



# NEWS & NOTES

THE VOICE OF PROBUS IN THE WEST

## WELCOME TO THE SEPTEMBER 2026 EDITION of NEWS and NOTES



Communication is a two-way process. Having a strong internal communication in your club not only ensures that everyone in your club stays on the same wavelength, but it can assist in strengthening your club's identity. It can build a sense of belonging and prevent misunderstandings.

Members need to feel respected, supported and valued. When club members feel they have an open line of communication, they are more likely to bring a new idea forward. Member satisfaction can rely on being listened to and having a voice.

Encourage questions and discussion and create an inclusive environment. Face to face communication is not always an option, so printed messages need to be delivered clearly without causing confusion.

Not all members have access to a computer, or are tech savvy, so hard copy or telephone will be beneficial in receiving communications.

The Secretary usually plays a major role in club communication e.g., sending out agendas, minutes, communications from PAWA and PSPL and any other information sent to club members. The Secretary is also the key point for incoming and outgoing correspondence.

Committee members should communicate outside of monthly meetings, rather than wait 30 days for the next committee meeting to make a decision. Any important decision made outside of a committee meeting can be endorsed at the next meeting so that a record is in the minutes of the decision.

Effective communication ensures that everyone is on the same page, promoting understanding, collaboration, and a shared sense of purpose.

***Pasta in the Valley*** is a great way to connect Probud Clubs for a relaxing meal in the Swan Valley.

*October is a special month for Probudians and this year the 50th Anniversary is a good reason to get together and showcase the friendship and fellowship of our clubs en masse.*

*Please see the flyer and menu next page.*

***We hope to see you there!***

**Sue Harwood, President.**

Join

us!

# PASTA IN THE VALLEY

**FRIDAY 30<sup>TH</sup> OCTOBER 2026 MIDDAY**



Register now [pawatreasurer01@gmail.com](mailto:pawatreasurer01@gmail.com)

Payment required in advance  
for special meals as per the attached menu

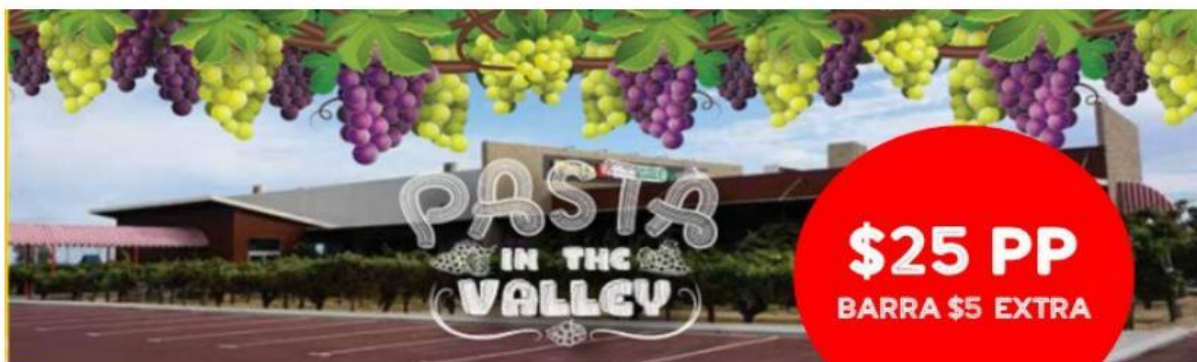
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*Note the extra cost for Barramundi*

Other a la carte meals can be ordered off the normal menu

**Closing date for registrations is Tuesday 20<sup>th</sup> October**





#### CHOICE OF MAIN

- *Spaghetti Bolognese*  
Special blend of beef mince, slowly simmered with vegetables and herbs, finished with parmasan cheese & parsley.
- *Spaghetti Carbonara Funghi*  
Bacon & mushrooms sautéed in a creamy sauce, finished with parmasan cheese & parsley.
- *Spaghetti Pomodoro V*  
Vegetarian tomato based napolitana with basil, finished with parmasan cheese & parsley.
- *Lasagne*  
Classic lasagne made with beef bolognese, mozzarella, parmasan cheese and bechamel sauce.  
Vegetarian option available
- *Chicken Parmigiana & Salad*  
Succulent crispy chicken cutlet, topped with pomodoro sauce & mozzarella cheese served with an Italian salad.
- *Barramundi Fillet & Salad GF (extra \$5)*  
Barramundi, pan seared, served with an Italian salad.

#### CHOICE OF SWEETS

- *Cannoli*  
Tube-shaped shells of fried pastry dough, filled with a sweet, creamy custard filling.
- *Gelato GF*  
Classic Italian dessert. Choose from:  
Vanilla, Chocolate, Strawberry, Rum 'n Raisin & Ferrero
- *Sorbet GF + DF:*  
Lemon or Watermelon

***Your Secretary has the order form for seniors' meals which must be ordered in advance.***

## OUR CLUB'S FUTURE

A Probus Club Management Committee should not only be concerned with running the Club today—it should also be thinking about where the Club will be in two or three years' time. While meetings, outings, speakers and social activities are important, the long-term health and sustainability of the Club deserve equal attention.

Ask yourselves:

- ☐ **Will we have enough members?**
- ☐ **Will we have people willing to take on Committee positions?**
- ☐ **Are we attracting new members, particularly younger retirees?**
- ☐ **Are our activities still meeting the needs and interests of our members?**



Probus Clubs cannot afford to simply continue doing what they have always done and hope that everything will work out. Membership can decline gradually, Committee members can become tired or unavailable, and a lack of new volunteers can place the future of the Club at risk.

Planning for the next two or three years does not require a complicated business plan. It means identifying the challenges ahead and agreeing on practical steps to address them. This might include actively promoting Probus in the local community, encouraging members to bring friends, developing new activities, mentoring potential Committee members and regularly reviewing what members want from their Club.

**The future of the Club is not something that happens by chance. It is something the Management Committee, with the support of its members, must actively create.**

***The question is: What are we doing today to ensure our Club is still strong, vibrant and welcoming in three years' time?***



The PAWA committee is reviewing the format of Building Better Club's workshops. Feedback from this year allows us to improve what is communicated to you at each workshop. There will be some new topics relating to current issues.



### National Probos Month: October.

What is your club doing to celebrate 50 years of Probos in Australia?

This milestone will be celebrated across the country with a National Day of Picnics and lunches across the country. Send your article to us to publish in this Newsletter.

**The following are some of the Landmarks that will be lit up on the 1<sup>st</sup> October to celebrate the 50th Anniversary of Probos.**

The City of Busselton Administration Building Lights, Joondalup Drive, Koombana Bay Footbridge, Koombana Bay Foreshore, Mandurah Bridge Lights, Lookout, Mounts Street Bridge, Northbridge Tunnel, Perth Bridges (Matagarup, and Mount Street), Rockingham Foreshore, Sky Ribbon (including Tunnel Entry), and City of Perth will be illuminated to celebrate the 50th Anniversary of Probos.

**1-3 October**, the CBD Precinct (Town Hall, Town Square and Alison Hartman Gardens) will be illuminated.

### SEPTEMBER ANNIVERSARIES

|                                        |          |
|----------------------------------------|----------|
| Mt Pleasant Probos Club Inc            | 1 year   |
| Armadale Probos Club Inc               | 1 year   |
| Wanneroo Probos Club Inc               | 1 year   |
| Joondalup City Probos Inc              | 7 years  |
| Claremont/Swanbourne Probos Club Inc   | 9 years  |
| Combined Probos Club of East Perth Inc | 20 years |
| Probos Club of Albany Central Inc      | 35 years |
| The Probos Club of Busselton Inc       | 40 years |
| Probos Club of Whitfords WA Inc        | 42 years |



### NEW SPEAKER

In Perth we are **Club 55, Rove Charters & Elite Tours and Perth Bus and Coach Company**. We are hoping for an opportunity to present our tours, transfers and trips to the various Probos groups. Between our club books and travel club books we have lots of different trip options to showcase, as well as bus transfers for events, lunches etc.

Rodney Stickells Palmer. Executive Consultant

**Club 55, Rove Charters & Elite Tours.** [rod@perthbusandcoachcharter.com.au](mailto:rod@perthbusandcoachcharter.com.au)

## BENEFITS OF BEING ON THE CLUB'S MANAGEMENT COMMITTEE

Being a member of your Probus Club Management Committee is more than simply attending another meeting each month. It is an opportunity to make a real contribution to the Club you enjoy and to help shape its future.

Every Probus Club needs members who are prepared to step forward, share their ideas and help make things happen. Serving on the Management Committee allows you to have a say in the direction of the Club, the activities it provides and the way it responds to the changing needs of its members.

Committee work does not have to be difficult or time-consuming when responsibilities are shared among the team. It is also an opportunity to work with other members and develop new friendships.

You may discover skills and abilities you have not used for some time—or learn something completely new.



Perhaps most importantly, being on the Committee gives you the satisfaction of knowing that you are helping to preserve and strengthen something that provides friendship, fellowship and fun for many people.

No Club can have a successful future if the same few people are expected to do everything. New Committee members bring fresh ideas, enthusiasm and different perspectives.

So, if you have ever thought, **“I could help,”** perhaps it is time to put your hand up. You don't have to know everything—you simply need to be willing to contribute.

**Your Probus Club needs you—  
and you may find that you need Probus too.**

**The Probus Association of WA Inc. invites interested club members to join the PAWA committee. If you would like to be part of representing the interests of WA clubs and participate in workshops, please contact the secretary, Margaret Collins - [pawasecretary@gmail.com](mailto:pawasecretary@gmail.com)**

## TEN REASONS WHY PEOPLE JOIN A PROBUS CLUB



Why do people join Probus? The answer is different for everyone. PSPL says that its Clubs provide opportunities to “make new friends”, “learn new skills” and “explore new interests and hobbies.”

Here are ten common reasons people give for joining:

- 1. To make new friends.** Retirement can change our social lives. Probus provides an opportunity to meet people and develop new friendships.
- 2. For companionship.** As one Probus member, John, explained: “Probus is a great place to meet new people with similar interests.”
- 3. To remain socially active.** Monthly meetings, morning teas, lunches and outings give members regular opportunities to get together.
- 4. To enjoy outings and travel.** Trips are often more enjoyable when shared with friends. One member said they had been on “outings and bus” trips they would never have arranged themselves.
- 5. To hear interesting speakers.** Guest speakers provide an opportunity to learn about subjects members may never otherwise encounter.
- 6. To develop new interests.** Clubs offer activities ranging from walking and craft to games, cinema, travel and special-interest groups.
- 7. To keep mentally active.** New experiences, conversation and interesting presentations provide stimulation and encourage members to keep learning.
- 8. To become part of the local community.** Probus helps people build connections close to home.
- 9. To find a sense of belonging.** One Probus member described the organisation as “a community of welcoming and caring people.”
- 10. To enjoy retirement.** Perhaps the simplest reason is summed up by Linda, a Probus member: “Probus definitely provides fun, friendship and fellowship in retirement.”

**Ultimately, people may join Probus for one reason but discover many more. As Probus WA says, “people’s reasons for joining are also very personal.”**

## TWO FEET AND A HEARTBEAT / and CLUB SPEAKER

I run “**Two Feet & a Heartbeat**,” Perth's original walking tour company. This October we are running Stories of the Past at East Perth Cemeteries: four Saturday afternoon tours at the National Trust site, guided by Michelle, who wrote the tour with the Trust.

The cemeteries hold Perth's first seventy years, 1829 to 1899. Each walk features one family drawn from the burial records, and anyone who books can add their own family name. Where the records allow, the featured family is theirs, told at the graveside. The route card doubles as a research trail to follow at home.

If there is a fit, a mention in News & Notes would reach clubs across the state, and Michelle is available as a **club speaker** on researching East Perth Cemeteries families. A club outing books as a reserved block on any of the four Saturdays.

Dates: Saturdays 10, 17, 24, 31 October, 4 to 6pm, \$59 per person, capped at 25.

Details: [twofeet.com.au/epc](http://twofeet.com.au/epc)

Jack Sherrell, Operations Manager  
Two Feet & a Heartbeat · 1800 459 388

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## THE IMPORTANCE OF MORNING TEA

Morning tea is a golden opportunity for our club members to socialise and mingle with one another. It's during these informal moments that we can deepen our friendships, and share experiences. The opportunity for social interaction is valuable so allow plenty of time at the meeting.

Visitors and prospective members often attend to “sound out” a Club before joining.

By maintaining informative yet concise business aspects, limiting guest speaker durations, and prioritising social interaction during morning tea, we can ensure that our meetings are not only productive but also deeply enjoyable, creating lasting bonds among our members and encouraging new members.



## OUTING INTEREST – GLIDING CLUB OF WA



**Please note- aerial activities are not covered by the Probus Australia National Insurance Program.**

As each flyer fills out an AEF application form, they become members of Gliding Australia for a period of 30 days from their first flight, **therefore are covered by Gliding Australia Insurance.**

The Gliding Club of Western Australia (GCWA) would like to offer your Probus members an exclusive Wheatbelt Aviation Adventure Day at historic Cunderdin Airfield, just two hours from Perth. This experience is an opportunity to enjoy a memorable day out with friends, experience the freedom of flight, and discover one of Western Australia's best-kept aviation secrets.

Your Exclusive Probus Aviation Adventure Includes:

- A dedicated Sunday reserved exclusively for your Probus Club
- A maximum of 10 introductory flights
- Approximately 25 minutes airborne per participant with a qualified instructor (flight duration subject to weather and soaring conditions)
- Spectacular aerial views of the Wheatbelt in spring
- A chance to meet friendly pilots and aviation enthusiasts
- A light lunch and a relaxed social atmosphere

Whether your members are looking for a bucket-list experience, a new challenge, or simply a unique day out, this adventure will leave lasting memories. Your members can enjoy the same spectacular scenery from a perspective few ever experience, looking out across endless patchworks of green and gold.

The Gliding Club of Western Australia is a volunteer-run, not-for-profit organisation dedicated to providing safe, affordable, and enjoyable aviation. We pride ourselves on offering a welcoming, professional, and safe flying environment.

Places are limited to a maximum of 10 flights per event. We would be delighted to discuss suitable dates and tailor the day to suit your Probus Club.

***Contact us today to book this wonderful day out!***

Sally CrawCour  
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# Australia Day in Sydney

**6 Days | 22 to 27 January 2027**

Celebrate Australia Day in the nation's most iconic city. This cultural escape blends rich history, stunning coastal beauty and unforgettable experiences. Explore the Sydney Opera House, enjoy a revolving dinner above the skyline, cruise the harbour under fireworks and discover charming precincts like Manly and The Rocks. With curated guided tours, spectacular waterfront dining and prime access to Australia Day's most dazzling displays, this is the ultimate summer getaway.

**\$5,090** pptw  
\$895 single option



## Highlights

- Exclusive Australia Day dinner cruise beneath the fireworks
- Dinner at Sydney Tower's SkyFeast with sweeping city views
- Guided tour of the Queen Victoria Building
- Walking tour of The Rocks
- Visit and guided tour of Cockatoo Island
- Ferry to Manly Beach and North Head scenic tour
- Visit and Tour of Sydney Opera House
- Time to explore at your own pace

## Inclusions

- Pre and post tour transfers (ex Perth Western Australia)
- 10 meals
- 5 nights' accommodation
- Included sightseeing and attractions
- Professional Villa Tour Leader



### 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

T&Cs: 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 T&Cs can be found on [villa.com.au](http://villa.com.au) or ask us to send them when you call.

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# **PAWA**

*The PAWA Committee  
welcomes new members who  
have an interest in being an  
effective voice of  
WA Probud Clubs.*

**Contact Secretary Margaret  
Collins for an invitation to  
attend.**

**[pawasecretary@gmail.com](mailto:pawasecretary@gmail.com)**

***The PAWA Committee met via  
zoom on  
Thursday September 3rd***

*Next meeting will be at the  
Melville Recreation Centre, Cnr.  
Stock Rd and Canning Highway  
on Thursday 15<sup>th</sup> October.*

**Website:**  
[probuswa.org.au](http://probuswa.org.au)

**Facebook:**  
*Probud Association of  
Western Australia*

*Carol Hoult: [carolhoult22@gmail.com](mailto:carolhoult22@gmail.com)*

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