



Probus Association of W.A. Inc.
Patrons: His Excellency the Honourable Chris Dawson AC APM
Governor of Western Australia and Mrs Dawson



NEWS & NOTES

THE VOICE OF PROBUS IN THE WEST

WELCOME TO THE OCTOBER 2024 EDITION of NEWS and NOTES



I would like to briefly touch on two key topics in my note i.e. Management Committee membership and attracting new and younger members. All too often, our Clubs face the challenge of getting members to actively participate in the Management Committee. Many members are content to enjoy the benefits of the club without contributing to its organisation, citing "I don't have the time" as a common excuse. This response often reflects a reluctance to prioritise club involvement over other personal activities, rather than a genuine lack of time.

To address this, clubs must promote the importance of shared responsibility. Highlight how participation ensures the club's smooth operation and longevity, benefiting all members. Reframing committee work as a fulfilling way to contribute to the community can also help. Sharing testimonials from current or past committee members who have found the experience rewarding could be persuasive.

In addition, clear communication about the role's demands is essential. Many members may not realise that committee responsibilities are often manageable and flexible and not as complex as perceived. Creating smaller, well-defined tasks or short-term roles can reduce the intimidation factor. Regularly rotating committee positions also ensures that responsibilities are spread more evenly over time, preventing burnout and encouraging more participation.

Did you know that the inability to form a management committee is the most common recent reason why a number of our clubs have shut down!

One of the key challenges for many Probus Clubs is attracting younger members, particularly those 10–15 years younger than the average age of the existing membership. Traditional methods like "bring a friend" or letterbox drops are not enough to maintain sustainable growth. Raising the club's profile in the local community is an essential starting point.

To do this, clubs need to become more visible through local media, partnerships with community organisations, and by maintaining an active online presence. Engaging content on social media, updates on community boards, and possibly even collaboration with local businesses for sponsorship or events could attract younger retirees.

Equally important is ensuring that the club offers engaging, varied activities that appeal to a broader audience. Meetings should be dynamic, featuring guest speakers, relevant topics, and events that reflect the interests of younger retirees. Social outings, workshops, and special interest groups can be tailored to appeal to different age groups, making the club feel inclusive and vibrant. By evolving with the times, Probus Clubs can continue to grow and thrive.

Ralph Sirmulis, President.



**“Probus Association of Western Australia”
has a Facebook page.**

No it is not replacing the News and Notes!

The aim of the page is to share what our clubs are doing, the events, activities and celebrations we all love and enjoy so much.

Please follow us using our full name as above, and even better post pictures and stories of what your club is doing. Facebook provides Probus members and clubs with another medium to share what we are all doing in the spirit of fun, fellowship and friendship. The reason is that we wish to have people in the community see what our Probus Clubs are doing.

Keep in mind that it is a public page, and anyone can see it. PAWA admin will try to control any contentious issues posted to the Facebook page, but this may not be immediate.

We suggest that all clubs follow the Facebook Page!

Seniors Recreation Council of WA Inc.
PATRON:
His Excellency the Honourable Chris Dawson AC
APM, Governor of Western Australia

Have a Go Day

A LiveLighter Event

Wednesday 13th November 2024

Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's

“Time to Have a Go”

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

08 6118 2718 www.srcwa.asn.au

Free tea, coffee & bottled water available all day.
Food Vendors in attendance.

➡ FREE Shuttle Bus Service Burswood Train Station ➡ FREE Parking in Burswood Surrounding Carparks

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BURSWOOD PARK BOARD, CROWN, lotterywest supported, NEWS, Have-a-Go NEWS, LIVELIGHTER, healthway, Supported by GOVERNMENT OF WESTERN AUSTRALIA, 6PR PERTH, Juniper, Curtin, PHOENIX INSURANCE BROKERS, T, KINGS Tours and Travel, CH ClassicHire, Scarboro Toyota Osborne Park, TOYOTA



In 1984 Val Smith, President of Rotary District 946, initiated action to form an Association of all Probud Club in WA. The reason behind this was due to the remoteness of Western Australian Clubs from the Probud Centre in Sydney.

In May 1984 representatives of all nineteen Probud Clubs, accredited in WA, attended a meeting hosted by the Probud Club of Floreat. Fred Carden, Past President of the Willetton Probud Club was chairman of this meeting. The meeting resolved that the Probud Association of Western Australia (PAWA) be formed and that a committee be formed under the chairmanship of Fred Carden.

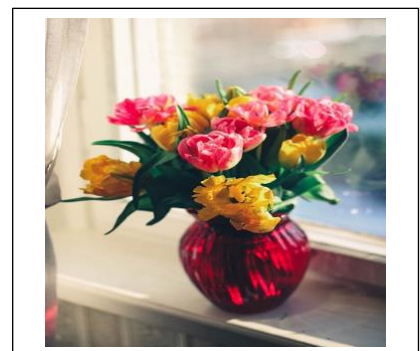
PAWA became the first State Association in Australia. From the outset, it was made clear that PAWA was formed to co-ordinate, advise and to supply information relative to the official Probud Policy. Under no circumstances would PAWA dictate to Clubs or in any way interfere with the day to day running of the member Clubs. George Hardingham the first Secretary of PAWA met with officials of the Probud Centre - South Pacific in Sydney and outlined the reasoning that led to the formation of PAWA. George stressed that PAWA was to be a service centre for W.A Clubs.

At a Special General Meeting of PAWA held in November 1984, Fred Carden was elected inaugural President, Gordon Mann as Vice President, and George Hardingham as Secretary/Treasurer and together with five committee members formed the Management Committee. The five committee members were: - Ali Sharr, Stan Braybrook, Lorna Ryan, Cyril Gibson and Eric Wilkinson. At this time, there were twenty-five Clubs in W.A. All these Clubs chose to be members of PAWA. Since then, all newly formed WA Probud Clubs have also chosen to become members of PAWA.

Over the years the PAWA Management Committee, elected at the Annual General Meeting, has continued to meet monthly. Many Probudians have contributed their time and efforts on these Management Committees to help ensure the success of Probud in WA.

Happy Anniversary to the clubs celebrating in October

Yanchep Two Rocks Probud Club Incorporated	8 years
Baldivis Probud Club Inc	9 years
Combined Probud Club of Winthrop Inc	11 years
The Probud Club of Bannister Creek Inc	25 years
The Combined Probud Club of Attadale Inc	26 years
The Ladies Probud Club of Booragoon WA (Inc)	37 years
Rossmoyne Probud Club WA Inc	39 years.
The Probud Club of Kalamunda Inc	





INVITATION

to WA Probus Clubs



Pinjarra Harness Racing Club
7 Paceway Court Pinjarra 6208
Monday 3rd February 2025 11 am

\$33 Lunch (payment on the day) includes:
Roast, Dessert, 1 Drink, 1 Free Bet, 1 Racebook Between 2
A La Carte meal also available

Names of attendees booking the \$33 lunch
And numbers of other attendees
are required by **Friday 17 January 2025**

All enquiries to Edna Jones M: 0420 647 388

Registration to Helen Hardy E: helenhardy@westnet.com.au

Please advise of people on special diets as chef does them individually.
If you don't let Edna know you won't be catered for.

Clubs need to keep a record of names for insurance purposes
No set time for leaving just when you want to go.
Easy access for all levels of ability including walkers/wheelchairs
Venue is enclosed with wide window expanse but also large outside area



PROBUS was started by Rotary which is a service and fundraising organisation. The original idea was that PROBUS would serve those Rotarians who reached retirement age and wished to step down from service but wanted to continue the social aspect of Rotary.

Therefore PROBUS was never meant to be a fundraising organisation, only a social club for retirees. Indeed, in many countries, it is explicitly stated in club constitutions that it may not fundraise. Most Probians support charities individually (such as health research, animal shelters or environmental projects), but if they wish to fundraise actively, they are encouraged to support a Rotary club effort.

As PROBUS evolved, in some countries, (e.g. India) clubs have adopted a charity or cause they aid. Clubs may add to their coffers through raffles or sponsorships but may not donate to any charity from these general funds without a vote of approval of its membership (not just the Management Committee).

Probus Clubs do fundraise, but mostly not fundraise.

PROBUS CLUB OF EATON. IRONSTONE FALLS EXCURSION



On 29/8/24 an outing was organized on short notice to take advantage of the fact that Ironstone Falls were flowing this year. The excursion was organized based on three understandings, that everyone likes waterfalls, size doesn't matter, and we all enjoy each other's company. Fourteen members took the opportunity to carpool and visit these (true, fairly small) falls.

Ironstone Falls are located halfway between Capel and Donnybrook in the South West. We assembled at Capel to have morning tea at a café, then it was off to the Falls with a slight wildflower detour. It was lovely being out in the bush and being together, and then it was on to the Donnybrook Tavern for a very nice lunch. Next year I will take my wellies. **Chris Durrant.**



Update: Marnie Davis. Villa Marketing/ Group Travel Coordinator.

Marnie is available Monday to Thursday each week. She will organise a speaker to come to your club and chat with members about travel.

Marnie Davis – marnie@villa.com.au 1800 066 272.

SOUTH WEST GET TOGETHER

SPECIAL EDITION



OCTOBER 2024

Monday 7th October 2024 saw 115 members from the Probuss South West Clubs travel down to us in Manjimup to take part in this year's Get-Together, many coming down for the day and quite a few coming down early and were staying over for a few days to enjoy some of the superb attractions we in Manjimup have to offer.

We enjoyed a great day of Fun, Fellowship, Friendship and due to our local caterers some great Food.

Guest speakers Anne O'Donnell, Julia and Dean Ryan from Lake Janis Farms, kept us enthralled with their tales and exploits. PAWA President and PAWA Southern Rep with his wife joined in the celebration and the activities offered over the day.

The Committee had organised two trips using our local buses and drivers. Unfortunately we had to reduce the trips to the Heritage Village as the owner of Jardee had to go away at the last minute.

There were stalls for purchasing Aids to life, Chocolate, and some knit-wear raising funds for a local lass to enter show jumping competitions.

The representative from Villa held a lucky draw of \$200 and the lucky winner was very happy with her win.

Thanks to a lot of donations by local businesses and friends. The door prizes were so amazing and numbered well into the twenty's so a lot of happy members went home with a magnificent memento of their trip down to Manjimup.

The weather held up for us and gave a big sunny smile to our day.

See you all next year at Mandurah Peel.

Guest speakers.



Ralph Sirmulis
PAWA president

Manjimup Shire President

Villa Carlotta

Mrs Ann O'Donnell

'Life on the Farm'

'Lake Janis Farm'

A few of our Prize Winners



1st Prize a Voucher from the Historical "Fontys Pool"



Villa Carlotta
Prize Draw
Winner.

Outing and Fellowship.



A Super big 'Thank You' to

THANK YOU TO THE DONORS WHO HAVE ASSISTED THE PROBUS CLUB OF MANJIMUP FOR THE SOUTH WEST GET TOGETHER 7TH OCTOBER 2024

- Southern Forest Food Council
- Retrovision
- Harvey Norman
- Naked Pantry
- Manjimup Motors
- Serendipity
- Smith's Linc & Gift Ware
- Manjimup Newsagents
- Beth Shorthouse
- Hound & Hunter
- Manjimup Visitors' Centre
- Koradic's olive oil
- Pepp Estate
- Cherry Festival Committee
- Fontys Pool
- Southern Forest Chocolate Co.
- Peg Rubich
- Coles donation towards cost of the water
- Dorothy Dunstan
- Tall Timbers Brewing Co
- New Leaf Orchard/Wild Beyond
- Zoe Stoeckel
- Rae Tuthill
- Newton's Orchards
- Guadagnino Farm
- Wilkwood Wine

Our Caterers and crew
J&D Dunstan Catering



ROSSMOYNE LADIES PROBUS CLUB



Rossmoyne Ladies Probud Club recently had an Antiques / Vintage or Collectable Items display. A special morning tea with a splendid Probud Cake, cut by our Life Members and our group of oldest members as well.

Yvonne Wood, Vice President

Probud Club of Whitfords WA – 40th Anniversary.



Helen Hardy and Sandra Dawe, PAWA committee, attended Probud Club of Whitfords WA for their 40th Anniversary on Wednesday September 11. The Mayor of Joondalup, Albert Jacobs, was also there and gave a wonderful speech about the club.

They are a fun group with regular lunches and morning teas, plus fun outings here and there.



NEW SPEAKER

SAMUEL ONG

“The Movement”

Founder/Clinical Director and Australian Podiatrist of the Year 2023

Samuel is a passionate podiatrist who enjoys serving the senior community. Current Australian Podiatrist of the Year and sought after keynote speaker. He has delivered presentations for many organisations including local government, sporting clubs, and community clubs.

He has been invited to present a keynote at the Ageing Well Expo in 2025.

Topics

- The importance of foot health, and the link to overall wellbeing
- Feet as the foundation of our body. Improve stability for better mobility
- The ins and outs of osteoarthritis. How to reduce pain and preserve your joints
- The impact of poor balance - How to grade your balance, and why it's worth the fuss.

Contact details

Phone: 0433 652 653

Email: sam@themovement.health

European River Cruise

from **\$9,420** pptw
per person twin share

15 Days | 7 to 21 July 2025

Cruise Europe in style onboard the latest State-of-the-art River Ship Vega. Discover hidden gems along the banks of Europe's Rhine, Main and Danube rivers, where ancient castle ruins and charming villages await.

Inclusions

 41  14       Active

Highlights

- 4 European capitals - Amsterdam, Vienna, Bratislava & Budapest
- The Kolner Dom cathedral in Cologne
- World Heritage - listed Augustusburg Castle
- Wurzburg's baroque palace
- Historic Bamberg & Nuremberg
- The 'Three Rivers City' of Passau
- Vistas of the famous Benedictine monastery in Melk
- Vienna's landmarks - St Stephen's Cathedral, the Graben, Hofburg Palace & the Albertina

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and Immediate Past President**
Peter Olney PSM
Ellenbrook Probud Club
pete@gdaygday.com

PAWA

The Voice of
WA Probud Clubs

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

**Contact Secretary Pauline
Dunning for an invitation to
attend.**

pawasecretary@gmail.com

**The PAWA Committee meets at the
Melville Recreation Centre, Cnr
Stock Rd and Canning Highway
Melville.**

**1st Thursday of every second
month.**

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

**Committee Meeting was held
Thursday 10th October via zoom.**

Website: probudwa.wordpress.com

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