

Active Retirees

Fun, Friendship and Fellowship in Retirement



50 Years Strong: WHO Findings Highlight the Lasting Impact of Probus
Cover Story - P22

“I want my legacy to be compassion”

A heart changed by what she witnessed.
A life spent responding to it. Will you?

Elisabeth has never forgotten what she saw at 19. Poverty in Haiti so confronting she couldn't eat, sleep or speak for three days. It changed her life, inspiring a lifetime of giving.

Elisabeth grew up the eldest of five children in a Dutch migrant family who came to Brisbane in 1951. Her father had been part of the Dutch resistance against Nazi occupation during World War II, risking his life to protect people hunted by the Gestapo. His stories taught her something she has carried with her ever since: people are responsible for one another. She recognised those same values in Australian Red Cross, inspiring her to leave a gift in her Will.

At 19, a trip to Haiti brought that conviction into sharp focus. She witnessed poverty so desperate and so confronting that she sat alone on the ship's deck for three days, unable to speak to anyone.

“Something very profound happened to me there,” she says. “I thought, I never knew the world was like this.”

She spent the decades that followed trying to respond – volunteering across the world, studying trauma, and today giving her time each week as an Australian Red Cross TeleCross volunteer, calling Australians who live alone just to make sure they're OK.

From there, leaving a gift to Australian Red Cross in her Will felt, she says, like the most natural thing in the world.

“There are people out there taking enormous risks to help others who might have lost hope,” she says. “It is such a privilege to think that my few dollars is part of what helps that person to be out there doing that.”

Will you consider leaving a legacy of compassion?

“You get a warm glow. Why wouldn't you? It's so easy.”



Find out more about leaving a gift in your Will.



Scan the QR code to receive a free Wills guide

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March 2026

PROBUS PARTNERS



Active Retirees

Fun, Friendship and Fellowship in Retirement

is the official publication for the Probus organisation in Australia. Active Retirees is a trademark of Probus South Pacific Limited. ACN 152 374 395

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MAGAZINE GRAPHIC DESIGN



CHAIRMAN'S MESSAGE

Recently I was privileged to speak at a reception hosted by the Australian Governor General Sam Mostyn AC, to celebrate fifty years of Probus in Australia. This is a copy of the speech I gave on that occasion.

Today, we celebrate fifty remarkable years of Probus in Australia — fifty years of friendship, fellowship, and fun. Thank you, Your Excellency, for allowing us the privilege of celebrating that milestone here in Government House.

To me, your invitation is a reflection of how much value Government places on what Probus does in supporting people in our community who are retired or semi-retired.

In 1976, inspired by a simple but powerful idea, the first Probus club in Australia was established in Hunters Hill, New South Wales, under the sponsorship of Rotary International. What began as a modest gathering of people in suburban Sydney has grown into a nationwide community that has enriched over half a million lives. It is great that the Hunters Hill club is still going strong, and members of that club are here today.

I would like to acknowledge an apology from Jessie Harman, Chair of Rotary Foundation Australia and Past Rotary International Director. I would also like to acknowledge an apology from the Australian Government Minister for Seniors, the Hon. Sam Rae, who cannot be present because Parliament is sitting.

The reason for Probus's success is simple. It meets a universal human need — the need for connection, purpose, and companionship in every stage of life. Retirement does not diminish our capacity to contribute, to learn, or to grow. If anything, it expands it. Probus recognises that wisdom, experience, and enthusiasm do not fade with age; they flourish when shared.

Over five decades, our Probus clubs have adapted and evolved. We have embraced new technologies, broadened membership, and reflected the changing face of Australia itself. But the core values remain unchanged: friendship, respect, inclusiveness, and community.

We also acknowledge the countless volunteers who have given their time and energy to sustain Probus across the years. Many of you here today are part of that team. Probus would not exist without the thousands of dedicated volunteers who have led committees, welcomed new members, organised outings and interest groups, and kept clubs alive through every challenge. On our 50th Anniversary in Australia, we celebrate these people as much as the organisation. Your commitment is the living proof that our Probus

community, when leaders like yourselves work to make your clubs successful, continues to thrive.

This fiftieth anniversary is not only a celebration of the past; it is a promise for the future.

As Australia and New Zealand continue to change, the role of organisations like Probus becomes even more vital. Social connection is recognised as essential to wellbeing. Probus has been nurturing that wellbeing for fifty years — long before it became a national conversation. By bringing people together, Probus strengthens individuals, families, and communities.

To every member all around Australia and New Zealand, both past and present — thank you. Thank you for your enthusiasm, your service, your humour, and your friendship. Thank you for showing that life after full-time work can be one of the richest and most rewarding times of our lives.

So today, your Excellency, and everyone here present, let us celebrate fifty years of Probus in Australia — fifty years of social connection, shared stories, shared journeys, and shared joy. And let us look ahead with confidence and optimism to the next fifty years.

The reception with the Australian Governor General follows on from a wonderful reception at Government House in Wellington in 2024, when we celebrated fifty years of Probus in New Zealand, the first time that Probus had come to the southern hemisphere. Also, we have had or are having similar receptions in Government Houses in every state and territory in Australia.

Many members of Probus clubs have said to me that these events have made them better realise how important that Probus clubs are in enriching the lives of so many people. We have Probus clubs in almost every town and suburb across Australia and New Zealand, offering opportunities for people who are retired or semi-retired to come together in their local communities to continue to live an active and full life after full-time work.



Michael Ransom

Michael Ransom
Chairman 2026 - 2027 | Probus South Pacific Ltd

Beds for Backs

We've got your back

STOP GUESSING YOUR COMFORT

HOW PRESSURE MAPPING IS HELPING AUSTRALIANS SLEEP BETTER

Sleep should help your body recover, not leave you waking with sore backs, aching hips or stiff shoulders. Yet many Australians still choose a mattress based on a quick showroom test or simply what "feels soft".

Pressure mapping changes that completely.

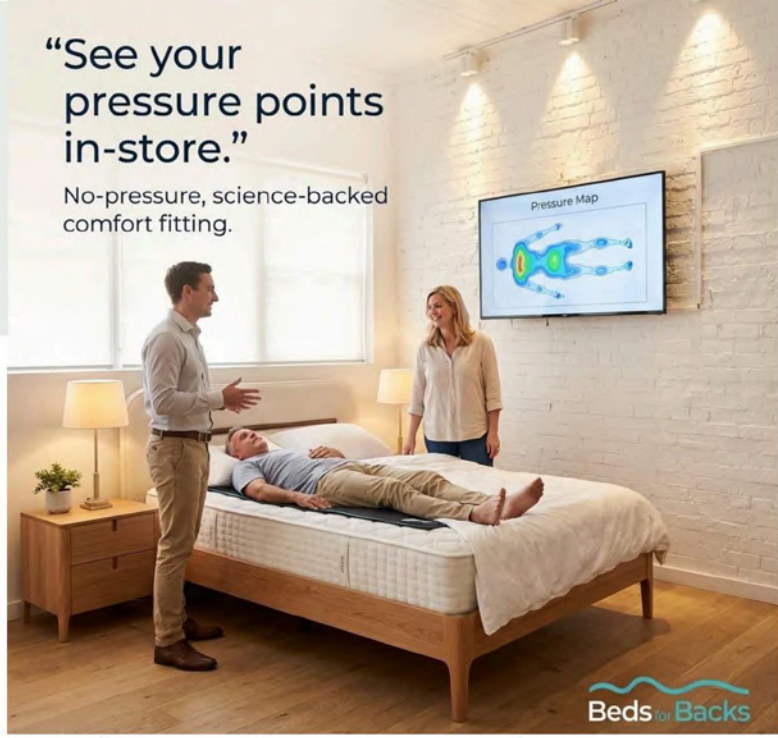
Using advanced sensor technology, pressure mapping shows exactly how your body interacts with a mattress by identifying areas of high pressure around the shoulders, hips and lower back. Instead of guessing comfort, people can now see what their body actually needs for better support and healthier sleep.

What is pressure mapping?

Pressure mapping uses a specialised sensor mat placed between the sleeper and the mattress surface. As a person lies in their normal sleeping position, the system records how body weight is distributed across the mattress.

"See your pressure points in-store."

No-pressure, science-backed comfort fitting.



Why does it matter?

A mattress may feel comfortable for five minutes in a showroom but still create poor alignment or pressure build-up during the night. When pressure becomes concentrated in certain areas, the body naturally shifts position more often to relieve discomfort. This can interrupt sleep cycles and contribute to waking with stiffness or pain.

Pressure mapping helps identify these issues before purchase, allowing a mattress to be matched more accurately to the individual sleeper.

Seeing is believing

One of the biggest advantages of pressure mapping is confidence. Instead of wondering whether a pressure might suit you, pressure mapping provides visible data that helps explain why one mattress performs better than another for your body.

A more scientific approach to better sleep

At Beds for Backs, pressure mapping technology is used in-store to help remove the guesswork from mattress selection.

Rather than relying on labels such as "soft", "medium" or "firm", customers can compare how different sleep surfaces support their own body profile in real time.

This approach can be especially valuable for:

- Back and joint pain sufferers
- Couples with different comfort needs
- Side sleepers with shoulder or hip pressure
- Older Australians wanting easier movement and better recovery
- People recovering from surgery or managing mobility concerns

Pressure mapping is also increasingly recognised within healthcare and home-care environments as a valuable tool for identifying pressure risk areas and improving comfort outcomes.



Choosing a mattress with confidence

If you have been waking with aches, struggling to agree on comfort with a partner, or feeling uncertain after trying one generic mattress after another, pressure mapping can be the step that finally makes the choice clearer.

Question:

When Do You Want to Start Sleeping Better?

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Customer Testimonial
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FIND OUT MORE

SPRING INTO MOVEMENT

Spring is an ideal time to refresh the way you move. Warmer days and longer evenings make it easier to get outdoors, but staying active is about more than simply clocking up steps. A well-rounded routine should help maintain strength, balance, mobility and cardiovascular fitness — all of which play an important role in keeping everyday life easier and more enjoyable.

Rather than trying to do everything, focus on a few forms of exercise that deliver the greatest benefit and are realistic enough to become part of your routine.

Walk with purpose

Walking remains one of the most accessible forms of exercise, but a leisurely stroll and a purposeful walk are not quite the same thing. To gain more from it, aim for a pace that lifts your breathing slightly while still allowing you to hold a conversation. Adding gentle hills, stairs or short periods of faster walking can increase the challenge without turning it into an intense workout.

Spring is also a good excuse to change the scenery. Coastal paths, parklands and bush trails can make longer walks feel less repetitive, while uneven but manageable terrain can also challenge stability and coordination. If your usual walk feels easy, add a little distance, pace or incline rather than simply repeating the same route indefinitely.



Prioritise strength

Strength training becomes increasingly valuable with age because muscle is closely linked to mobility, balance and the ability to carry out everyday tasks independently. You do not need a complicated gym program. A handful of well-chosen movements can work much of the body.

Try repeated sit-to-stands from a sturdy chair to strengthen the legs and hips, wall or bench push-ups for the upper body, calf raises for lower-leg strength and light rowing or pulling movements

using a resistance band. The aim should be controlled, deliberate movement rather than speed. Choose a resistance that feels challenging by the final few repetitions while still allowing you to maintain good technique.

Use the water

For anyone who finds prolonged walking uncomfortable, swimming and water exercise can provide an excellent

alternative. Water reduces the load placed on joints while still creating resistance, meaning even simple movements can help build strength.

Swimming laps can improve cardiovascular fitness, while aqua aerobics or walking through waist-deep water can offer a full-body workout without the impact of exercising on land. It is particularly useful for people returning to activity after a quieter winter, as the intensity can be adjusted easily.

Train your balance, not just your fitness

Balance is often overlooked until it becomes a problem, yet it can be incorporated into exercise with very little equipment. Controlled single-leg stands, heel-to-toe walking and slow step-ups can challenge the muscles and coordination systems involved in keeping you steady.

Tai chi and gentle yoga are also useful because they combine balance with controlled movement, flexibility and body awareness. Use a wall, railing or sturdy chair for support when needed and gradually reduce assistance as your confidence improves.

Build a routine you will actually keep

The best spring exercise plan does not need to be ambitious. It needs to be repeatable. A few



purposeful walks, regular strength work and some attention to balance or water-based exercise can create a far more complete routine than simply trying to “move more”.

Choose activities that suit your body, build up gradually and look for small ways to make them more

challenging over time. Done consistently, those simple habits can help you move with greater strength, stability and confidence well beyond spring.

DISCOVER THE SPIRIT OF THE ANTIPODES - DISCOVER NEW ZEALAND

There are many ways to explore New Zealand, but few quite like the **Spirit of the Antipodes**.

This extraordinary 11-day fully escorted journey takes you across New Zealand's North Island aboard the Glenbrook Vintage Railway's private heritage train, combining great railway journeys with spectacular landscapes, fascinating destinations and genuine Kiwi hospitality.

Beginning in Auckland, journey through the rolling countryside of the Waikato to Rotorua, where geothermal landscapes and Māori culture provide a distinctly New Zealand welcome. Continue through the Bay of Plenty before rejoining your private train for a remarkable journey through the **8.9km Kaimai Tunnel**, across the volcanic Central Plateau and over some of the North Island's most impressive railway engineering.

The adventure continues through **Taranaki and Whanganui**, including a cruise aboard the historic coal-fired paddle steamer PS Waimarie, before travelling a route few visitors experience - through the spectacular **rail-only Manawatu Gorge** and onwards to Hawke's Bay.

Spend three nights in beautiful **Art Deco Napier**, discovering its architecture and history, visiting the famous Cape Kidnappers Gannet colony and sampling



one of New Zealand's celebrated wine regions.

For guests returning to Auckland, there is a spectacular finale as **steam takes over across the Central Plateau and around the legendary Raurimu Spiral**. Travel through dramatic volcanic landscapes, across historic viaducts and over one of New Zealand's great feats of railway engineering.

But the Spirit of the Antipodes is about more than the places you visit. Throughout the journey you'll experience the **warm hospitality and personal touch of our passionate Glenbrook Vintage Railway team and volunteers**. These are people who love New Zealand, its railways and its stories - and take great pride in sharing them with our guests.

With a train capable of carrying more than 300 passengers but tour groups limited to no more than

35 guests, there is room to spread out, relax and enjoy the journey. Quality accommodation, rail travel, touring, transfers, most meals and carefully selected experiences are arranged, with experienced GVR hosts accompanying you throughout.

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Highlights include:

- Auckland/Waikato to Rotorua
- Tauranga to Ohakune by train
- New Plymouth & Taranaki Garden Fest.
- Manawatu Gorge & Hawkes Bay
- Winery, Cape Kidnappers Gannets & Art Deco Tour
- Raurimu Spiral by Steam

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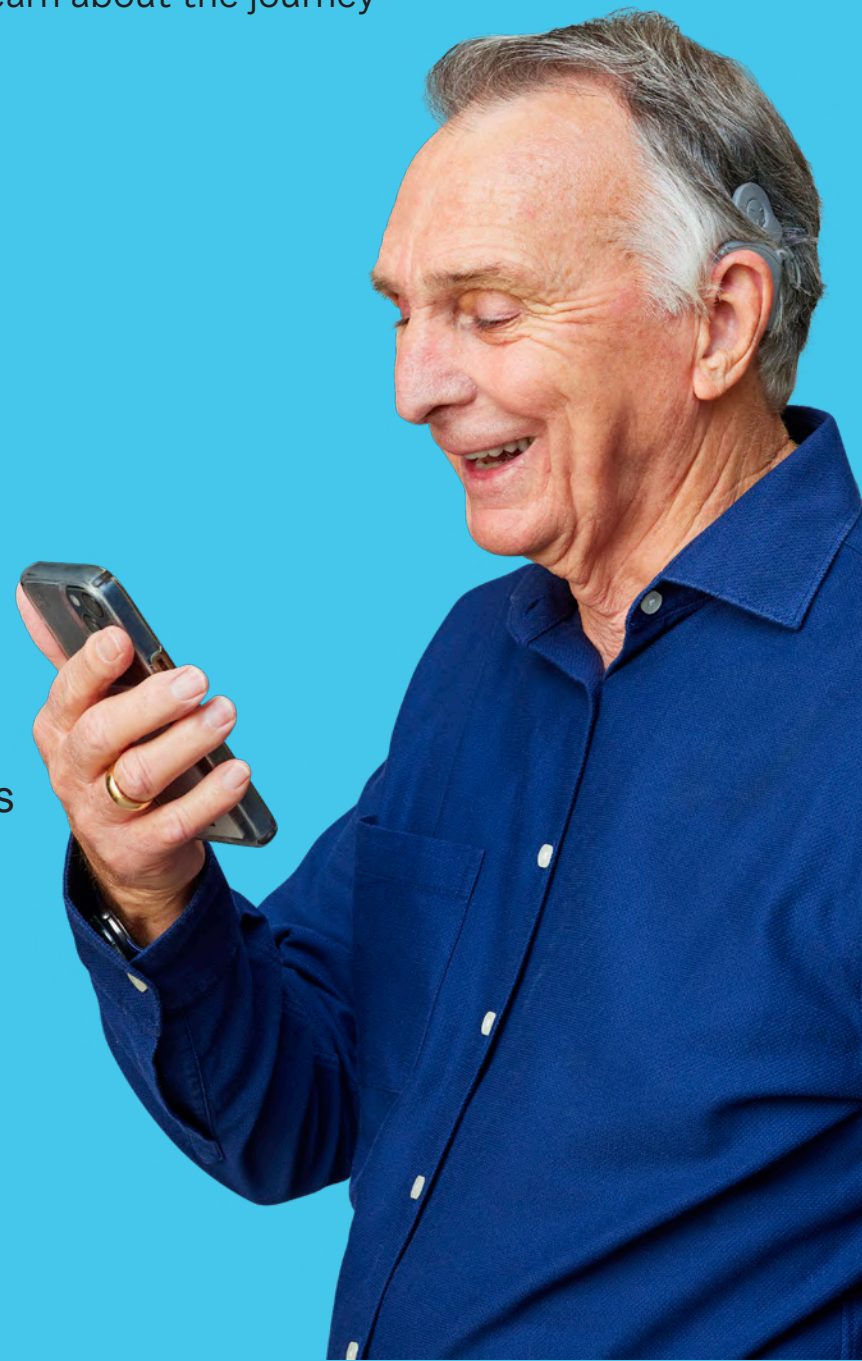
Where:

Online—link will be provided before the event

To register:

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RECEPTION AT GOVERNMENT HOUSE — SOUTH AUSTRALIA

On a cool winter evening in June, the Governor of South Australia, Her Excellency the Honourable Frances Adamson AC, and her husband, Mr Rod Bunten, welcomed 120 Probus Club members from across the state to a reception at Government House. The event marked the 50th anniversary of Probus in Australia.

In her opening comments, Her Excellency said the occasion held special resonance. Just weeks after being sworn in as Governor, she had hosted an event for Probus Day. Now, only months away from concluding her time as Governor, she said it felt fitting to mark this significant milestone with Probus members.

Her Excellency also shared memories of her paternal grandmother, who was a member of Probus. She recalled their Saturday morning conversations and spoke warmly of the friendships her grandmother formed, the activities she enjoyed, and the fascinating speakers who sparked her thinking.

Her Excellency referred to the first Probus Club in Australia, established at Hunters Hill, and noted how Probus has grown into a remarkable organisation with more than 90,000 members. She also acknowledged South Australia's oldest Probus Club, Blackwood, and its youngest, Sheidow Park.

She highlighted the



important role Probus plays in building supportive communities and helping to reduce isolation and loneliness.

In her response, SA/NT Director Jenni Law said organisations such as Probus are vital in today's world, where social connection is recognised as essential to wellbeing. She thanked past and present members for the important role they have played in shaping

the organisation and said there was every reason to look ahead with confidence and optimism to the next 50 years.

Following the speeches, Her Excellency mingled with members and posed for numerous photographs, bringing the evening's formal proceedings to a warm and memorable close.



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SPRING CLEAN YOUR FINANCES

It's not just time to clear out the physical clutter in your home. Why not take a look at your finances to see if there's anything you can throw out or tidy up?

There's no reason why you can't take the same approach to a spring clean of your finances. If your finances are causing you grief or concern, it might be time to run a joy-o-meter over them.

Think of it as a financial reset. Just as clearing a cupboard can reveal what you use, and what you have forgotten, reviewing your finances can help you see where your money is going and whether it still reflects your priorities.

Start by committing to cleaning up your finances

Sometimes the negative feelings about our spending come from the sneaking suspicion that we're spending more than we should. It feels better to get clear on where our money is going and then commit to take positive action to change things.

You do not need to overhaul everything at once. Start with one manageable task - reviewing a bank statement, cancelling an unused subscription or comparing one regular bill - and build from there. Small wins can make the whole process feel far less daunting.



What brings you joy in life?

Want to reduce that "eek!" reaction when you check your bank balance? Start by thinking about what brings you most joy in life. How do you actually want to spend your money? Are travel experiences important to you? Or do you love a good restaurant meal or participating in certain hobbies? Do you consider socialising with friends money well-spent or do you like to be able to be generous with your family?

For many people, retirement changes the way money is used. The focus may shift from earning and accumulating to making savings and income support the lifestyle you have worked hard to enjoy. Being

clear about your priorities can make everyday spending decisions feel more purposeful.

Trim back what doesn't bring you joy

Now that you're clear about what you value spending money on, it'll be easier to see where your bank balance is being drained by things you don't consider important. Perhaps you like to have a mobile phone but getting the latest iPhone wasn't really a priority. Maybe you thought that a magazine subscription would be something you'd enjoy, but it's been neglected. Are all your direct debits still bringing you joy? It can be easy to sign up for things and forget that the monthly debits still come out, whether we're using the service or not. The little bits all add up.

Tidy up, one bill at a time

Fees and interest on financial products rarely contribute to our enjoyment of a purchase or a product. A few small shifts in behaviour can help plug the leaks caused by late fees, non-ATM network fees, and interest charged for paying by credit or using a credit card that's not right for you.

Reorganising our finances can have a big impact too. How long since you checked whether you still have a good deal on insurances or utilities? Or made an appointment with a financial planner or your accountant? Or checked if you are still getting a good interest rate on your term deposit? If you got a credit card for its reward scheme, is it still earning its keep? If you have multiple accounts or credit cards, could you simplify and only have one of each?

Implement a system

Restoring order to our finances can help us feel happier about our money. If you always have a scramble at tax time to get together your paperwork, get into the habit of photographing or scanning any receipts that may be a tax deduction. Using a spreadsheet, app, or filing system can help bring more harmony into the management of your finances.

The best system is the one you will actually use. Whether that means a simple folder, a spreadsheet or a budgeting app, choose an approach that makes



it easy to see what is coming in, what is going out and what needs your attention.

Check in regularly

Decluttering and restoring order to your financial world is just one part of the process. Now ask yourself if there's anything you can add that will bring more joy to your life. Instead of not socialising with friends because it's too expensive, look for ways you

can still get together without a big outlay.

If you love to read but are spending a lot on buying books, use a library or start a book-swap circle. There's plenty you can do!

A financial spring clean is not about cutting out everything you enjoy. It is about making sure your money is working for the life you want to live. A few small changes, reviewed regularly, can create more confidence and leave more room for the experiences, interests and people that matter most.

Create a better future together



Lynne celebrating 30 years of service at Aspect South East Sydney School with her colleagues.

For Lynne, Aspect (Autism Spectrum Australia) has been part of her life for more than 30 years, first as a parent and then as an Aspect school teacher.

Lynne's connection with Aspect began in the early 1990s after her daughter received an autism diagnosis and attended Aspect's Early Intervention Program. At the time, understanding of autism was limited, but the support her family received was life changing.

"An early intervention teacher visited our home and offered support that was incredibly meaningful to me."

"That support made an enormous difference during an important time in our lives."

Inspired by her family's experience, Lynne joined Aspect South East Sydney School and has spent more than three decades supporting Autistic children and their families.



Lynne's connection with Aspect spans 30+ years.

Throughout her career, Lynne has seen significant progress in the understanding and inclusion of Autistic people. But she knows there is still more work to do.

"There is now greater recognition that every Autistic person is different, with their own strengths, challenges and ways of communicating."

As both a parent and educator, Lynne has witnessed the impact that understanding and inclusion can have.

"I have seen my daughter meaningfully included within her community. She holds a driver's licence and independently drives to her community access programs, where she looks forward to genuine social connection."

Looking to the future, Lynne believes every Autistic person deserves to be understood and participate fully in their community and receive the support they need to thrive.

After more than 30 years working at an Aspect school, Lynne knows that creating a better future together requires planning not just for today, but for the generations still to come.

"A gift in Will can help secure the future of Aspect's services and programs, ensuring Autistic people and their families can continue to access life-changing support for generations to come."



Create a better future

A gift in your Will can help build a future where Autistic people are understood, valued and supported to achieve their goals.

A gift of even 1% in your Will can help to shape a future where Autistic people can live their life, their way, every single day.

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50 Years Strong: WHO Findings Highlight the Lasting Impact of Probus

For 50 years, Probus has been enriching the lives of retirees and semi-retirees by bringing people together through friendship, fun and shared experiences. Across Australia, more than 90,000 members in over 1,400 clubs have discovered that retirement is not about slowing down—it is about embracing new opportunities, building lasting friendships and staying connected to their communities.

As Probus celebrates its Golden Anniversary in Australia, the importance of that connection has never been clearer.

The World Health Organization (WHO) has recently released new guidelines identifying social isolation and loneliness as among the leading modifiable risk factors for dementia. The report highlights that nearly half of all dementia cases may be preventable through lifestyle changes, with social connection recognised alongside physical activity, hearing health and mental wellbeing as key factors in supporting healthy ageing.

The findings affirm what Probus has championed for five decades.

"The science is clear and it keeps getting clearer," said Silvana Martignago, CEO of Probus South Pacific. "Social isolation is one of the most significant and preventable risks to our health as we age - and yet it remains one of the least talked about. The WHO's findings are a timely reminder that social connection is not a luxury. It is essential."

Every day, Probus clubs across

Australia provide opportunities for members to connect through monthly meetings, guest speakers, social outings, travel, interest groups and shared experiences. While members join to enjoy an active and fulfilling retirement, these regular opportunities to connect with others are also helping to build stronger, healthier communities.

The WHO's findings add to a growing body of research linking social isolation with cognitive decline, with some studies suggesting the health effects of chronic loneliness can be comparable to smoking 15 cigarettes a day. It is a powerful reminder that maintaining meaningful social connections is one of the most valuable investments we can make in our long-term health.

CEO Silvana believes the report highlights the profound impact Probus clubs have on members every day.

"People often think of Probus as a social club - and it is - but what these findings remind us is that regular social connection, having people to turn to, having somewhere to go each week, is one of the most powerful things an older Australian can do for their long-term health and their brain. I have spoken to so many members who have said that Probus has made such a difference to their lives, with their only wish is that they had joined sooner."

As Australia's population

continues to age, organisations like Probus have an increasingly important role to play. By the early 2060s, Australians aged 65 and over are projected to make up almost one-quarter of the nation's population. With loneliness and social isolation on the rise, fostering connection has never been more important.

Silvana says the strength of Probus lies in its ability to create welcoming, community-based environments where people can thrive.

"This is exactly the kind of community-led, locally rooted solution the health system needs more of," said Silvana. "Every person who walks through the door of a Probus club is doing something proactive for their health. They just might not have thought of it that way before today."

Those words are particularly meaningful as Probus celebrates 50 remarkable years in Australia.

Throughout this special anniversary year, clubs from every corner of the country have embraced the occasion in their own unique way. From elegant high teas and luncheons to anniversary dinners, themed celebrations, community events and special gatherings with local dignitaries, each celebration reflects the unique spirit of its club while honouring a shared legacy of friendship, fellowship, and community.

50 Years Of Probus In Australia:

Turning Back the Clock

From 1970s nostalgia and retro fashion to blue-and-gold birthday celebrations, clubs have embraced the anniversary with imagination, humour and plenty of Probus spirit.

From 1950 to 1979

Empire Bay Probus (NSW) celebrated the 50th Anniversary of Probus with a fun social day at its June General Meeting. Music from the 1950s to 1979 welcomed members on arrival, followed by a fashion parade featuring creative trendsetters from the era, with prizes awarded for the best and second-best dressed by guest judges from Copacabana Probus.

A trivia competition with questions from 1950 to 1979 followed, before the afternoon concluded with cheesecakes and drinks from the bar, making for a wonderful social event enjoyed by all.



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A 70s-Themed Celebration

A sea of blue and gold set the scene as members of the Chirnside Park Probus (VIC) celebrated their first birthday on 16 June, while also marking 50 years of Probus in Australia. With a fun 1970s theme, members embraced the occasion with music, dancing, games, party food and colourful costumes, creating a memorable celebration filled with laughter and friendship.

The birthday festivities featured a specially decorated cake, raffles, trivia, prizes and a variety of nostalgic activities, with members recognising the efforts of the organising committee and many volunteers who helped make the day such a success. The celebration concluded with the ceremonial cutting of the birthday cake and plenty of happy memories, as members looked forward to many more years of fun, friendship, and fellowship together.



A Games Morning and Lunch

Highton Combined Probus (VIC) celebrated the 50th Anniversary of Probus in Australia with a game's morning followed by lunch, catered by the Activity Group and enjoyed by the 20 members who attended. President Leo Lanyon cut the anniversary cake before members joined together to sing "Happy Birthday". It was a wonderful day of fun, friendship and fellowship enjoyed by all.



A High Tea at the Grand Chancellor Hotel

Clarence Ladies Probud (TAS) celebrated the 50th Anniversary of Probud with High Tea at the Grand Chancellor Hotel. Members enjoyed a wonderful day together, with Life Members Ros, Beryl and Gaille cutting the anniversary cake. The celebration was made even more festive with gold scarves, balloons, and a commemorative banner.



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50 Years Of Probus In Australia:

Milestones Within a Milestone

For many clubs, the national Golden Anniversary has arrived alongside milestones of their own - creating a chance to honour foundation members, revisit club history and celebrate the friendships built along the way.

Leumeah's 16th Birthday and Probus's 50th

Leumeah Probus (NSW) celebrated the 50th Anniversary of Probus together with the Club's 16th birthday. Members were encouraged to wear blue and yellow, with complementary balloons welcoming everyone at the entrance, where many stopped to pose for photographs. Complementary chocolates were enjoyed by all, while past Presidents gathered for a group photo. It was a wonderful morning of shared memories, lots of laughter, and a true display of the Probus motto, "Fun, Friendship and Fellowship."



Celebrating 25 Years and 50 Years of Probus

A double celebration was held by Ballarat Goldfields Probus (VIC), marking the Club's 25th Birthday and 50 years of Probus in Australia. On 31 May, 73 members and guests gathered at the Grand Function Centre for a two-course celebratory lunch. Twelve foundation members, including Foundation President Faye Broom, attended, with the President of the Ballarat East Rotary Club, Jenny Coburn, presenting each with a 25-year badge. The celebration also featured photographs and albums showcasing the Club's 25-year history, with Probus-themed decorations added to the occasion.

The celebrations continued at the Club's regular meeting on 3 June, where Foundation President Faye Broom shared the story of how the Club was formed in June 2001. With 14 foundation members still in the Club, the milestone was a fitting opportunity to celebrate both the Club's history and 50 years of Probus in Australia.



A Special Catered Lunch

Rye Ladies Probus (VIC) marked the 50th Anniversary of Probus in Australia with a special catered lunch, where members dressed in gold and blue for the occasion. Foundation members shared wonderful stories from the Club's early days, dating back to its beginning in 1989, while newsletters and photographs brought back many fond memories. Gold and blue balloons and delicious chocolates provided by Probus added to the festive atmosphere, making it a true celebration of friendship and fellowship. Members are also looking forward to attending other anniversary events on the Mornington Peninsula and taking part in the nationwide picnic on 1 October.



A Growing Year for Arundel

It has been another enjoyable year for Arundel Probus (QLD), which now has 49 members. Regular outings have filled the monthly calendar, with more special events, including bus trips, planned for the remainder of the year as members continue celebrating 50 years of Probus throughout 2026. With a dedicated Committee and members enthusiastically spreading the word, the Club continues to grow while embracing the Probus spirit of friendship, fellowship, fun and a zest for life.



Celebration at Nambucca Heads RSL

The Nambucca River Combined Probus (NSW) celebrated its June birthday meeting and luncheon at Nambucca Heads RSL, with the Downunder Bar decorated in blue and gold to mark the occasion. Members celebrated the Club's 21st anniversary while also recognising Probus Australia's 50th anniversary. Guest speakers, current Rotary President Kerry Dedman and Past President and long-time member Gary Johnson, gave a slideshow presentation on Rotary's community activities and youth exchange programs. The celebration concluded with original members Morrie, Jennifer and Allan, together with newest member Lulu, cutting the beautifully decorated birthday cake, with thanks extended to Maureen for organising another successful and enjoyable event.



Celebrating Milestones at the Paringa Hotel

The Renmark Ladies Probus (SA) celebrated two significant milestones at the Paringa Hotel, marking the Club's 39th anniversary and 50 years of Probus in Australia. Despite a cold and wet start to winter, members gathered for an afternoon of celebration, with President Maureen reflecting on the origins of Probus. The venue was decorated in Probus blue and gold, creating a festive atmosphere for the occasion. Entertainment included a true-or-false quiz and a lucky dip, while a special presentation recognised Jenny, Evie, and Pam with 20-year service certificates for their long-standing commitment to the Club. The celebrations concluded with Life Members Joy and Jenny cutting the anniversary cake, bringing a memorable afternoon of friendship and fellowship to a fitting close.



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50 Years Of Probus In Australia: Friendship in Motion

Some celebrations were made for the road. From a morning walk and a spectacular Sydney escape to a day at the trots, members marked 50 years by doing what Probus does best: sharing experiences together.

A Day at the Maryborough Harness Racing Club

A bus trip hosted by Alfredton Lucas Probus (VIC) took members to the Maryborough Harness Racing Club, joined by members from Ballarat North, Golden City, Ballarat Goldfields, Ballarat West and Ballarat South Probus Clubs. The day began with a visit to the Creswick Museum to learn about mining in the area and the Creswick and Lindsay families, followed by a drive around Creswick. At Maryborough Harness Racing Club, the group met members from the Maryborough and Maryborough Ladies Probus Clubs and heard from one of the harness racing drivers and the Clerk of the Course. Some also had the opportunity to ride in the mobile starting gate before watching the 3rd Annual Alfredton Lucas Probus Club Trot and the Probus 50 Years of Fun & Friendship Trot. Everyone had a wonderful day.



A Vivid Sydney Trip

Members of Thuringowa Combined Probus (QLD) joined fellow Probus members from across Australia for a memorable Vivid Sydney trip celebrating 50 years of Probus in Australia. With Harbour View accommodation and a range of spectacular tours, members enjoyed a wonderful mix of history, sightseeing and friendship.

Highlights included a guided tour of historic Parramatta, a scenic cruise along the Parramatta River, visits to Palm Beach and Barrenjoey Headland, and exploring the beautifully restored Vacluse House and Gardens. The trip also featured a welcome dinner at Sydney Tower's SkyFeast and a Vivid Sydney dinner cruise, where members enjoyed a four-course meal while taking in the city's spectacular light displays. The experience was a wonderful celebration of Probus friendship, fellowship and fun.



A Walk for 50 Years of Probus

On a lovely sunny morning, the walking group from Alexandra Headland Probus (QLD) enjoyed a long walk to celebrate the 50th Anniversary of Probus. Afterwards, members gathered for a well-earned cup of coffee and a chat.



50 Years Of Probus In Australia:
Music, Community & Ceremony

The anniversary has also been marked on grand stages and in community settings - through music, Government House receptions and gatherings that brought clubs together beyond their meeting rooms.

A Woodwind Quintet

Port of Goolwa Mixed Probus (SA) began its 50th Anniversary celebrations with a concert by a woodwind quintet from the South Australian Police Band. Members also enjoyed a special anniversary cake, cut by President Wendy and Goolwa Men's Probus representative Brian. Coastal-themed decorations reflected the Club's unique location on the coast and the River Murray, with more anniversary celebrations planned for later in the year.



A Performance by the Chordite Choir

Members of Maling Combined Probus (VIC) gathered to celebrate the 50th Anniversary of Probus in Australia with a special morning tea on 8 July. The celebration began with a wonderful performance by the all-male Chordite Choir, whose selection of well-known songs and humorous numbers had everyone laughing and singing along. A delicious morning tea, generously supported by the Inner East Bendigo Bank, followed, with Committee members ensuring everyone enjoyed the occasion. The celebration provided a wonderful opportunity to catch up with friends, share stories and reminisce, leaving members with happy memories of a successful morning.



Anne's 50th Anniversary Experience

Member Anne proudly represented Manly Beach Probus (NSW) at the Probus 50th Anniversary celebratory afternoon tea at Government House in March. The event provided a warm and friendly atmosphere with plenty of opportunities for networking. Anne also had the opportunity to have her photograph taken with Margaret Beazley, who warmly praised the Probus organisation during the celebration.



The South Australia Government House Event

Representing Wallaroo Combined Probus (SA), President Bernard attended the 50th Anniversary Probus reception at Government House in June. During the event, he met Probus members from other Clubs, enjoyed a conversation with Frances Adamson and presented her with a handcrafted pen made from the timbers of the old Wallaroo Jetty pylons. Earlier, several Wallaroo Combined Probus members had also travelled to Adelaide for the Government House Open Day, enjoying the occasion despite the wet weather.



As we continue to celebrate 50 years of Probus in Australia, these stories are a wonderful reminder that while every Club has its own traditions, personalities and way of celebrating, they are all connected by the same enduring spirit of **Fun, Friendship and Fellowship**. From the friendships formed decades ago to the new connections being made today, Probus continues to bring people together and create opportunities to enjoy life, stay active and share memorable experiences.

Fifty years is an extraordinary milestone - and with Clubs across the country continuing to grow, evolve and welcome new members, there is much to look forward to as the next chapter of the Probus story begins.

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Beyond The Golden Triangle

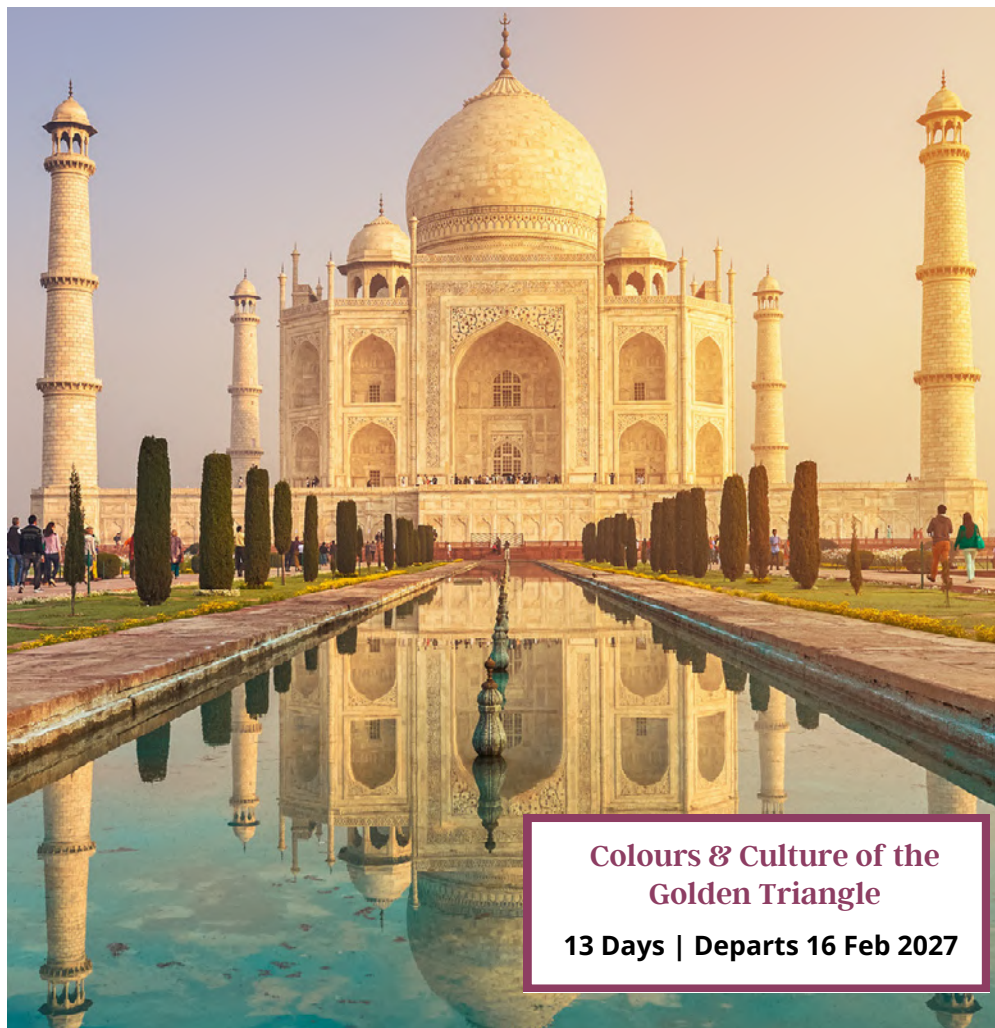
For many travellers, India is a destination that's long been on the bucket list.

Home to magnificent palaces, ancient forts, bustling bazaars and one of the world's most famous landmarks, it's a country that captivates all the senses from the moment you arrive.

Yet the magic of India lies beyond the postcard moments. It's found in the rhythm of daily life, the aroma of spices drifting through markets, the warmth of a welcoming smile and traditions passed down through generations. These are the moments that transform sightseeing into genuine discovery.

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Journey through the vibrant streets of Old and New Delhi, marvel at the timeless beauty of the Taj Mahal, discover the magnificent forts and palaces of Jaipur, and venture into Ranthambore National Park in search of Bengal tigers and other native wildlife.



Colours & Culture of the Golden Triangle

13 Days | Departs 16 Feb 2027

Along the way, you'll gain a deeper appreciation for India's extraordinary history, colourful traditions and remarkable diversity.

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With smaller groups, thoughtfully curated experiences and meaningful local connections, this journey embodies the Curated Asia Collection—travelling beyond the highlights to discover the heart of a destination.

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- Witness the breathtaking beauty of the Taj Mahal
- Experience a wildlife safari in Ranthambore National Park
- Discover authentic cultural experiences and local traditions
- Enjoy dedicated time to explore at your own pace
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Along Tasmania's spectacular East Coast, savour freshly harvested oysters at Freycinet Marine Farm before continuing to the picturesque vineyards of the Tamar Valley, where award-winning wines provide the perfect finale to a memorable gourmet experience.

Between each delicious stop, Tasmania reveals another side of its character. Stand in awe of the sweeping views across Wineglass Bay, wander the historic streets of Richmond and soak up the ever-changing scenery that makes this small island one of Australia's most captivating destinations, with something to discover around every corner.

Balancing rich indulgent culinary experiences with time to appreciate Tasmania's remarkable landscapes, this fully escorted journey is an invitation to slow down, savour the moment and discover why the Apple Isle continues to delight travellers from around the world.

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- Willie Smith's Apple Shed
- Hartshorn Distillery
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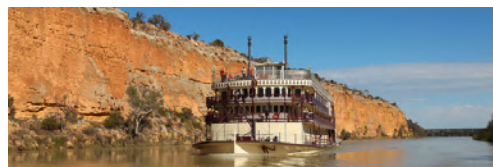
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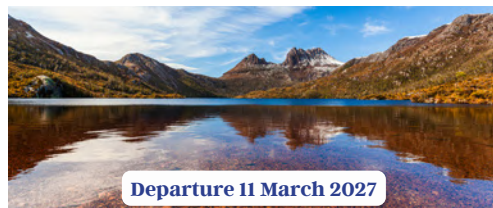
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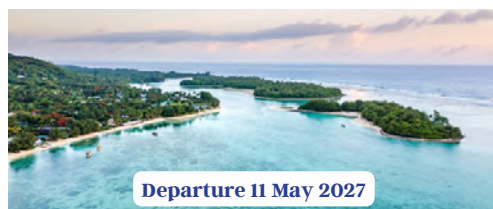
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THE GHAN 2027



Aussie Trains & Cruise's Stuart Coffield unveils one-off Ghan rail charter from Darwin to Geelong

A rare rail journey across the heart of Australia is being offered to local travellers, with Aussie Trains & Cruise director Stuart Coffield unveiling a one-off 2027 charter aboard the legendary The Ghan. Coffield said the exclusive departure would take passengers from Darwin to Geelong, delivering a premium, fully hosted experience through some of the country's most remote and varied landscapes. The charter will depart on 29 October 2027, combining four nights onboard The Ghan Expedition with a series of guided off-train experiences across the Northern Territory and South Australia. Coffield said the itinerary had been designed to showcase the country's changing landscapes, from tropical north through the red centre and into South Australia.

Stops along the way include Katherine, Alice Springs, opal mining town Coober Pedy and Adelaide, where experiences are tailored to the landscape and local character of each destination.

The package includes one night's accommodation in Darwin prior to departure, a sunset dinner cruise, all

meals and beverages onboard, and a series of curated stops and guided experiences along the route.

A visit to Monarto Safari Park in South Australia, paired with a hosted lunch, also forms part of the journey. Coffield said while The Ghan runs regular service, charters of this kind were uncommon and typically filled quickly. The decision to finish the journey in Geelong was a point of difference, particularly for Victorian travellers, Coffield said.

The announcement continues a strong period for Coffield and his team at Aussie Trains & Cruise, which was recently named Australia's top-performing agency at the national APT Travel Group awards. Coffield said demand for experience-led travel remained strong, particularly for itineraries that offered something beyond standard departures.

Travellers interested in learning more about the exclusive charter aboard The Ghan Expedition can explore further details through Aussie Trains & Cruise.

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THE GHAN CHARTER 2027

THE GHAN

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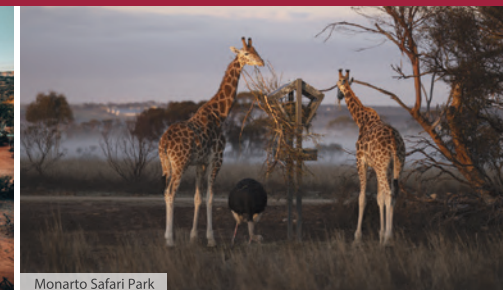
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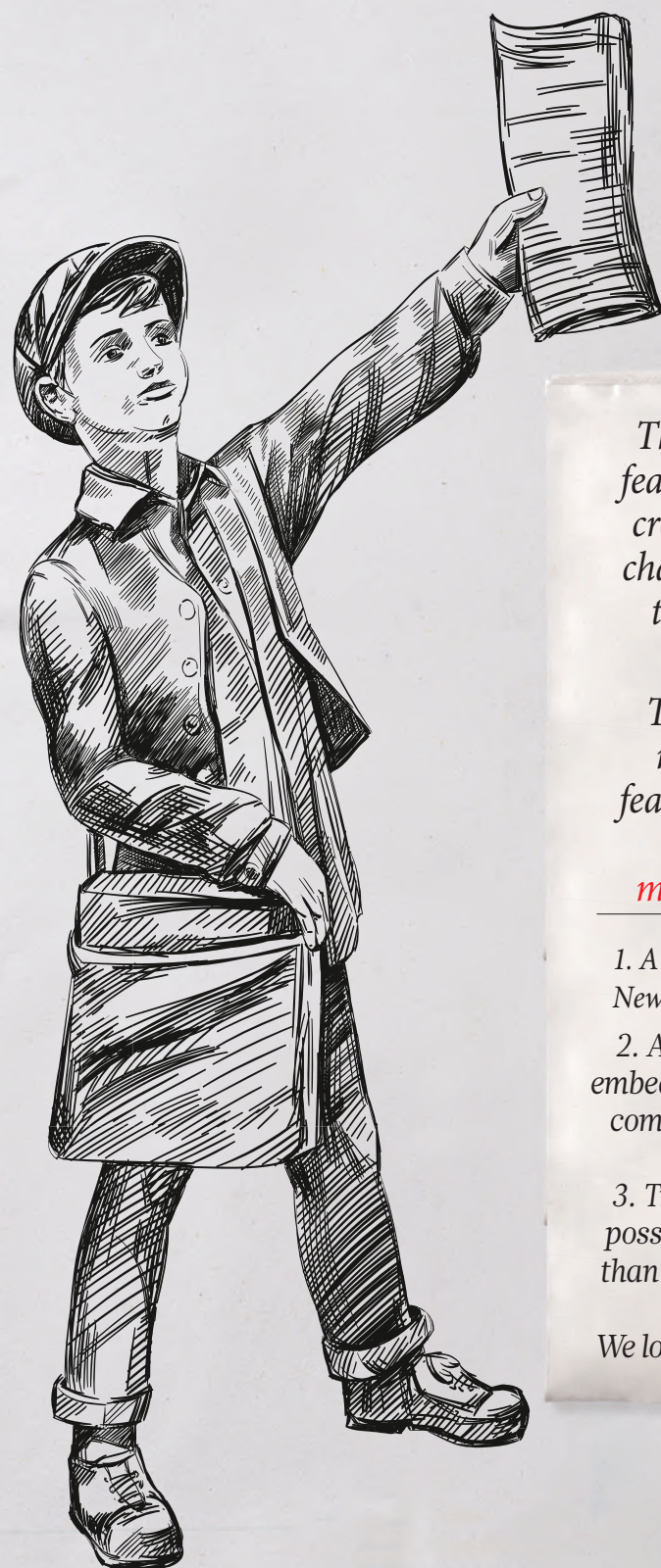
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The following section of Club News features Club activities and members creative writing pieces. Even during challenging times, Probians continue to embrace the true spirit of Fun, Friendship and Fellowship.

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 Visit to The Glen

Members of the Armidale-New England Probus enjoyed a visit to "The Glen" in Uralla, where they admired the beautiful sculptures representing the Southern Constellations.

The outing also highlighted an interesting local fact, with Uralla being the only postcode in Australia with a Fibonacci number (2358), while a Fibonacci Park is currently being developed in the town's main street.



The Campfire Magic

On a beautiful balmy night at the beginning of May, the Bathurst Combined Probus gathered for a twilight BBQ and campfire at the attractive Clear Creek farm of two Club members, just 12 kilometres out of Bathurst. As a full moon rose in the night sky, bathing everyone in its silver radiance, they enjoyed BBQ sausages, cakes and baklava before singing songs and sharing outrageous stories about their lives. The evening was a fantastic time in each other's company, with sincere thanks extended to Lesley and Keith for their generous hospitality and wonderful friendship.



The Annual Cabivan Trip

Albury Murray Probus members enjoyed their annual Cabivan Trip to the Southern Highlands, with 25 members taking part. Organised by Rosemary and Wendy, the group stayed in caravans and cabins at Moss Vale Village Park and, despite a fuel crisis and inclement weather, made the most of the week filled with fun, friendship and fellowship. Daily Happy Hour, complete with BBQs or nibbles, provided plenty of opportunities for conversation, while a group of ladies also enjoyed playing cards in their cabins.

The itinerary included guided tours of the Bradman Museum, Retford House, Berrima Court House and the NSW Rail Museum at Thirlmere, where members enjoyed a steam train ride, as well as visits to the Mushroom Farm, Fitzroy Falls, Kangaroo Valley, the Honey Farm and Harper's Mansion.

The group also tackled the Illawarra Treetop Walk, lunched at Robertson Pie Shop and finished the week with a farewell dinner at Franquette Creperie in Bowral. Everyone returned home safely after a memorable trip, with next year's adventure already being organised.





Wrap with Love

Beacon Hill Probus members have caught the knitting bug, calling themselves The Knit Wits, and have joined the Wrap with Love group of wonderful volunteers spreading warmth around the world.

Having only just begun, they already have six completed rugs ready for drop-off. Meeting every six weeks or so to knit, they hope the love and laughter they share as a group will be felt by someone in need.



A Visit to Minard Highland Cattle Farm

Members of Bowral Combined Probus visited Minard Highland Cattle Farm at Joadja in the Southern Highlands. They enjoyed a warm welcome, exceptional morning tea with homemade scones, ginger coffee and fruit juice, followed by Katie's extraordinary talk on the Highland cattle and a tour of the fields, while those unable to manage the walk were offered a ride in "Kenny the Kawasaki" four-wheel drive. Some members were even lucky enough to receive "sloppy" kisses from the cows. After lunch, Michael demonstrated his wood-turning skills by making a Christmas tree, which was gifted to Activities Officer Nola. Minard Farm was also featured on Channel 7's Better Homes and Gardens, where host Dr. Harry met the farm's majestic Scottish Highland cows.



The Pearl Anniversary Celebration

The Bathurst Macquarie Ladies Probus celebrated 30 years of fun, friendship and fellowship. Marking the Club's "Pearl" Anniversary, 40 members donned their pearls and finery for the celebration at the historic Abercrombie House. The celebration commenced with champagne on the lawn, followed by a sumptuous lunch in the ballroom.

Margaret, the last remaining Foundation Member, attended and cut the anniversary cake with newly awarded Life Member Kay.

President Mary gave an insightful address and presented service awards to Kay, Robyn and Caroline for their exemplary service to the Club. The event was also attended by the Honourable Paul Toole MLA and members from other Bathurst Probus Clubs.



MEET THE PEOPLE WHO KNOW THE CENTRAL WEST BEST

Bathurst Tours has been organising tours for Probus clubs with the aim to share their wonderful region while making the trip easy for the person who had to organise it. Booking the bus, checking the weather, planning the itinerary, it's a lot of responsibility for one volunteer, and it's what they take off members' hands.

Bathurst Tours builds

itineraries they know work, because they've run them, refined them, and watched groups enjoy them. Probus groups might want to see the Painted Silos, moving town to town to take in every mural without worrying about routes or timing; or visit the Amusu Theatre, a piece of local history most people don't know is there until Bathurst Tours brings them through the door. Members' tours can begin in Sydney or from Mount Victoria whichever they prefer, then start the adventure in Bathurst with our Discover Bathurst Tour, enjoying lunch at Abercrombie House and exploring the wonderful Mayfield Gardens. Tours can be extended and adapted just as the

individual group desires.

None of that happens by accident. It comes from years of knowing this region, the roads, the venues, the people who run them, and knowing what makes a good day rather than a long one.

So when Bathurst Tours say they know the Central West best, they mean it two ways: They know the region, and they know what it takes off your plate as an organiser. If your Probus club is planning its next trip, they'd love to help carry the load.

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Did you know?

Every booking supports Bathurst Community Transport, helping get transport-disadvantaged and older locals where they need to go.



The Kiama Sculpture Walk

Members of the Dapto Regional Probus enjoyed a day trip to the Kiama Sculpture Walk, taking in the impressive collection of outdoor artworks set against the spectacular coastal scenery.

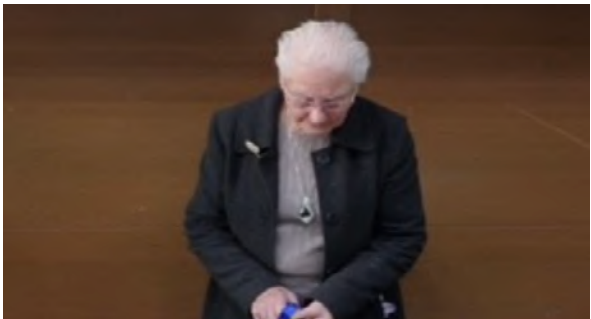


20 Years of Mount Druitt Probus

Mount Druitt Probus celebrated its 20th Anniversary in July with a special celebratory lunch.

Members came together to mark the milestone and reflect on two decades of friendship, fellowship and fun.

The occasion was highlighted by the cutting of the anniversary cake by the Club's longest-serving member, Catherine.



A Time for Reflection

Kiama Seaside Probus members enjoyed a memorable day of remembrance and military history during their four-day Canberra tour. The group of 38 visited the reconstructed Changi Chapel at the Royal Australian Military College Duntroon, toured the historic military college, and explored the Australian War Memorial. A highlight of the day was attending the National Last Post Ceremony, where Club President Garry and former President John laid a wreath in honour of First World War Soldier Private Matthew Townsend Turner.



Members described the ceremony as a deeply moving experience, with the visit to the Changi Chapel adding even greater meaning to their reflections on the sacrifices made by Australia's servicemen and women.

35 years of Belrose Probus

Thirty-five members attended the Belrose Probus' July meeting, where they celebrated the Club's 35th anniversary.

The milestone was marked with birthday cake enjoyed alongside morning tea and coffee. It was a special occasion for members to celebrate 35 years of friendship, fellowship, and fun together.



Home of 3-time Archibald Winner

A group of Greystanes Probus members enjoyed a three-day trip to Lake Macquarie.

One of the highlights was a visit to the former home of three-time Archibald winner William Dobell at Wangi Wangi, which is now a museum.

Members explored the home and learned more about the life and work of the renowned Australian artist, making it a memorable part of the trip.



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From Tootool to Mother's Day

Wagga Wagga Sunset Probus members enjoyed two memorable outings celebrating local communities and special occasions. On 19 March, members visited Hooves of Empowerment Equine & Pet Therapy at Tootool, where they spent time with the much-loved animals before enjoying a delicious lunch.

The group also visited the beautifully maintained Tootool Rest Area Gardens and admired the Telstra Exchange mural, which depicts local history, native flora and fauna, and recognises the dedication of the volunteers who transformed the site.

On 5 May, members gathered at The Thirsty Crow in Wagga Wagga for a Mother's Day morning tea. With an excellent turnout, including the men wearing pink to mark the occasion, members enjoyed delicious refreshments provided by the venue, while Carol Bishop's creative table decorations added a special touch to a warm and enjoyable celebration.



Off to Bendigo and Surrounds

Members of Westleigh Probus enjoyed a four-day tour of Melbourne, Bendigo and the surrounding region. Highlights included the Ulumbarra Theatre, created by the historic Sandhurst Gaol, and a ride on Bendigo's Vintage Talking Tram, bringing the city's gold rush history to life. After lunch at the Hotel Shamrock, members had time to explore attractions including the Chinese Golden Dragon Museum, Bendigo Woollen Mill, the Bendigo Botanical Gardens and the city centre. The tour also included visits to Castlemaine, The Mill, Buda, Echuca and the Great Aussie Beer Shed and Farm Museum. A morning tea cruise aboard the paddle-steamer PS Canberra on the Murray River was another memorable experience. With warm, sunny weather throughout the tour, members returned home with many happy memories.



Helping Members Stay in the Homes They Love

Templestowe Central Probus Club members enjoyed an informative and engaging presentation on Wednesday 13 May when Design Matters National (DMN) visited the club to discuss a topic that is becoming increasingly important for many Australians – how to adapt our homes so we can continue living in them safely, comfortably and independently as we grow older.

Organised with the support of Pam Farmer, the presentation highlighted the many ways homes can be modified to suit changing needs without sacrificing comfort, style or the enjoyment of living in a familiar neighbourhood.

The presenters were DMN CEO Danielle Johnston, and Ingrid Hornung, former DMN President and principal of Designs for You. Ingrid, an experienced Building Designer, shared practical examples of how thoughtful design can make everyday living easier while helping homeowners remain connected to the communities they know and love.

Rather than focusing solely on mobility aids or major renovations, the presentation explored a wide range of practical improvements. These included better lighting, safer bathrooms, step-free entrances,

wider doorways, improved insulation, draught sealing and energy-efficient upgrades that not only make homes more comfortable but can also reduce running costs.

Members were also introduced to the role of Building Designers, who can help homeowners develop practical, staged plans to improve accessibility, comfort and energy performance while working within their budget.

The presentation sparked plenty of discussion, with members asking questions about topics including double glazing, heating and cooling, flooring options, solar energy, lifts and home modifications. The lively question-and-answer session reflected the strong interest in finding practical ways to remain living independently for longer.

Following the event, organiser Pam Farmer reported receiving "lots of positive feedback" from members and said she would be recommending the presentation to other Probus clubs within the Melbourne East Probus group.

With Australia's population continuing to age, presentations like this are helping older Australians better understand the options available to them. Sometimes



relatively small changes can make a significant difference, allowing people to continue enjoying the comfort, independence and memories that come with living in the home they love.

Being a national peak body representing Building Designers all over the country, DMN hopes to continue sharing this presentation with Probus clubs and community groups across Victoria, and Australia, helping more people discover how good design can support healthy, independent living for years to come. To find a Building Designer, please visit <https://www.designmatters.org.au/find>



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A Trip to Horsham

Twenty-three members of the Belmont Central Combined Probus enjoyed a trip to Horsham, making the most beautiful weather, daily Happy Hours and a variety of local attractions. Highlights included guided tours of the historic Stick Shed at Murtoa and the Woods Farming and Heritage Museum at Rupanyup, where members explored an impressive collection of farming memorabilia, household treasures and displays recalling days gone by. Throughout the week, members also visited Zumsteins, the Dimboola Imaginarium and the Wheatlands Agricultural Machinery Museum, while others explored silo art, Horsham's Botanic Gardens and the riverbank at their own pace. The trip concluded with a final Happy Hour, where members thanked Adriana for organizing a memorable week of friendship, sightseeing, and enjoyable experiences.



Hampton Central's First Year

Hampton Central Probus members celebrated the Club's first birthday with a special morning tea shared with members and guests. The occasion provided a wonderful opportunity to connect with the local community, Bayside Councillors, a Victorian State Member of Parliament, representatives from other organisations and fellow Probus Clubs. It was a very happy celebration enjoyed by all.



All That Jazz

A visit to the Australian Jazz Museum in Wantirna struck all the right notes for members of the East Malvern Combined Probus. Guided through the museum's extensive collection, members explored Australia's rich jazz history, with recordings, photographs, posters and memorabilia bringing back fond memories of the country's vibrant jazz scene. The outing also included a 45-minute live jazz performance by five talented musicians, followed by a light lunch. Members appreciated the passion of the museum's dedicated volunteers, whose efforts help preserve Australia's jazz heritage. It was a memorable day of music, nostalgia and good company, with many heading home still tapping their feet to the rhythm of jazz.



Recognising Long-Serving Members

Horsham East Ladies Probus recently recognised the long service of several valued members. Marg received a certificate for 30 years of membership, while Ruth, Jenny, and Joan were recognised for 20 years of service. Also acknowledged for 20 years of membership were Elaine and Lorraine, who were absent from the photo. The recipients are pictured with Life Member Lorna.



A Visit to Walter and Eliza Hall Institute

A morning of discovery awaited 27 members of the Glen Waverley Combined Probus during a visit to the Walter and Eliza Hall Institute of Medical Research (WEHI) in Parkville. Divided into three groups, members toured the Centre for Dynamic Imaging, an assay laboratory and the institute's historical timeline display, gaining an insight into the advanced technologies and processes used in medical research. After the tour, members enjoyed morning tea while one of WEHI's PhD students spoke about her research into the "conversations" within our bodies. The visit provided a fascinating look at how medical discoveries are made, with thanks extended to Julie Thomas for organising the tour.



The Riverland Berri Club Outing

The Mildura Probus enjoyed its inaugural club getaway in May, with 75 percent of members travelling to Berri in South Australia's Riverland for a three-day adventure. Staying at the Big4 Berri Riverside Holiday Park, members enjoyed shared meals, bingo, a quiz night and plenty of opportunities to strengthen friendships. The itinerary included visits to Renmark, the Olivewood Homestead Museum, Cammies Antiques, the Woolshed Brewery and a private garden and classic car collection in Barmera. Along the way, members enjoyed relaxing lunches, morning teas and beautiful Murray River scenery. The trip was widely praised by those who attended, with many new friendships formed and enthusiasm already building for the Club's next away adventure.



20th Anniversary at the Surf Coast Shire Council Chambers

The Torquay Surf Coast Combined Probus celebrated its 20th Anniversary on 16 March, with the special occasion hosted by Mayor Libby Stapleton at the Surf Coast Shire Council Chambers in conjunction with the Club's Annual General Meeting. The milestone recognised the Club's 13 Foundation Members and 12 Past Presidents who remain active members today.

The celebration included the cutting of the anniversary cake by the Club's first female President, Sylvia Peck, and incoming President Rod Daley. Founded in 2006 as Torquay's first Probus Club to welcome both women and men, the Club continues to foster connection and friendship for retired and semi-retired people.



The 39th Anniversary

Thirty-nine members of Somers Ladies Probus gathered to celebrate the Club's 39th birthday at a recent meeting.

The milestone was followed by lunch at a nearby restaurant, where members continued the celebrations together.

The Club is now looking forward to celebrating its 40th anniversary in 2027 and joining with neighbouring Probus Clubs for a special local anniversary celebration in October.



A Trip to the Shrine

A beautiful sunny day provided the perfect opportunity for members of the Trafalgar & District Probus to travel by train to Melbourne for a visit to the Shrine of Remembrance. After experiencing the Metro Rail journey to Anzac Station, the group joined a guided tour and learned about the Shrine's remarkable history, from its opening in 1934 to its role today in honouring Australians who have served in conflicts and peacekeeping operations.

Members were particularly moved by the Sanctuary and the Stone of Remembrance, where the famous inscription, "Greater love hath no man", is illuminated each Remembrance Day by a ray of sunlight. The visit offered a meaningful opportunity to reflect on the sacrifices made by generations of Australians, with many displays still left to explore on a future visit.



Two Hills and a Gully

History came to life during a visit to the Kinglake Heritage Centre, where Whittlesea Combined Probus members enjoyed a fascinating insight into the town's heritage. Organised by short tours manager Alessandra, the visit included a guided overview by Deidre of the Kinglake Historical Society, followed by morning tea hosted by the Society's volunteers.

Displays showcased Kinglake's gold mining, timber, farming and community history, including the restored 1914 post office and stories of the district's early settlers. The visit also provided an opportunity to reflect on the resilience of the Kinglake community, including the impact of the Black Saturday bushfires, before the group concluded the day with lunch at the Songbird Café and Larder.



Harbour Cruise on the Melbourne Tram Boat



Thirty-one members of Warragul Ranges Probus enjoyed a memorable day trip to Melbourne, travelling by V/Line train and tram before boarding the Melbourne Tram Boat at Docklands Pier.

Captain Anthony entertained the group with informative commentary and plenty of humour as they cruised around the harbour, while members also enjoyed a delicious lunch at Pier 35 Restaurant before returning by boat.

Despite an early travel hiccup, the outing was a great success, with everyone agreeing it had been a wonderful day out.



Celebrating 40 Years

Hamilton Men's Probus celebrated its 40th anniversary on 4 June, marking four decades of fun, friendship and fellowship.

At the June meeting, members were joined by former Probus South Pacific Chairman Ken Brand and Hamilton Rotary Club President Bob Cadden, who presented the Club with a 40-year anniversary certificate from Probus South Pacific.

A rotating PowerPoint display featuring 156 photographs of Club activities over the years reflected on its rich history, before members enjoyed morning tea, a light luncheon and the cutting of a special anniversary cake.



A Gala Lunch at the Alexandra Park Pavilion



The Mornington Combined Probus celebrated its 30th Anniversary with a gala lunch at the Alexandra Park Pavilion, attended by 100 members and guests. The milestone recognised three decades of friendship, fellowship and fun, with the Club proudly retaining two active foundation members since it was established in 1996.

Formed with 85 members, the Club has grown into a vibrant organisation of around 110 members, offering a wide range of social activities, outings and guest speakers.

From book clubs and walking groups to theatre trips, dining experiences and monthly Happy Hours, the Club continues to provide retirees on the Mornington Peninsula with opportunities to stay active, connected and engaged.



Top End Clubs Unite at Seniors Expo 2026

Members of the four Top End Probus Clubs joined forces at this year's COTA Seniors Expo, with Palmerston Probus Club hosting the Probus display. Carefully prepared with brochures and information about the benefits of Probus membership, the stand welcomed a steady stream of visitors keen to learn more about the friendship, fellowship and fun that Probus offers. The ever-popular Probus pen was once again the favourite giveaway.

The Expo provided an excellent opportunity to connect with prospective members and answer questions about the wide range of activities available through Probus clubs. By the end of the day, enquiries from potential members and offers from prospective guest speakers had been received and shared with the other Top End clubs, ensuring each enquiry could be directed to the club closest to where the visitor lived. The event was another successful team effort in promoting Probus across the Top End.



Bus Trip to Yanchep and Beyond

Members of Subiaco Probus enjoyed a bus trip to Yanchep National Park, Seabird Tavern and Lavender Estate.

The beautiful weather made for a perfect day, with members spotting koalas, enjoying lunch with scenic views at the tavern and finishing the trip with delicious ice cream at the Lavender Estate, including the signature lavender flavour.

Although the generous lunch left no room for the famous scones, the outing was thoroughly enjoyed by everyone.





First Year for St Helens



St Helens Probus celebrated its first anniversary in June. Members marked the milestone with a special morning of celebrations, reflecting on a successful first year of friendship, fellowship and fun together.

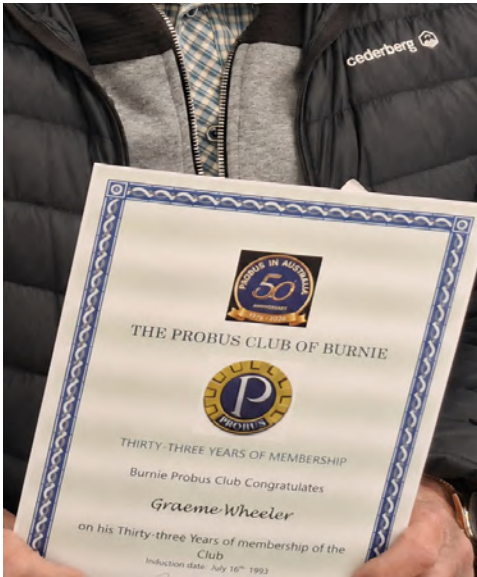
Christmas in July at the Ulverstone Bowls Club

Members of Central Coast Probus celebrated Christmas in July at the Ulverstone Bowls Club, joined by guests from Ulverstone Ladies Probus, Kentish Probus, Mersey Valley Probus, Penguin Probus and the local community. The Honourable Casey Hiscutt and Cr Andrew van Rooyen attended the event, with Casey kindly donating a bottle of wine and Andrew providing an update on Central Coast Council projects. Members enjoyed excellent meals, festive decorations, prizes and plenty of Christmas spirit, making it a wonderful celebration enjoyed by all.



A Member for 33 Years

At Burnie Probus' July General Meeting, Member Graeme was presented with a certificate recognising 33 years of active membership, having been inducted into the Club on 16 July 1993. A past President of the Club, Graeme graciously accepted the recognition and encouraged members to participate actively in Probus, reflecting on how rewarding his own involvement has been.



Simon's Fortitude Tramway

Penguin Probus members recently enjoyed a delightful visit to Simon's home in Penguin, where they experienced his generous hospitality, explored his unique tram collection and shared a barbecue together. Members delighted in riding the trams through the bush, proving that having fun on a tram ride is not just for the kids. A semi-retired anesthetist, Simon, has a passion for recreating historic streetcars, including a 1920s Los Angeles tram, Hobart's Tram 141 and the imaginative AnkH-Morpork, inspired by Victorian-era railways and fantasy.





Aboard the Stradbroke Flyer

Capalaba Probus members recently crossed Moreton Bay aboard the Stradbroke Flyer, disembarking at Dunwich on North Stradbroke Island. They then travelled by bus to Point Lookout for a scenic walk before enjoying lunch at the newly revamped Straddie Hotel. Although no whales were sighted, members still had a whale of a time.



40th Anniversary of Caloundra 86

Caroline Nelson, Director and Representative Member for Queensland, recently attended the Caloundra 86 Probus' 40th Anniversary celebration at the Rumba Resort. Members marked the milestone with anniversary cake, historical displays, including the original handwritten minute book and President's Chain, and a speech by foundation member Kevin Curd, who reflected on how the Club has evolved over the past 40 years. The celebration also included an Olympics-themed trivia game, plenty of laughter and a Welfare Officer's update, reflecting the Club's caring and welcoming spirit. Caroline noted the happy atmosphere and strong sense of friendship shared by members, with President Sue Bolton-Wood, Secretary Marianne Wardrop and Treasurer Ian Eather leading a memorable celebration.



The Forever Reef Tour

Following their May monthly meeting at The Tin Shed, more than 30 members of the Port Douglas and District Probus visited The Marina for a 'Forever Reef' tour. Members enjoyed an informative presentation by Dr. Dean Miller about the Great Barrier Reef Project, learning about the challenges facing the reef and the solutions being developed to help protect its future. The visit provided reassurance through a positive story of reef protection and highlighted the importance of supporting efforts to preserve this natural wonder.



The Life Membership Badges and Certificates

At the May meeting of Noosa Combined Probus, President Kathy presented Life Membership badges and certificates to Margaret and Laurie, the first Life Members recognised by the Club. The honours were unanimously approved by members at the April meeting. Life Membership recognises exceptional and long-standing contributions to the Club, particularly through leadership and service. Both Margaret and Laurie have played key roles over many years, serving as President, Secretary and Management Committee members. Their dedication, commitment and contribution have helped shape the Club's success, making the presentation a fitting celebration during its 30th Anniversary year.



A Day Trip to Mountainview Alpaca Farm

Members of Sunnybank Probus enjoyed a day trip to Mountainview Alpaca Farm and O'Reilly's Vineyard. Members enjoyed a walk with the alpacas, a pleasant stroll along the creek, and a wine tasting experience. The day was completed with lunch at the Canungra Hotel, making it a wonderful outing enjoyed by all.





IndigiScapes Adventure

Kenmore Village Probus members enjoyed a wonderful outing to IndigiScapes, travelling by rideshare to explore the native botanical gardens and surrounding bush tracks. The day began with morning tea, followed by guided walks through the gardens and nursery, and along the track to the Tallowood tree. The visit provided an informative look at native plants in their natural environment, with members also exploring the environmental discovery centre and learning more about sustainability, composting and recycling. Some members took time to relax by the creek, enjoying the peaceful surrounds of palms, ferns, melaleucas and tall eucalypt trees, while the gift shop offered a range of environmentally sustainable products and resources.



South East Queensland and PAQ Information Days

The first Information Days for 2026 were held at Belmont Services club on 13th April, and North Lakes Hotel on 14th April. These were club-focused information and networking days conducted by Monika Prasad (Head of Marketing and Engagement for PSPL) with assistance from PAQ Management Committee members.

The format for the days changed from training days held previously to one where attendees were given a picture of a fruit and assigned to tables with this fruit symbol. This enabled the group of similar management committee

functionaries so that the Presidents were seated with Presidents, Secretaries with Secretaries etc. Fruit symbols were Apple, Banana, Pear, Strawberry, Grapes. Presidents being represented by apples - of course.

Belmont Service Club had 27 clubs represented with 74 attendees, including presenters and helpers, while North Lakes had 43 attendees, representing 16 clubs. There was a wide catchment area with members travelling from Toowoomba, Kingaroy, Nambour, and two members from our new Boonah Probus Club. Attendees at both days were very positive about the information shared both from the presentations, but also the interchange of information within the groups.



The Fashion Parade

Burpengary Probus members enjoyed a fashion parade at Taking Shape Morayfiel.

The lovely morning was enjoyed by all, with three Club members modelling a range of stylish outfits.

The three lovely models looked very glamorous, making the event a memorable social occasion.



Overnight Trip to Eumundi and Montville

Hope Island Probus enjoyed an overnight trip to Eumundi and Montville, providing members with an opportunity to explore new places and enjoy each other's company. At the April meeting, twelve new members were inducted into the Club, marking an exciting period of growth and friendship.



The New President

Dalby Probus Club held its Annual General Meeting in March and welcomed a new Committee for the year ahead.

Ian kindly officiated over the meeting, with outgoing President Sienie presenting incoming President Sue with the ribbon and medal of office.

With more than 80 members, the Club continues to enjoy monthly meetings, guest speakers, day trips and extended coach tours, including a recent two-day tour of the Stanthorpe district.





A Trip to National Dinosaur Museum

Six members of Wanniasa Probus, all serving on the Club's Committee, attended a self-guided visit to the National Dinosaur Museum. They explored the displays of dinosaur fossils and models representing land, marine and flying species, with the animatronic dinosaurs occasionally surprising members as they moved, snarled and made a variety of sounds. After leaving the museum feeling far more informed and enlightened, the group reflected on the experience over coffee, describing it as a brilliant excursion they would highly recommend to anyone visiting Canberra.



An Outing to Lanyon Homestead

Members of the Jamison Probus Club visited historic Lanyon Homestead, situated on the Murrumbidgee River at the base of the Brindabella Ranges, about 35 kilometres south of central Canberra. Established in 1835 as a sheep and cattle station, Lanyon was originally developed by James Wright and John Lanyon using assigned convict labour. In 1848, Scottish settler Andrew Cunningham purchased the property and transformed it into a successful rural holding with up to 60,000 sheep and 50 employees. The station became a self-sufficient community with its own school, post office, workers' cottages and outbuildings. The homestead, built from local fieldstone, was completed in 1860, with two majestic Bunya trees planted between 1870 and 1880 still towering over it today. Now managed by ACT Historic Places, Lanyon remains a popular attraction for locals and visitors.



A Tour of South Australia Parliament House

Members of the Brooklyn Park Probus recently enjoyed a tour of South Australia Parliament House, hosted by Olivia Savvas MP. Members were accompanied by Maple, a Guide Dog from See Differently with the RSB, who sat impeccably at the front bench and also joined the group during their visit to the Legislative Council. The tour provided an interesting insight into the workings of Parliament and was enjoyed by all.



The Anzac Dawn Service and the 38th Anniversary



Mobilong Ladies Probus President Marilyn Smythe laid a wreath on behalf of the Club at the Murray Bridge Anzac Dawn Service, with the wreath beautifully made by former member Pam Doecke using native flowers from her garden. The Club later celebrated its 38th birthday with a luncheon at the Murray Bridge Bowling Club, joined by guests from the Murray Bridge Men's Probus Club and Mannum Combined Probus Club. Member Avis Webb cut the birthday cake before members enjoyed entertainment from local singer, songwriter and poet Anne Fraser, whose stories and songs celebrating family, rural life and the Australian environment were enjoyed by all.

A Morning of Fun and Friendly Competition

Friendly competition and plenty of laughter were on the agenda as Payneham Probus hosted an enjoyable Quiz morning. Members put their knowledge to the test with a variety of thought-provoking questions before taking a break to enjoy a delicious morning tea and catch up with friends.

The competition ended in a tie between the leading teams, making a tie-breaker necessary to decide the winners. Congratulations were extended to the victorious team, with the event proving to be a fun-filled and memorable morning for everyone involved.



Music, Gardens and Good Company

The picturesque foothills of Mount Barker Summit provided the setting for a recent monthly outing by Port Victor Combined Probus to the UKARIA Cultural Centre. Members toured the impressive venue, which features a 220-seat concert hall renowned for its superb acoustics and hosts performances by artists from across Australia and around the world. Following coffee and cake, members enjoyed a guided tour of the beautifully designed gardens with the resident gardener. Spanning approximately 5,000 square metres, the themed gardens complement the natural surroundings and the concert hall, creating a unique and memorable destination.



The Renmark Holiday

Early May saw Woodcroft Probus members enjoy a three-night getaway to Renmark in South Australia's Riverland, with 39 members staying at the Echo Riverfront Caravan Park. Many enjoyed riverfront cabins and caravan sites, taking in views of the Murray River while sharing coffee, friendship and Barry's Bar before gathering for dinner at the Renmark Community Club. The itinerary included visits to the Paringa Museum, Chookman's Houseboat, Headings Cliff Lookout and the Woolshed Brewery, where members admired the beautiful Murray River scenery. Others explored the local shops and river walks at their leisure.

The holiday was enjoyed by all, with members thanking President Barry for organising a memorable trip.



Amazing Probian
Dr. William Donovan

President: Probus Association
of Canberra and District
Member: Macquarie Probus Club

Dr. William (Bill) Donovan, BSc. (Hons), Ph.D., M Ed. - being recognised for services to secondary education and the community in the ACT.

Bill is currently the President of the Probus Association of Canberra and District and a member of the Macquarie Probus Club. The citation includes this as a major contribution to his community service.

His lifetime career in education included highlights as Principal of Hawker and Phillip Colleges in the ACT for 13 years, Principal of Evaluation and Research in the ACT Schools Authority and Director of Continuing Education at the ANU. He was also a President of the ACT Colleges Principals Association and Co-Founding Chair of the Principals professional development association of the ACT.

in retirement as a couple that involved new friendships, travel opportunities and a new social environment. They found that and more. As well as participating in Club activities, Bill became treasurer and, in due course, President for a year. More recently, he has been arranging a series of day trips in and around Canberra as the Club ages and longer travel becomes less popular.

Bill also became a delegate to the Probus Association of Canberra and District and, inevitably, a member of the committee. For the past five

years, he has served as President. He describes the committee as a marvellous group who enjoy working together, supporting Probus Clubs and helping them prosper and change with the times.

Probus has been great for Bill personally and for him and Diane as a couple. He likes to think his work with and for Probus made a significant contribution to his being awarded an OAM for services to the community. He sees the honour as recognition not only of his contribution, but also of the many Probians who have served on committees with him and the Probus membership as a whole.



Book Review

Greatness Doesn't Care: Why It's Never Too Late to Reinvent Yourself

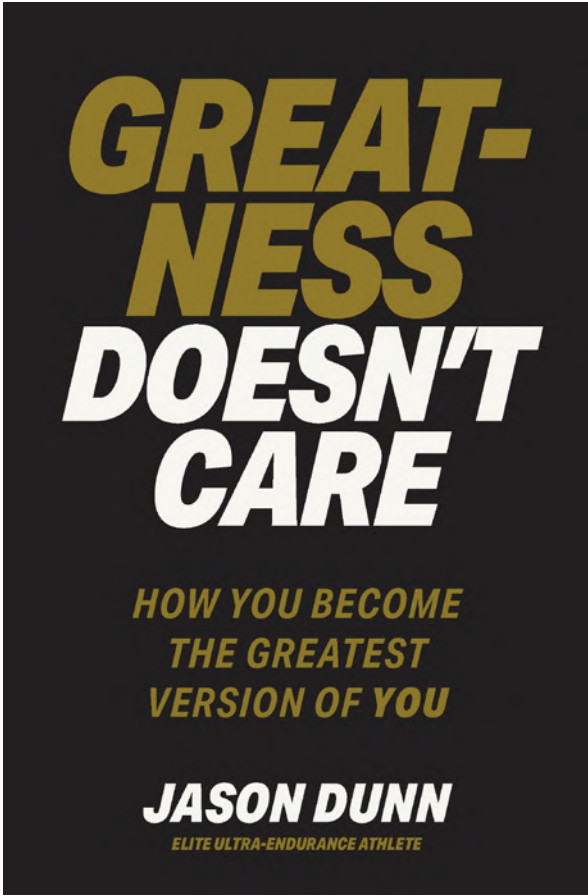
At 62, Jason Dunn is living proof that reinvention has no expiry date. In his 30s, Dunn was a self-described couch potato facing major health challenges and a downward spiral that would ultimately see him endure 35 hospitalisations. At a point when many people might have accepted that this was simply how life would be, Dunn made a different choice. He began radically changing his health, mindset and daily habits. Today, he is an ultra-endurance athlete who has completed more than 14 IRONMAN competitions and multiple ultramarathons.

His new book, Greatness Doesn't Care, is the story and philosophy behind that transformation. Drawing on his own remarkable journey, as well as decades of experience in finance, business and high-performance coaching, Dunn challenges the idea that greatness is reserved for the naturally gifted,

the young or the exceptionally lucky. Instead, he argues that a bigger life is built through the small decisions we make consistently, particularly when motivation disappears and progress feels painfully slow. For readers over 60, this is perhaps the book's most powerful message: you are not too old, too unfit or too far behind to change direction. Dunn's own life demonstrates that a person can completely rewrite their story long after they believe their most significant chapters have already been written.

Part memoir, part mindset guide and part manifesto, Greatness Doesn't Care explores the destructive impact of comparison, the role of purpose in overcoming adversity, and why discomfort, failure and struggle are often

essential ingredients for growth. Dunn's central message is both challenging and liberating: greatness is not about being better than everyone else. It is about becoming stronger than your excuses, fears and self-doubt. For anyone wondering whether there is still time to pursue a new goal, improve their health or simply become a different version of themselves, Jason Dunn offers compelling evidence that the answer is yes.



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
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Contact us:

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

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