



Probus Association of Western Australia Inc.

Patron: His Excellency The Honourable Kim Beazley AC, Governor of WA



NEWS & NOTES

WELCOME TO THE JANUARY 2022 EDITION OF NEWS AND NOTES

PAWA President Pete



2022 is here and it couldn't get here soon enough!

For most people the New Year can mark an opportunity to set New Year's resolutions, or a chance for a fresh start. Along with updating your vision board for 2022 and re-evaluating life in general, you might be caught wondering what is the best way to make this happen. Some of the world's best writers, leaders and thinkers have shared their wisdom and thoughts on beginning a new year. Their words will undoubtedly help you get in the right frame of mind.

- "Learn from yesterday, live for today, hope for tomorrow."—Albert **Einstein**
- "All our dreams can come true, if we have the courage to pursue them."—Walt Disney
- "Life is an opportunity, benefit from it. Life is beauty; admire it. Life is a dream; realize it."—Mother Teresa
- "It is not in the stars to hold our destiny but in ourselves." —William Shakespeare
- "The beginning is the most important part of the work." —Plato
- "There are far better things ahead than any we leave behind." — C S Lewis

I suggest that you can do it through your participation and your commitment to your Probus Club.

The PAWA Team wishes your Club all the Best for 2022 and looks forward to assisting as much as possible.

PAWA adopted quote – Teamwork Makes the Dream Work

**The PAWA Committee is currently finalizing the Annual General Meeting to be held on Thursday 31st March.
33 Clubs need to be represented for a quorum.
Registration forms will be sent to all clubs.**

HAPPY ANNIVERSARY TO THE CLUBS CELEBRATING IN JANUARY
Hollywood Kings Park Probus Club Inc. 3 years
Ellenbrook Combined Probus Club Inc. 15 years
The Probus Club of Kingsley Inc. 33 years
The Albany Ladies Probus Club Inc. 37 years
The Probus Club of Karrinyup and North Beach WA Inc. 38 years

HELEN HARDY COMMITTEE MEMBER



Many years ago, working for Cleanaway in Osborne Park, I had the opportunity to transfer to Sydney and work with two Assistant Directors of Brambles Holdings Ltd. Within 18 months I was working in the IT industry and loving it. After a few years I was headhunted to work with a previous manager who was setting up the Australian office for an American IT company, Cisco Systems. I was employed to set up Customer Service for Australia and New Zealand.

This involved the installation of an inventory system with the capacity to grow. Six years down the track, after numerous travels within Australia, NZ and the US and managing 14 staff it was time for a change within the company.

For the next four years I worked in an Asia-Pacific role based in Singapore. I was lucky enough to have two desks, one in the North Sydney office and one in Singapore.

During this time, I was in a Marketing and Events Management Role and had the opportunity to travel through Australia, NZ, Asia, and China with our events.

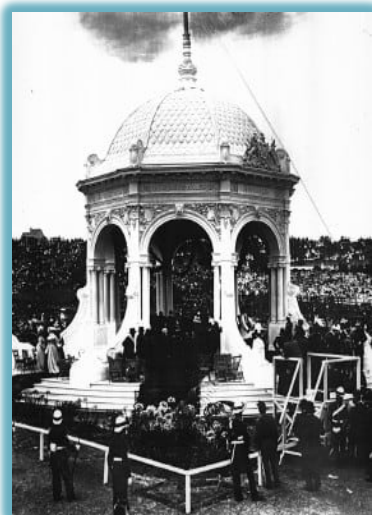
While in Sydney I was lucky enough to meet a wonderful man, my partner, Michael, and we have been together for 32 years.

Finally, after 10 years with Cisco, we both retired from our jobs and moved back to Perth. After a few moves we have lived in Affinity Retirement Village, Baldivis for six years.

The PAWA Outings List is being finalized and will be sent to all Clubs this month. If you have any suggestions to add to the list, please send them to Sue Harwood before the 18th January for inclusion.

Email: smharwood1@bigpond.com

Events In History In the Month of January



On 1 January 1901, 60,000 people gathered in Centennial Park to witness the proclamation of the Federal Constitution, uniting six formerly independent colonies as one Commonwealth of Australia.

Edmund Barton was the first Prime Minister. The people of Sydney celebrated Federation with a week of festivities.

The First Parliament met in Parliament House.



On January 18th 1788 The First Fleet, consisting of 11 vessels, was the largest single contingent of ships to sail into the Pacific Ocean. Its purpose was to find a convict settlement on the east coast of Australia, at Botany Bay!

British Egyptologist Howard Carter found the sarcophagus of Tutankhamen in the Valley of the Kings near Luxor after several years of searching. It sparked a renewed public interest in ancient Egypt, for which Tutankhamen's mask, now in the Egyptian Museum, remains a popular symbol.





[Message from Judith Maestracci AM, Chairman 2021-2022, Probus South Pacific Ltd.](#)

The Probus South Pacific Limited (PSPL) Board recently set the capitation fees for the 2022 – 2023 Probus year. Fees are set in November to provide Management Committees with time to prepare their budgets for consideration at Club Annual General Meetings.

PSPL's primary role is to provide service and support through a range of administration, insurance, member benefit and support services, which continue to evolve and increase to meet the needs of our Community.

Despite the continuing challenges of COVID-19, our key focus of membership retention and growth has not changed. We continue to build awareness of Probus in the wider community through initiatives such as Probus Day, Partnerships, digital programs for Clubs and members and our range of regular publications.

It is very encouraging to see so many Clubs utilising our complimentary promotional material as part of their overall membership objectives - which reflects a positive outlook for the future.

When determining annual capitation fees, the PSPL Board has a responsibility to act reasonably to ensure that fees are kept as low as possible and also set at a sufficient level to support the range of services provided by PSPL.

The Board has considered the challenges facing our Community since the onset of the pandemic and, although PSPL has faced similar challenges, has resolved to maintain the level of capitation fees at **\$15.00 per annum per member**.

PSPL will continue to provide the Active Retirees national publication in digital form on a complimentary basis. Although it is understood that some Club members may prefer to have this provided in print, this option is not viable at this time. The Board will continue to review this on an ongoing basis.

Capitation fees are payable by 30 April 2022 and the usual forms for your completion will be sent to your Club early in the New Year.

VILLA CARLOTTA TRAVEL

Escape to ruggedly beautiful Kangaroo Island

On a fully escorted tour this February.

Boasting the title of Australia's third largest island, it offers an abundance of wildlife encounters and nature-based experiences.

This February, Villa Carlotta Travel is offering you the chance to be collected from your home in Perth or Mandurah and taken on a fully escorted tour of this fascinating place.

Your holiday commences with courtesy home collection and transfer to Perth Airport for your flight to Adelaide. Upon arrival, you will be met at the airport by your coach captain and transferred to your accommodation.

On your first day in South Australia you'll travel to Victor Harbour to ride on the only horse-drawn tramway in Australia. Magnificent Clydesdale horses will transport you along the causeway from seaside Victor Harbour to Granite Island and back. Later in the afternoon, you'll board the SeaLink Ferry at Cape Jervis for the crossing to Kangaroo Island.

The next morning, visit Seal Bay and witness sea lions as they loll about on the beach, nurse their young and waddle in for a swim. You'll then head to The Raptor Domain to learn about resident birds of prey, including wedge-tailed eagles, owls and kookaburras.

Your next day is all about discovering the island's natural produce. Visit Clifford's Honey Farm and enjoy a delicious morning tea at Emu Bay Lavender. Then, sit down for lunch at Kingscote and visit a eucalyptus distillery, a local Cidery and an olive grove.

The last two days of your six-day getaway are spent exploring the breath-taking natural wonders of Kangaroo Island, including Flinders Chase National Park, Remarkable Rocks and the Admirals Arch formations. Back in Adelaide, admire the charming heritage hotels, bustling shops and beautiful beaches of Glenelg before returning safely to Perth.

This six-day holiday departs Monday 21 and returns Saturday 26 February 2022. With 12 meals, 5 night's accommodation, all airfares and accommodation included this holiday, costs \$3,470 per person twin share.

Contact one of the friendly Villa Carlotta Travel team on 1800 066 272 or email travel@villa.com.au for more information or to reserve your place.



"I didn't know what to expect but absolutely loved every minute"

Helen Perth WA.

PROBUS WEST- the social arm of Probus.

Clubs are invited to submit articles for Probus West - which highlights the social events, fun times, and news of activities from around clubs.

One or two photos per Club please.

Articles to be in Word format, with pictures as jpegs.

Trish Floyd will acknowledge your story and is happy to give assistance.

Contributions can be emailed to rpfloyd@westnet.com.au or posted to 103a Stock Road, Attadale 6156.

You have until **February 15th 2021** to submit more items.

5 ways to help make your phone battery last longer.

1. Keep The Brightness Down

One simple way to start conserving battery power– turn down the screen brightness.

2. Avoid Extreme Charging

A common mistake people make is to fully charge their phone up to 100 percent, then let it drain completely. Newer lithium-ion batteries don't have memories that need to be 'calibrated' in this way; you're reducing its lifespan even faster. Partially charging and discharging your phone battery is the best way to achieve longevity. Avoid leaving your phone to charge overnight, as this causes the battery to experience high stress and potentially damaging heat. If you do charge it at night, keep it in a cool place.

3. Switch Off Wi-Fi And Bluetooth

Look for ways to help your battery last longer on a single charge. A good place to start is being aware that Wi-Fi and Bluetooth are draining your battery as they scan for devices or networks to connect to in different locations.

4. Limit Location Services

To support their services, many of your favourite apps – including food delivery, fitness monitoring or direction finding apps – likely use location-based technology such as GPS, Wi-Fi, Bluetooth and cellular networks to track your phone. The scanning process itself can seriously sap battery life. You can adjust the settings and preferences to either block apps from using location services in the background, or disable scanning altogether. Specific apps will still be able to access location services when they're actually in use.

5. Manage Your Apps More Effectively

Closing everything that's running on your device is not the battery-saving solution you may have expected. The action of force-quitting apps can have a negative impact. You're better off letting apps run in the background so iOS and Android systems can take advantage of their built-in algorithms that automatically manage the amount of power and memory being used. Check whether certain apps are constantly refreshing with updates for no valid reason. It's possible to review and limit how much battery an individual app is using on your phone.

SUCCESSION PLANNING

**AT THIS TIME OF THE YEAR, MANY CLUBS ARE LOOKING AT
SUCCESSION PLANNING AND SOME OF YOU ARE ALREADY
PREPARED.**



Start planning early!

Being on a Committee is a team effort! Outgoing Management Committee members can all help make a smooth transition:

- By ensuring members understand the role of the management committee positions. It is a good idea to have a role description that works for your club, for each position.
- By inviting members throughout the year to observe a meeting to have an idea of the process.
- By meeting with incoming members to ensure urgent matters receive attention. This is also to ensure there is continuity regarding the Association's Policies, Procedures and important contacts (i.e. Accountants, Auditors and Peak Bodies.)
- By updating bank accounts to reflect new signatories and removing any committee members who have left.
- By giving consideration to appointing assistants in larger clubs to support the busy positions and for organizing particular projects by reducing the workload.
- By having a Membership Development Plan to bring in new members.

WE WANT TO HEAR FROM YOU

If you have views on how we can help Probus Clubs in WA to grow and prosper come along and give us your ideas to ensure that PAWA is an effective voice of WA Probus Clubs.

COME ALONG AS A VISITOR TO A COMMITTEE MEETING.

We meet on the first Thursday of the month at the Piney Lakes Environmental Education Centre, 555 Leach Highway Winthrop.
9.45am, for a 10am start.

It is a delightful venue, and no parking problems.
You will be made most welcome.

Let the Secretary Ralph Sirmulis know if you are coming.
0417 201 867 or pawasecretary@gmail.com

PAWA COMMITTEE

President	Peter Olney PSM	pete@gdaygday.com
Vice President	Sue Harwood	smharwood1@bigpond.com
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