



# Probus Association of WA, Inc.

Patron: His Excellency the Honourable Chris Dawson APM  
Governor of Western Australia



## NEWS & NOTES

### WELCOME TO THE OCTOBER 2022 EDITION of NEWS and NOTES

*This newsletter is private & confidential, for Probus use only and not to be used for any other purpose.*



#### ***Our New Patron***

It is with great pleasure that I advise YOUR Probus Association (PAWA) now has, His Excellency the Honourable Chris Dawson APM, Governor of Western Australia as its Patron.

To have his support and encouragement is indeed a great honour as it clearly acknowledges that Probus in WA is a very worthwhile organisation to join and participate in its activities. Spread the word, as clearly, word of mouth is the best way of recruitment.

#### **INTERNATIONAL DAY OF THE OLDER PERSON**

Music, the Church and Probus - Government House ([govhouse.wa.gov.au](http://govhouse.wa.gov.au))

*This link was recently posted on the Government House Web site.*

The Governor and Mrs. Dawson hosted the 2022 Probus Day reception, celebrating the United Nations International Day of the Older Person and Probus. The event was attended by representatives of the WA Probus Clubs from Geraldton to Albany. It was great to chat to so many Probus members in person.

#### **OUTINGS TO GOVERNMENT HOUSE**

*I had the following note from Government House.*

*“Thank you very much for attending the Government House Ballroom yesterday afternoon. A number of guests spoke to me about tours of the Ballroom, House or Gardens, we are currently putting together a tour program which we hope will be up and running by February next year. Please keep an eye out on our website early next year as we will upload a request form and we would welcome your applications.*

*In the meantime, please note that our gardens are open to the public Tuesday, Wednesday and Thursday each week from 12pm-2.00pm. Further information about the grounds and the House are on our website ([govhouse.wa.gov.au](http://govhouse.wa.gov.au)).”*

#### **CONTACT PAWA**

PAWA as you know was formed 1984 to support WA Probus Clubs. We look forward to continuing to be the “Voice of Probus in WA”.

*Peter Olney PSM*

President

Happy Birthday to clubs with Anniversaries in October

Yanchep Two Rocks Probus Club Inc.	6 Years
Baldivis Probus Club Inc.	7 Years
Combined Probus Club of Winthrop Inc.	9 Years
Combined Probus Club of East Perth Inc.	16 years
The Probus Club of Bannister Creek Inc.	23 Years
The Combined Probus Club of Attadale Inc.	24 Years
The Ladies Probus Club of Booragoon Inc.	35 Years
Alexander Park Probus Club Inc.	36 Years
Rossmoyne Probus Club WA Inc.	37 Years
The Probus Club of Kalamunda Inc.	39 Years
Probus Club of Attadale Inc.	40 Years



**Seniors Recreation Council of WA Inc.**

Healthy Ageing Through Activity - Phone: 08 9492 9773

***"HAVE A GO DAY"***

**WEDNESDAY 9<sup>TH</sup> NOVEMBER 2022 from 8.30AM – 3PM**

This event will be held in the beautiful grounds of Burswood Park. **Have a Go Day** is designed to make seniors who attend, aware of the importance of exercise, socialisation and both physical and mental activity. Seniors can visit many information sites on offer.

There will be free coffee, tea and bottled water available all day. Free parking at Crown and a free shuttle bus from Burswood train station.

*PAWA will have a Marquee on the day.*

***Please come along and help showcase Probus Clubs in WA and meet people who may wish to join a club.***

*Contact Helen Hardy if you can spare an hour or two.*

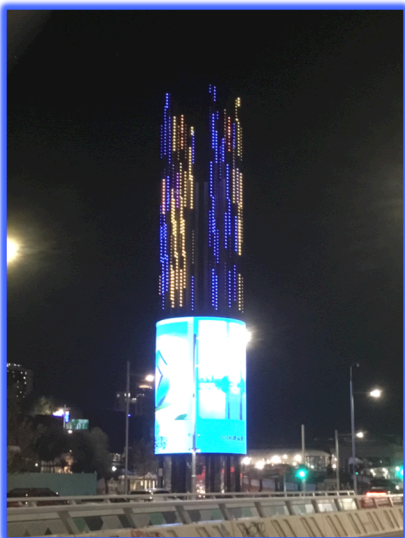
9-11am: 11-1pm or 1-3pm

[helenhardy@westnet.com.au](mailto:helenhardy@westnet.com.au) or phone 0419 251 489

The United Nations Day of Older Persons is recognised across the world.  
1st October is now known as Probus Day for our Community in  
Australia and New Zealand.



#### YAGAN SQUARE in PERTH CBD



Probus provides many opportunities for members to stay active, engaged and connected in retirement.

Landmarks in Perth, as well as the CBD in Albany, were lit in Blue and Gold Probus colours to mark the day.

Club members have planned to celebrate with special events such as lawn bowls, lunches, picnics, high teas and wearing blue and gold colours.

#### MATAGARUP BRIDGE in EAST PERTH on October 1<sup>st</sup>.





## ***SUMMARY OF FINDINGS FROM FORUMS AND WORKSHOPS***



President Peter Olney and Secretary Ralph Sirmulis delivered the August presentation and introduced the committee members who facilitated the workshop in ALBANY in August.

- Community awareness of Probus is non-existent
- Advertising/promotion of Probus is required-primarily a PSPL role
- Poor knowledge of PAWA
- Poor knowledge of the role of PSPL and almost non-existent knowledge of PSPL roles e.g. Probus District Chair, Rotary Probus District Chair, PSPL Director WA or Ambassador.
- Almost no ongoing connection with sponsoring Rotary Club
- Ageing membership an issue
- Finding office bearers a major and ongoing issue
- Word of mouth the most effective source of members
- Poor quality of PSPL and PAWA websites
- Little knowledge of PSPL micro website facility
- Clubs generally not aware of what is available from PSPL
- PSPL Club Handbook interpreted by many Clubs as a “Rulebook”
- Clubs have a limited understanding of Constitution and Standing Resolutions
- PSPL publications too frequent and Eastern States oriented
- Formal Regionalisation not perceived of practical value
- Concept of Information days via Zoom considered impractical
- Past Information Days poorly regarded as too much focus on initial “Marketing presentations”
- Clubs want more information sharing about what other clubs do
- PAWA have a role in organising multi club events/activities
- PAWA should link with other Senior groups in the community
- PAWA needs to have a presence at “Have a Go Day” in November
- PAWA should not offer subsidies/grants
- Probus Day not seen as a major event to clubs
- Clubs still using cash, cheques, and handwritten reports; hardly anyone with computer skills. Unaware of insurance implications with cash.
- Clubs are selective in passing on information from PAWA and PSPL
- Not much interaction between Clubs (on joint activities).



## SUE HARWOOD



My hometown is Perth, where I grew up with my seven siblings. Tennis, music, swimming and trips to Rottnest were a great part of my life. I graduated from Loreto College in year 12 at the age of 16. After this I studied for an Associate in Music until I was old enough to commence as a student nurse, living in the Nurses Quarters for three years.

In 1969 I graduated in General Nursing from St John of God Hospital. I married and raised a family while we both juggled work commitments. Later on, I completed a Midwifery certificate at King Edward Memorial Hospital winning the Antenatal prize and subsequently completed a Gerontology Certificate and a unit in "Law in Nursing" at Curtin University.

My career gave me many years of satisfaction in Clinical Nursing, as a Nursing Assessor for Certificate 3 students and as a Facility Manager in a small General Hospital as well three separate Aged Care Facilities.

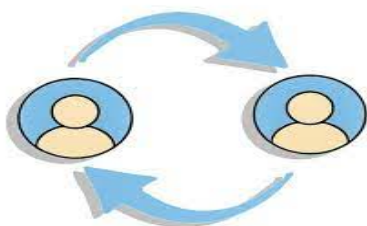
My maternal grandmother was a very important person in my life, which influenced my choice to work in Aged Care. I spent more than 10 years managing Nursing Homes until I semi retired in 2006. For the next six years I worked part time providing support with Policy writing and documentation.

I enjoy the friendship that the Combined Winthrop Probus Club offers and have participated in the roles of Welfare, Speaker Officer and now Secretary. I host a Mahjong game and Card-making group for the club members and assist the Outings Officer.

This is my second year on the PAWA Committee and my contribution is editing the monthly News and Notes and keeping the Outings List and Speakers' List up to date. Being on the Committee has given me an insight into the role of PAWA and how the Committee of volunteers is providing support and advice to Clubs and conducting Forums and Workshops, which have been well received.

*Sue Harwood Vice President PAWA*

## NEWSLETTERS



**Some clubs share their Newsletters  
with other Probus clubs.**

**This fosters friendship and provides  
ideas for events and outings.**

**Why not start sharing with another  
club today!**



The SENIORS &  
CARERS' EXPO  
was held at the Mike  
Barnett Sports Complex in  
Rockingham on Friday 7<sup>th</sup>  
October.

[Age Friendly Rockingham](#)

The popular annual Seniors and Carers Expo held this year was a success. It was a free-ticketed event for the community. There were more than 100 stalls and activities from a wide range of groups and organisations. Seniors and carers had the opportunity to learn more about the amazing services and community groups providing support in our community. The three Probus Clubs in the area- Baldy's, Rockingham and Shoalwater were all involved and worked well together. There was new interest in Probus Clubs shown by some visitors to the EXPO and will be followed up. It was certainly worthwhile flying the flag!

*At the time this photo was taken, the Shoalwater banner was not there.*

*Helen Hardy, PAWA Committee*

---

### **NEW SPEAKER: Dr. Cassandra Smith, BSc, MSc, PhD.**

Mob: 0408 380 339

Email: [cassandra.smith@ecu.edu.au](mailto:cassandra.smith@ecu.edu.au)

- Nutrition & Health Innovation Research Institute (NHIRI), School of Medical and Health Sciences, Edith Cowan University Joondalup: and RPH Research Foundation, Perth WA 6000  
Cassandra is a clinically practicing accredited exercise physiologist, and also a postdoctoral research fellow with a passion and interest in ageing. The team of internationally recognised researchers focuses on how nutrition & health behaviours can improve quality of life of older Australians and are leaders in the space of lifestyle interventions for ageing. Their greatest passion is ensuring the research findings that they publish are translated out into communities.  
Cassandra can focus on one topic or present a package of information.

### **SPEAKER UPDATE: Royal Life Saving Society WA Inc.**

**“MAKE THE RIGHT CALL” Over representation of drowning for the 44+**

Jen Mickle, Program Coordinator, Health Promotion & Research

12 McGillivray Rd, Mt Claremont WA 6010. PO Box 28, Floreat Forum WA 6014

P: (08) 9383 8200 | M: 0422 406 783 | W: [www.royallifesavingwa.com.au](http://www.royallifesavingwa.com.au)

Please note: Jen's workdays are Monday, Wednesday and Thursday.

# Farewell 2022 - Welcome 2023

Celebrate the year that was and the year to come  
with an escorted tour departing Perth



## South West Cherry Time

**5 DAYS** > 12 - 16 Dec 2022

### Highlights

- Fairbridge Village tour
- Margaret River produce
- Anniebrook Wine & Flower Emporium
- The Berry Farm
- Nannup produce
- Kilogram of cherries

Price: **\$1,375** pptw  
\$210 single option

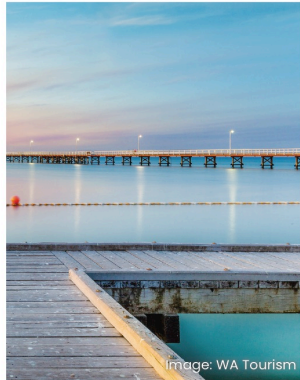


Image: WA Tourism

## New Year in Busselton

**4 DAYS** > 31 Dec 2022 to 3 Jan 2023

### Highlights

- New Year's Eve celebrations
- Edenvale Heritage Precinct
- New Year's Day cruise
- Anniebrook Wine & Flower Emporium
- Eagles Heritage Centre & Wildlife Park
- Margaret River Nuts & Cereals

Price: **\$1,295** pptw  
\$155 single option

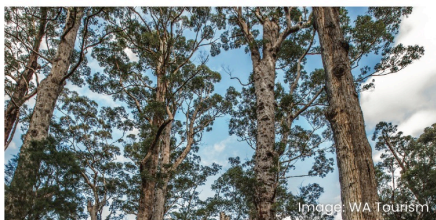


Image: WA Tourism

## New Year in Pemberton

**4 DAYS** > 30 Dec 2022 - 2 Jan 2023

### Highlights

- New Year's Eve celebrations
- Walpole wilderness cruise
- Valley of the Giants Treetop Walk
- Windy Harbour scenic tour
- Pemberton Tram Co ride
- Beedelup Falls & The Bicentennial Tree

Price: **\$1,615** pptw  
\$240 single option



## Australia Day in Bunbury

**4 DAYS** > 24 to 27 Jan 2023

### Highlights

- Mandurah Dolphin Cruise
- Australia Day celebrations & fireworks
- Australia Day evening dinner cruise
- Dolphin Discovery Centre & Dolphinarium
- Bunbury Wildlife Park
- King's Cottage Museum
- Dardanup Heritage Park
- Farewell lunch

Price: **\$1,415** pptw  
\$250 single option

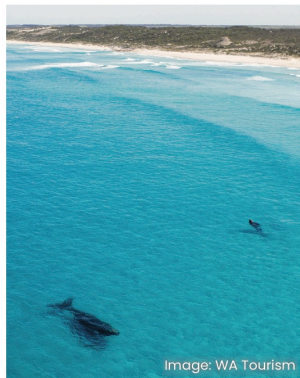


Image: WA Tourism

## Esperance & Bremer Bay

**7 DAYS** > 30 Jan - 5 Feb 2023

### Highlights

- Bremer Bay & Wellstead Homestead
- Cape Le Grand National Park
- Esperance scenic cruise
- Recherche Archipelago
- Esperance Stonehenge
- Esperance Bird & Animal Park
- Hopetoun, Wave Rock & Hyden
- Corrigin & the Bedford Arms Hotel

Price: **\$2,515** pptw  
\$410 single option

\* Prices are per person twin share unless stated otherwise

## YOUR FULLY INCLUSIVE, ESCORTED TOUR INCLUDES



### Transfers

Courtesy pre and post home/hotel transfers  
(Perth/Mandurah metropolitan areas)  
A country collection service is also available



### Transport



### Accommodation



### Meals



### Attractions



### Tour Leaders



### Local Guides

Terms and conditions: All Villa tours are fully escorted, depart from Perth and tour prices include courtesy home collection (Perth and Mandurah metro only), most meals and attractions. Tours are subject to change. Full terms and conditions can be found on villa.com.au or ask us to send them when you call.

1800 066 272

travel@villa.com.au

villa.com.au

@VillaCarlottaTravel





## **PROBUS ASSOCIATION OF WA INC.**

**President** Peter Olney PSM  
pete@gdaygday.com

**Vice President** Sue Harwood  
smharwood1@bigpond.com

**Secretary** Ralph Sirmulis  
PAWASecretary@gmail.com

**Treasurer** Helen Hardy  
treasurer@probuswa.org.au

**Past President** Ian Murray  
iwmurray@iprimus.com.au

### **COMMITTEE MEMBERS**

Edna Jones ednajones201@gmail.com

Pauline Dunning ronpauld@bigpond.com

Moy Coomer moy.coomer@gmail.com

Lorraine Reed wreed2@bigpond.com

**Membership** Peter Olney

**Directory** Ralph Sirmulis

**Probus West Editor** Trish Floyd  
rpfloyd@westnet.com.au

**News and Notes Editor, Speakers List,  
Outings List**, Sue Harwood

---

**Rotary District D9455 Probus Chairperson**

Richard Ladny ladnygroup@bigpond.com

**District 9465 and WA Director PSPL Board**

Graeme Brown glbrown@iprimus.com.au

***Come along to a Committee meeting and give us your ideas to ensure that PAWA is an effective voice of WA Probus Clubs.***

***Contact Secretary Ralph Sirmulis for an invitation to attend.***

***0417 201 867 or***

***pawasecretary@gmail.com***

*We meet on the 1st Thursday of every second month at the Piney Lakes Environmental Education Centre,*

*555 Leach Highway Winthrop*

*9.30am-12.30pm*

***On alternative months, PAWA meets via Zoom.***

***Website: [probuswa.wordpress.com](http://probuswa.wordpress.com)***

## **PROBUS WEST**

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

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](mailto:rpfloyd@westnet.com.au)

[Or post to](#)

[103A Stock Rd Attadale WA 6156](#)