



NEWS & NOTES

THE VOICE OF PROBUS IN THE WEST

Patrons: His Excellency the Honourable Chris Dawson AC APM, Governor of Western Australia, and Mrs Dawson

WELCOME TO THE APRIL 2024 EDITION of NEWS and NOTES

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



Now that we have finished the round of Annual General Meetings and the election of new Committees, it's paramount for our Probus Clubs to refocus on our core values, emphasising fun, friendship, and fellowship. These values lie at the heart of our community, enriching the lives of each member in countless ways.

Firstly, prioritising fun injects vitality into our Club activities and events, fostering an atmosphere of enjoyment and laughter. As seniors, it's essential to our wellbeing to embrace moments of joy and light-heartedness, enhancing our overall well-being. Whether it's through engaging activities, hearing interesting speakers, having coffees and lunches, or adventurous outings, infusing fun into our gatherings revitalises our spirits and strengthens the bonds among us.

Moreover, friendship serves as a cornerstone of our Probus Clubs, nurturing meaningful connections and camaraderie among members. Building and sustaining friendships offers invaluable support systems, enriching our lives with companionship, understanding, and shared experiences. By fostering an environment where friendships flourish, we create a sense of belonging and solidarity within our community, enriching our lives immeasurably.

Additionally, fellowship embodies the spirit of togetherness and mutual support that defines our Clubs. It entails coming together as a unified community, embracing diversity, and celebrating each member's unique contributions. Through acts of kindness, empathy, and inclusivity, we cultivate an atmosphere of warmth and acceptance, ensuring that every individual feels valued and appreciated.

Let's all recommit ourselves to these foundational values. Let us prioritise fun, infusing our gatherings with laughter and joy. Let us nurture friendships, forging connections that enrich our lives and sustain us through all seasons. And let us embrace fellowship, fostering a sense of belonging and unity within our cherished community. I encourage Clubs to get involved with other neighbouring Clubs and share experiences. Likewise, if your Club is making an excursion, consider getting together with the local Club in that area.

We are all part of the WA family of Probus Clubs.

HAPPY ANNIVERSARY TO CLUBS CELEBRATING IN APRIL

Wembley Downs Probus Club.	3 years
Combined Probus Club of Murray District (WA) Inc.	25 years
Narrogin Probus Club WA Inc.	30 years
Scarborough Ladies Probus Club Inc.	37 years
Probus Club of Dalkeith/Nedlands Inc.	38 years
Rossmoyne Ladies Probus Club WA Inc.	38 years
Probus Club of Albany Inc.	40 years



PAWA BUILDING BETTER CLUBS WORKSHOPS 2024

These free PAWA workshops are an opportunity to gain information about committee roles and about running your club.
You also meet like-minded people who will share their knowledge and experiences and discover alternative approaches relevant to running a thriving club.

Everyone has a chance to speak and express ideas.

Registration 0900 for 0930 start - to finish around 1230.

April 19th Friday

Halls Head Bowling Club, 3 Sticks Boulevard Erskine 6210 (off Mandurah Rd).

May 1st Wednesday

Le Grande Motel, Albany Highway, Albany.

May 3rd Friday

Mantra Lighthouse Bunbury. 2 Marlston Drive, Bunbury

May 16th Thursday

PLEASE NOTE the CHANGE of VENUE. It is now the Mt Pleasant Bowling Club

40 Bedford Rd Ardross. Enter via Canna Way.

May 23rd Thursday

Glen Forrest Sports Club. McGlew Rd Glen Forrest 6061

Book now with Helen Hardy. helenhardy@westnet.com.au

Any queries regarding the registration etc., please email Helen or call Mob: 0419 251 489

HOLLYWOOD KINGS PARK AGM



President Ralph was invited to attend the AGM of Hollywood Kings Park Probud Club Inc.

Ralph said it was good to see such a vibrant, enthusiastic club with members happy to offer their services on the Management Committee.

Ursula Harbin is the re-elected President and is pictured here with Ralph.

NARROGIN PROBUS CLUB

The Narrogin Probud Club held a Presidents Sundowner at the past Presidents residence on Saturday night 6th April.

Lots of conversation and a few pics of members at the event.

Susanne Lupton
Secretary
Narrogin Probud Club



GUIDELINES for EFFECTIVE MEETINGS

Effective meetings can inspire teamwork which can have a positive effect on the overall contentment of members.

Plan to :

- Start and finish on time.
- Welcome members and guests and thank them for attending.
- Explain the emergency plan and facilities.
- Request phones are turned off.
- Ensure committee reports are concise.
- Stay on topic and use peoples time and energy well.

Agenda:

- Prioritise the Agenda by allowing time for important items. (don't dwell on trivial items).
- Have clear steps and deadlines.

Focus on fun, friendship, and fellowship.

- Foster a supporting atmosphere.
- Include interesting guest speakers.
- Try a quiz or games day occasionally.
- Have a theme day.
- Celebrate birthdays and milestones.

Differences of opinion.

- Productive discussions are essential to your club's success.
- Consider how you react to disagreements and challenging situations.
- *Challenge the idea, not the person.*
- Respect each other's point of view even if you don't agree with it.
- Encourage respectful listening.
- Appreciate everyone's contribution.

Record keeping.

- Consider having a minute-taker.
- Keep statements as neutral as possible.(Personal observations or judgmental comments should not be included).
- Concise minutes. Summarize the major points of what happened at the meeting. (Avoid writing down everything everyone said).

BUILDING BETTER CLUBS WORKSHOP

Thursday 11th April, AT NORTH BEACH BOWLING CLUB



Fifty-five members from seventeen Probus clubs attended this workshop and had time to mingle and chat with like-minded Probian. President Ralph's presentation set the scene for the morning by defining the roles of Probus South Pacific Ltd (PSPL) and the Probus Association of WA Inc. (PAWA). Ralph also spoke about the new Constitution which is due to be presented a little later in the year and that he is part of a focus group to liaise with PSPL regarding the proposed new Constitution.

Information from the feedback forms indicated that sharing information and hearing how other clubs operate was of great value, especially to those members new to the role.

After morning tea, six breakout groups were facilitated by the PAWA committee, the largest attendance being the Presidents and Vice Presidents. At the end of an hour of discussion, each table gave feedback to the group with ideas and suggestions that had been discussed.

Feedback forms are welcomed as the comments provide the Committee with points to improve each workshop and with suggestions on how we can improve our service to clubs.



If you would like to be involved in Building Better Clubs Workshops, why not join the team at PAWA, and share your expertise and knowledge.

Contact us Pawasecretary@gmail.com

PAWA GOAL

PAWA, as the voice of Probus Clubs in WA, exists to serve and support our WA members Clubs in their pursuit of fun, friendship, and fellowship.

Through advocacy, education, and collaboration, we try to empower Probus clubs to thrive and enrich the lives of our members.

Our mission is to be the trusted and dynamic leader of the Probus movement in WA, dedicated to enhancing the health and happiness of our members.

PROBUS ASSOCIATION OF WA INC. ANNUAL GENERAL MEETING

On Friday 22 March, a group of more than 60 Probians gathered at the Bendat Basketball Stadium for the PAWA Annual General Meeting. The venue was well suited to the occasion with excellent facilities including audio and parking.

PAWA President Ralph Sirmulis gave an informative and entertaining address covering the major aspects of PAWA and outlining its vision for the future. At the conclusion of his address, he held a short Q & A session at which many topics were discussed.

Treasurer Helen Hardy then presented her Financial Report and informed the members there would be no increase in the levy for this current year.

It was then time for the election of officers. Peter Olney, Immediate Past President of PAWA, conducted this part of the meeting as the Returning Officer.

The following officers were elected unopposed:

President	Ralph Sirmulis
Vice Presidents	Sue Harwood Edna Jones
Secretary	Pauline Dunning
Treasurer	Helen Hardy

At the conclusion of the meeting, attendees enjoyed light refreshments and the chance for some fellowship.

Combined Probus Club of Murray District (W/A) Inc.

The Combined Probus Club of Murray District recently celebrated its 25th Anniversary at the Pinjarra Bowling Club. Six of the original sixty-five Foundation Members attended the celebrations.

The Club was pleased that the PAWA President Ralph Sirmulis was able to attend our celebration. Ralph presented pins to 25-year members and also a 20-year pin.



The Club had written a 25-year history book of its members and activities with messages from the Western Australian State Governor, PAWA President and PSPL. A copy of the history book was presented to Ralph.

The meeting was concluded with a morning tea/coffee and a 25th anniversary cake.

25th anniversary book about the Club with Rory O'Brien (Immediate Past President)



Group photo is with the long term (20–25-year) members of the Club.

NEW SPEAKERS

NIAGARA THERAPY **Kristy Carter, Office Manager.** **Health and well-being for seniors.**

Niagara Therapy is used by health practitioners, sporting professional and people of all ages. Niagara developed a range of unique cycloid vibration therapy medical devices, helping millions feel better. They will attend Probus Clubs south to Mandurah and North to Joondalup and are available at short notice. Niagara is also available in areas around Busselton, Kojoonup, Collie, Yanchepp, and Northam. The Speaker doing the presentation will bring a small raffle or door prize.

kristy.carter@niagara.com.au

Ph: 0410 720 667

AKANNA Entertainment. **PETRINA BISHOP** **Producer and Performer-**



Petrina will talk about her journey from Performer to one of Western Australian's Leading Professional Performance Producers!
Also, Petrina will share her thoughts on the performing arts industry; its past, present, and future & the continued creative impact she looks forward to having!

Today, under the AKANNA Entertainment umbrella many things are offered; a music school, talent agency, producing division where Petrina still remains the creative driving force, writing and directing all while continuing to perform at the State Theatre of W.A. – Heath Ledger Theatre, Downstairs at the Maj, Subiaco Arts Centre, Quarry Amphitheatre, and other major venues on a regular basis.

M: 0409 127 282

petrina@akannaentertainment.com.au

www.akannaentertainment.com.au

DAVID KENNEDY **Emeritus Professor UWA** **THE SCALE OF ROMAN ARCHAEOLOGY**



Professor Kennedy is an archaeologist specialising in the Roman Near East. Since 1997, David has conducted annual aerial reconnaissance over Jordan as part of the Aerial Archaeology in Jordan project. His talk: The Roman Empire was not the biggest or longest lasting or most powerful or most civilized or most developed ... but it was near the top in every category. In many respects it seems almost modern – nearer to us than to its predecessors and many of its successors. The lecture will explore how and why it was 'almost modern' and why it did not become modern.

David will be unavailable until November 2024.

Ph: 6488 2150

david.kennedy@uwa.edu.au

DR JAKE HARPER

GERONTOLOGIST.



Dr Jake Harper is an experienced gerontologist with expertise in general internal medicine, perioperative medicine, and neurodegenerative diseases.
He completed his advanced training in Western Australia in 1999 and works across different sites in Perth including St John of God Mt Lawley and Murdoch Hospitals.

Contact the receptionist at Murdoch: admin@pracwa.com

JOURNEY ALONG THE OTHER MURRAY RIVER



On Wednesday 7th February, members of the **Probus Club of Eaton** boarded a bus and headed to Mandurah for a lunch cruise through the Peel Inlet and along the Murray River. At first, we were sailing through Mandurah and its canal developments but then we left civilization behind and drifted through mud islands, sand banks covered in reeds and salt bush, passed swans, Pelicans, Ospreys and tiny Siberian visitors. The crew put out a snack of cheeses, cold meats, olives and biscuits which was an unexpected treat, and the bar was open for drinks.

After a relaxing hour or so, we pulled into a sandy, she-oak covered island and went ashore. It was Cooleenup Island, where a guide met us and then led the group down a surprisingly well-made pathway, as he explained some of the issues faced by the island. There are permanent residents there and sewage is a problem. Then we were led round a corner and were met by a most unexpected sight. It was an historic grain mill, just like that near the freeway in South Perth. The mill was built in 1843 by Joseph Cooper and has been lovingly restored. Its setting on the edge of this island makes it a very attractive tourist site.

Once back on board we went a little further upstream to within sight of the Forrest Highway bridge before turning around. A sumptuous lunch was served of cold meat, salads, prawns in their shells and finally sweets.



As we approached Mandurah, the day was capped off by three dolphins surfing our bow wave for ages – right beside the boat for us to see how beautiful they were.

This was a very special and relaxing day – we felt like Huckleberry Finn drifting down the river, but as with all adventures, reality caught up with us at last and we had to get back on the bus. It was a wonderful day!

villa
discovery

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Inclusions

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Highlights

- Island tour with locals
- North Head Cave
- Erscott's Hole
- Volcanic cliff cruise
- Wildlife & bushtucker walking tour
- World Heritage marine cruise on a glass bottom boat
- Snorkelling in the world's most southern coral reef (optional)

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PAWA

The Voice of WA Probus Clubs

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 Pauline Dunning for an invitation to attend.
pawasecretary@gmail.com

The PAWA Committee meet on the 1st Thursday of every second month at the Melville Recreation Centre Cnr. Stock Rd and Canning Highway Melville, 9.30-1230.

NB: On alternative months, PAWA meets via Zoom.

Zoom meeting held Thursday 4th April.

PAWA will be in Albany for the May meeting.

Website: probuswa.wordpress.com