities of this potential eternal resting place. After a wander through the lovely forest, they adjourned to the Wellington Dam Café for lunch, and of course a look at the world-famous dam wall mural.

The second activity occurred when a guest speaker cancelled at short notice, and club member David stepped in to fill the gap. He "just happened" to have a thumb drive of his 2017 Safari through Botswana in his pocket. David provided the commentary while the audience sat enthralled as an entire family of elephants wandered across the road, and a leopard slowly emerged from camouflage, lying on an overhead branch. As for the lions in the dark, it was better left to the imagination. The leisurely pace of this safari made the audience feel as though they were truly there.



Christmas Lunch at the Royal Australian Air Force Association

The Booragoon Probus celebrated its 2025 Christmas Lunch on 3rd December at the RAAF Association's premises in Bull Creek, WA. Members and their partners greatly enjoyed a traditional Christmas lunch in a comfortable, privately selected room.

President Harry conducted the monthly meeting in approximately one minute before commencing the festivities. All participants agreed that the event was a great success.



Exploring Music, Speech, and the RFDS



Professor Alan Harvey, an Emeritus Professor at UWA, co-author with David Hunt and a friend of Ross Gamble, gave a fascinating talk to the Subiaco Probus about the role of music and speech in human development. He showed members brain scans and discussed the relationship between speech and music. For those interested, his TEDx talk from 2018 on YouTube is highly recommended and very insightful. In February, following up on the presentation from the RFDS in 2025, the club will host a talk by one of their pilots, who will provide a more hands-on, "coal-face" perspective on RFDS operations.

Christmas Lunch at Le Grande

The Probus Club of Albany's Annual Christmas Dinner has long been a highlight of the social calendar, but this year's gathering at the Le Grande Motel may well be remembered as the one that sent several members rummaging through the dusty archives of their romantic pasts—some with confidence, others with considerable trepidation.

As tradition dictates, the December meeting was followed by the Christmas lunch, attended by members along with their wives/partners, all arriving in good spirits and sensible footwear. The Le Grande Motel provided a welcoming setting, with festive cheer in the air, a fine lunch on offer, and an atmosphere that suggested they were in for a relaxed and convivial afternoon. Little did they know what lay ahead. Enter Tony Wilson, Newsletter Editor and—on this occasion—chief instigator of merriment. Somewhere between the entrée and the first round of table chatter, Tony announced that photographs would be taken of members and their partners. This, in itself, raised no eyebrows. However, the twist soon followed: each couple was asked to pose "as if they were on their honeymoon."

The room fell momentarily silent as the request sank in. Expressions ranged from delight to disbelief. Some couples embraced the idea with enthusiasm, adopting affectionate poses that suggested love had not only endured but sharpened with time. Others required quiet negotiation, whispered consultations, and in one or two cases, a short walk down memory lane to recall what exactly a honeymoon involved.

For several members, the challenge was not the pose but the recollection. "That was a very long time ago," became a popular refrain, while others confessed that the memory was hazy at best, possibly due to the passage of years—or the influence of celebratory beverages back then and now. Nevertheless, good humour prevailed, and no one escaped Tony's lens. Laughter rippled through the room as each couple took their turn. There were bashful smiles, exaggerated romantic gestures, hands held with mock seriousness, and the occasional look that said, "I can't believe we're doing this." The audience, of course, offered encouragement, applause, and running commentary, ensuring that no moment passed without a chuckle. The lunch itself was thoroughly enjoyed, conversation flowed freely, and the shared absurdity of the photographic challenge only strengthened the sense of camaraderie that defines the Probus Club of Albany. It was one of those occasions where the company mattered just as much as the meal, and where laughter did more than any festive decoration to set the tone. As the afternoon drew to a close, it was clear that Tony's inspired idea had transformed a pleasant Christmas lunch into a memorable event—one that will no doubt feature prominently in the next newsletter and be talked about well into 2026.

All agreed it was a wonderful way to end the year: full of merriment, friendship, and just enough romance to remind us that, honeymoon or not, some things are worth revisiting—even if only for the photo.





40th Anniversary Luncheon at the Blue Waters Hotel



Spring Bay Combined Probus celebrated its 40th anniversary with a special function at the Blue Waters Hotel in Orford. Around 60 guests attended, including Sandra Falconer, Probus District Chairman; Mark Salter, President of Spring Bay Rotary Club, the club's sponsor; Greg Tory, CEO of Glamorgan Spring Bay Council; Cheryl Arnol, Mayor of Glamorgan Spring Bay Council; as well as Probus members and members of the local community.

Guests enjoyed lunch and addresses from both Sandra and Mark. The retired Past President of Spring Bay Rotary Club in 1985, Mr. Peter Hills, was recognised for leading the committee that explored forming a Probus Club in the area. This came to fruition and has been very successful for 40 years.

A highlight of the celebration was the presentation of Life Membership bestowed upon member Judy by Sandra. Judy has been a member of the club for 31 years, has held office, and has upheld the purpose of Probus, which is for retired and semi-retired persons who enjoy the company of fellow members, have fun, and make new friends.

Honouring Dedicated Members with Life Membership



Three members of Moonah Ladies Probus were bestowed with Life Membership of the club: Kaye, Merle, and Jeanette. All three had served many years on the committee in various positions since 2008. They continue to support the club by participating in its activities and social events.

These three ladies have dedicated many hours helping the club and truly deserve the honour of Life Membership.

The special ceremony was held at the November monthly meeting, where the Melbourne Cup was the featured theme. Ladies came dressed in their finery, along with wonderful headwear. Kaye, Merle, and Jeanette were presented with a badge, certificate, potted plant, and a personal scrapbook album, which contained all information about their service in the club along with many photos.

The 50th Anniversary Begins

The Hobart Men's Probus Club felt fortunate that its first meeting of 2026 coincided with the actual date of the formation of Probus in Australia 50 years earlier.

A homemade morning tea, provided by a group of generous members, complemented the birthday cake, which was generously sliced by President Carl Lawton and Vice President John Carter.

It was truly an amazing way to begin the year-long celebration of Probus Clubs in Australia.



A Great Visit to a Neighbouring Club

Representatives from Penguin Probus, Leonie and Jenny, had the pleasure of being invited guests at the Burnie Men's Probus recently. It was a wonderful opportunity to learn how neighbouring clubs operate and gain some valuable insights.

They received a warm welcome from the 26 gentlemen who attended — all made them feel right at home.

Special thanks were extended to John, who has been a great mentor to the new Penguin Club, and to Peter for offering his expertise to help with the club's website.

The speakers were fabulous, covering two fascinating and timely topics: Artificial Intelligence, presented by Peter, and the Tasmanian Forestry Industry, presented by David — a truly engaging program.

The Penguin Probus looks forward to ongoing collaboration and friendship with the Burnie Men's Probus. It is wonderful to be part of the wider Probus community.



Celebration on the Leven River Cruise

On Wednesday, the 4th of February, as part of Probus's 50th Anniversary celebration, a group from the Central Coast Probus went on the Leven River Cruise in Ulverstone.

What an amazing experience!

They learned so much about the river and town's history and pioneers through Kim's wonderful storytelling and photos, as well as seeing beautiful scenery and the local birdlife.

They were privileged enough to see eagles and hawks along the way.

Thank you so much to Kim at Leven River Cruises for providing an exceptional outing, which was thoroughly enjoyed by all.



Poems by Probians

Exit

Grip releases
Fingers glide over fingers
Moments together ... apart
Microseconds pass
Touch
Signals it's over
Standing alone
On life's curb
Chilled body
Frozen heart
Gasping for breath
Reasons out of reach
Myriads of decisions
Bereft of thought
Or deep concern
Leading to a field
Of randomly placed
Unexploded ordnance

Ghost

I ripped open the dictionary
of my life
Searching words for
meaning
Page on page of blurred
parchment
I composed a song of my
existence
Tone on tone of tangled
chorus
Many instruments ... not
one sweet note
In desperation, I wrote it
down
Then trashed my pen, burnt
my paper
Truth was lying in the
graveyard of the past

**Poems by leader of the
Probus Northmead and
District's Literary Club
Rod Garrett**

Precious Things

Not
diamond rings
rainbow rims
Not
wealth dreams
silver streams
Not
fashion sleeves
autumn leaves
Not
urban hedges
trees on ridges
Not
gold in cracks
bush tracks
Not
lotto prizes
sublime sunrises
Not
false eyebrow hair
glacial icy flare
Not
a sniff of blow
Aurora's glow
Not
new TVs or flashy cars
parakeets or pink galahs
Precious ... Nature Sings

**Poem by leader of the
Probus Northmead
and District's
Literary Club
Rod Garrett**



PROBUS: 50 YEARS IN AUSTRALIA

Once, three score years and ten
Measured the lives of common men.
Now, we live longer than before,
Ladies average a few years more.

So how do we fill these extra years?
We can ponder old age and all its fears;
And sit in the kitchen and ruminare,
Our partners and friends to irritate!

But there are new activities and things to see -
New people to meet and places to be.
After years of work, the world is our cup - That's
where PROBUS steps right up!

For fifty years, it's been in our land, Connecting
people and lending a hand.
PROBUS helps all to be young at heart,
To live longer and better - it's a jolly good
start!!!

Poem by Leon Misfield

cutting the Anniversary cake
raffles and Draw of the Money Board

Thank you for joining us today in the
Celebration of 50 Years in Australia.
Remember: Fun, Friendship and Fellowship.



Poems by Probians

Yes, you all know that I write little "poems",
Ordinary verse about birthdays, anniversaries and
such.

Very much like diary entries about what has been
happening,
Normally, that doesn't add up to very much.
However...this January has been quite different,
Australian weather took a massive turn for the worse,
Bushfires raging all around our country. "Our
Australia",

As if we have incurred some sort of curse.
Folks like me, who live in leafy suburban Melbourne,
Just complain because sometimes it can get quite hot,
BUT...reading the paper, watching the News on TV as
we all do,

I think...should I complain ..ANSWER .No ,I definitely
should not!!

With those bushfires raging in so many country areas,
Causing much suffering. Homes, farms lost, people
trying to flee,

Reading, this morning, of a body found near an
abandoned car,
The road had been blocked by a once beautiful, now
fallen, tree.

YES, we do love our sunburnt country, as Dorothea
once wrote,

But, it gets quite hard when Mother Nature turns
brutal as can be,

While I, now elderly, am safe in my own little home,
My thoughts are with those suffering, and those
fighting the fires I see on TV.

So...I say, "Thank you" on behalf of the likes of me,
To all the "Firies" who fight with whatever is available
to them,

God Bless you all, your endeavours go "Above and
Beyond",

I am sure there are many, like me, waho would say
"AMEN"

Max Hobson ...cattle farmer.
has now been identified as
the man who lost is life in my
"poem"

Poem by Helen Cobb



Time Goes Slowly

Four years have passed, since you are gone.
The pain I feel, goes on & on.
Those in heaven, needed you more.
We on earth, your soul adore.

The good die young I hear them say
Which explains why God took you away.
The family miss you, even Rossi the cat.
Who goes to your bedroom door,
when will you come back.

As time goes by, the old song said.
Love is forever, and your roses are red.
A broken heart is all I can offer.
Its yours forever, will I continue to suffer.

The pain of love is hard not to feel.
My love for you, I knew it was real.
So do not run away, in heaven free.
When my turn comes, say hello Lee.

Poem by Leon M Smith.





PROBUS IS ALL ABOUT FUN, FRIENDSHIP & FELLOWSHIP IN RETIREMENT

WHAT IS PROBUS

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

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

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

WHY JOIN PROBUS?

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



Contact us:

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

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

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