



PROBUS CLUB OF ARARAT

Incorporation #A0003724B.

NEWSLETTER- July 2025

ISSUE 202

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Greetings Probians. Welcome to the July Newsletter. I trust the Newsletter is finding you keeping well!

PRESIDENT Ian's REPORT

Hello once again fellow Probians,

For those remaining in Victoria for the winter, rug up and keep warm and healthy. Zero temperatures are not great, but by the time you read this report, the winter solace will have occurred, and the days will be getting longer (and hopefully warmer).

Our June guest speaker was Superintendent Sharon McCrory who was warmly received by all, and her talk and power point presentation showcased her journey through the ranks to where she is today.

Just a reminder to all who have not submitted their comments on the club survey, if you have something to say, either positively or negatively concerning the running of your club, feel free to include your name so management can discuss your concerns and/or explain our position on your comments. Also, please get your guess's into the competition on where you think our next annual club camp will be . Don't forget the ***mammoth*** prize to the winner.

By the time you receive this report, the Ararat Regional Theatre Society (A.R.T.S.) production of Mamma Mia will have concluded. What a spectacular production running over three weekends with packed houses each performance. Great cast, ABBA songs and music and amazing sets. Congratulations to all involved. We have some great talent in Ararat.

Our July meeting will be a little different in that we will try to keep the meeting as short as possible to allow us to proceed to Gason's factory for what promises to be a very informative and amazing tour. Look forward to seeing you there.

Ian Holwell President

APOLOGIES

To be phoned or texted prior to the meeting to Secretary Ann on 0417328631

WHERE THE BLOODY HELL ARE WE



The location of our clubs annual caravan trip is always a source of intrigue and speculation amongst members.

Well, this year the Camps Committee are going to run a contest for Probians to enter and guess the location of the 2026 camps trip.

A very nice prize will be on offer for the Probian who correctly guesses the location of the camp. The boiled lollies consolation prize will go to the Probian who has no idea and whose guess is furthest away from the camp within the same state.

Just a few guidelines and entry rules,

- Competition open to any fully paid up Ararat Probus Club member
- No restriction on the number of entries per member, but each entry can only have 1 location guess on it
- If more than 1 correct guess received the winner will be determined whose entry is the earliest received by the camps committee.
- If no winner, a consolation prize will be awarded to the member whose entry is the closest to the winning location according to Google maps.
- A city, town, village etc has to be nominated not a region.
- Competition not open to the Camps Committee.
- Competition will open 10.00am June 12th (General Meeting)
- Competition will close 10.00am September 11th (General Meeting)
- Entries returned via email, text or by dropping your entry into the entry box at the general meetings.

Best of luck and get those entries in !!!!!!!



ENTRY FORM IS A SEPARATE ATTACHMENT WITH THIS EMAIL



CLUB SURVEY

As part of the continuance improvement process of the club, the Management Committee will be conducting a members survey. The survey is the opportunity for club members to provide feedback back via the survey. You will have the opportunity to comment on a number of aspects of the club. Your survey feedback will be valuable for shaping the direction of the club in the future, catering to the interests of club members in the areas, of club functions, social outings and membership growth, to name a few.

Members will have the opportunity to remain anonymous **OR** place your name on the survey. Those members wishing to remain anonymous will have the opportunity to place their completed surveys in the **return box** or by **return mail**.

Please find the **survey** as an **email attachment** with your e-newsletter **OR** enclosed in your **mail out newsletter**.

We look forward to your contribution.

Minutes Ararat Probus General Meeting 12th June 2025

Present: 35

Welcome: President Ian Holwell welcomed everyone.

Apologies: Rhonda & Allan Wall, Mark Harrison, Irene & Kerrin Gellie, Rod & Nancy Mc Clurg, Marg Carmichael, Joy Harrington, Gerry Hirst, Jan Porter, Maureen & Rod Smart, Chris Mc Intyre, Mick & Rose Dowd, Marlene Poon, David Haddow, Norm Clark.

Moved Ray Hurstfield **Seconded** Chris Clark **Carried**

Ian Holwell invited **Ambrose & Verna Joyce** to place **Dennis Joyce's** (Dennis recently passed away) badge on the Ararat Probus memorial board. A minute's silence was observed.

Guests: **Harry Wheeler** introduced **Phil Stapleton**.

Birthdays: Anne Shalders and **Marlene Davidson**.

Lunch numbers: 20

Minutes of the May meeting were circulated with the Newsletter.

Moved Pauline Weeks **Seconded** Jeanette Hawley **Carried**

BUSINESS ARISING: Nil

CORRESPONDENCE

Inwards: To Ararat Probus Members – Thank You card from Ambrose, Verna and Dennis' (Joyce) family for their “comforting message of sympathy.”

Ararat Probus updated membership List from Probus South Pacific (66). Marysville Holiday Park re applying for an information package to encourage groups to visit the park and area. Bellarine Big 4 Holiday Park – similar pitch to Marysville. David Hosking for East Grampians Health Foundation – request to speak at a future Probus meeting to promote the Foundation. Probus South Pacific: digital Active Retirees. Probus South Pacific: Ararat Probus updated membership List (65), Member Benefits information which includes a range of exclusive discounts available to Probus members. Consumer Affairs Victoria – information re their upgraded version of a new portal. Probus South Pacific re recent PSPL board appointments – effective August 2025 n.b. Mr Michael Ransom of the Probus Club of Mitcham Nunawading Inc, as the Representative Member/Director for Victoria/Tasmania. Invitation to Ararat Probus members from Keith Mc Namara, producer, to attend a Tribute to Michael Crawford at the Horsham Town Hall, 21st September, 2.00 p.m. This matinee concert celebrates the hit musicals and recordings of Andrew Lloyd Webber's Phantom of the Opera star, Michael Crawford. Discount ticket prices - \$60.00 for groups of 10. Ticket reservations – 03 5382 9555. Loddon Valley Arts Trail Invitation Oct 3-5. Outline of June Active Retirees magazine. Probus South Pacific – Free Virtual Information Session About Cochlear Implants by Next Sense 23rd June 11a.m. -12 p.m. Bookings are Essential. Invitation from Ararat Rotary Club to Probus members to attend the Rotary Changeover Dinner at Chalambar Golf Club – 9th July 6.30 p.m. for 6.45 p.m. Individual guests to purchase their own meal. The meal will commence at 7.30 p.m. after the Outgoing Reports. Changeover Introduction of the new Board after the meal. R.S.V.P 4th July

Outwards: Nil

Moved Glenda Hurstfield **Seconded** Anne Joyce Carried.

REPORTS

Publicity Thumbs Up given to Probus Ararat in “**The Advocate**”. Advocate article re May General Meeting.

Website: Rod Mc Clurg has added a new page giving an overview of the club and its activities for prospective members.

Camps: Glenda Hurstfield announced the “**guess the Camp Destination**” outlined in the June Newsletter. Glenda said that there would be a prize for the winner and a consolation prize for the “furthest away” guess. The competition is open to all financial members. There will be a consolation prize if there is no correct guess. The destination will be 3-4 hours from Ararat and in Victoria. She thanked **Tim Andrew** for setting up this competition.

Movies: Nil

Bowls: **Harry Wheeler** said that the bowls' committee recently held a meeting to review the 2025 annual tournament. It was agreed that the present tournament format was very successful and should be adopted for future events. The **2026** tournament will be held on the **30th March at the Ararat Bowls Club**. The B.Y.O. lunch catering will continue, whilst morning and afternoon tea will be provided. **Rod Mc Clurg** will be the club liaison officer. Harry Wheeler will contact the regular sponsors. Players participating in away tournaments will receive \$10.00 each and drivers \$60.00 to defray travel costs. As banking cheques will soon be no longer available a new card account will be opened. The signatories for the present savings account, which will continue, are **Rod Mc Clurg, Glenys Andrew and Harry Wheeler**. The new card account, with limited funds, will be in Harry Wheeler's name. As the bowls' club is in a sound financial position it was resolved to donate **\$500.00** to the **Probus Club**. The general committee is to decide how this donation will be used for the benefit of members. Harry handed this amount to **President Ian Holwell**. The Bowls' Club is now in **recess** until the **2025/2026** season **resumes** – usually in **mid-October**.

Harry Wheeler said that **Mick and Rose Dowd** had recently competed in the over **60's mixed pairs state championship**, whilst **Mick Dowd** had competed in the **over 60's pairs**.

Ian Holwell thanked **Harry Wheeler** for the **Bowls' Club's donation**.

Welfare: **Pauline Weeks** said that **Jan Porter** is feeling well; **Chris McIntyre** is quite unwell. Pauline sent a sympathy card to the Joyces in regard to Dennis Joyce's recent death. She contacted **Ann Sullivan, Anne Shalders and Ray Hurstfield**. Pauline noted that it was very good to see **Anne Shalders** at today's meeting. Pauline said that **Joy Wheeler** would look after Welfare in her absence until September.

Syllabus: **Ken Richie** said that today's speaker would be **Superintendent Sharon McCrory**. Ken announced that there would be a trip to **Gason's** instead of a speaker at the **July General Meeting**. Details of this trip will be advised in the next Newsletter.

History: Dennis Joyce – memorial page, Annual Bowls Report and Advocate article re May General Meeting.

Moved Terry Holwell **Seconded** Barry Joyce **Carried**.

GENERAL BUSINESS

Ian Holwell referenced the proposed constitution from Probus South Pacific. A **sub-committee** has been appointed by the Committee to review this proposal – **Ian Holwell, Ken Richie and Ann Sullivan**. Their comments will be submitted to the Committee and subsequently to the Ararat Probus members. Ian Holwell reminded members to return the club survey to **Tim Andrew**. He noted that the Uniting Church had advised the club to stack the chairs in twos. He said that **Joy Wheeler** will be attending to Welfare in Pauline Weeks' absence.

Meeting closed at 10.28 a.m. **Next meeting** 10th July.

Ian Holwell conducted a short quiz.

Ken Richie introduced **Superintendent Sharon McCrory** of the Victoria Police Force. Ken noted that Sharon is in charge of the Victorian western region, which encompasses 40,000 square kilometres – Ararat to the South Australian border. He congratulated Sharon on her recent King's Birthday honours award. She received the Australia Police Medal.

Superintendent Sharon McCrory's talk focused on 3 topics: The History of Police Women, Her Journey and Where Policing is Heading.

The History of Police Women

In 1917 Madge Connor and Elizabeth Beers – Victoria Police Force - were employed to look after women and children. 1924 – women were sworn in with the same arrest powers as men. 1946 – 16 women in the Victorian Police Force. 1947 – women had their own uniform, but no epaulettes as women were not expected to reach official ranking. 1951 – the first woman completed detective training school. 1972 – married women were allowed to join the police force. Sharon McCrory presented a photo of female police and highlighted the handbags that they were issued. 1985 – female police still had handbags. 1975 – 278 women in the Victorian police force – maternity and paternity leave was introduced. 1981 – trousers were introduced for female police. 1984 – first female superintendent. 2001 – Christine Nixon became the first female Police Commissioner in Australia. 2017 – celebrated 100 years of women in the police force.

Superintendent Sharon McCrory's Journey

Sharon McCrory was a trainee at Lilydale and Nunawading police stations. On the 9th August 1987 the Julian Knight shooting occurred. Sharon was stationed at Collingwood. She said that it was at this time she realised the seriousness of policing. Whilst she listed several police stations where she was stationed in Melbourne she highlighted: 2001, Malvern, promoted to Sergeant, two years at the National Crime Authority – a surveillance unit that followed “people of interest”, Heidelberg – moved into prosecution and trained in law over 12 weeks. As she moved up the ranks her police work became more diverse. She was one of the first women to work in the Special Operations Group. She was an analyst. 2015 – promoted to inspector rank. 2022 – Superintendent of the Western Region Division (Wimmera/Grampians). She is based in Horsham. She noted that her challenges are a workforce of 300, the diverse areas in her region; 26 police stations – 14 of these are one member stations and the change from being a city police woman to the country. She also highlighted the fact that the Victorian Equal Opportunity Human Rights Commission looked at discrimination against women in the police force. As a result of this review today's workforce is very different to the 80's.

Current Priorities

- Policing should be highly visible and responsive.
- Police should be skilled, ready and able to respond.
- The police force is heavily recruiting.
- Strong partnerships should be developed across the community e.g. her talk to Probans today and building relationships with the local fire agency, government and business.

Sharon said that her recent challenge was the bushfires – February 2024, Pomonal, and the 2024/2025 Grampians fires. She had attended community meetings during the bushfires.

She showed a photo related to the Hoops Against Violence Program. This is a basketball program aimed at raising awareness of violence in the Grampians and Western district regions. She noted the Ride to Remember, which raised \$30,000.00 this year. This money went to the local health community.

Harry Wheeler acknowledged Sharon's varied positions in the police force and congratulated her on receiving the Australia Police Medal (King's Birthday awards). He thanked her for her talk and presented her with a Probus pen and Certificate of Appreciation.

Secretary Ann Sullivan

President Ian Holwell



I bought some shoes from a drug dealer. I don't know what he laced them with, but I've been tripping all day



A keen golfer and his wife are playing a quick 9 holes. On one particular hole, the man slices the ball badly and it's off the fairway. When he finally finds his ball, it's on the other side of a large shearing shed.

The man is visibly upset and says "This sucks. Now I have to take two strokes to hit around this stupid shed just to get back on the fairway." His wife offers him some hope. "Look, all you have to do is open the shed doors on either side of the shed. If you hit the ball straight through the shed, you can be on the green in one stroke.

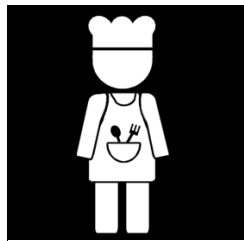
He likes the sound of that. So, they open the shed doors, and he takes his shot. But he slices it badly again and the ball bounces off the side of the shed and the ball hits his wife in the head, knocking her out cold.

He calls 000 and an ambulance arrives to take his wife to the hospital. But it's too late, the damage is done. Tragically, his wife does not survive and she's dead.

A couple of years later he's playing at the same course with some friends. On the same hole, he again slices badly, and the ball ends up in the exact same spot on the other side of the shearing shed. Again, he's ticked off because his lie is so terrible. His friend this time tries to offer the same advice.

"Check it out. If you open both shed doors, you can hit the ball straight to the green from here.

"Absolutely not, no way I'm doing that again. ***Last time I tried that, I shot a seven on this hole.***"



LET'S COOK

Matt Preston, the former likeable cravat wearing judge on MasterChef, is apart from being a highly recognised and respected food critic is also an accomplished chef. I came across his bread recipe in one of his many food articles. Now that winter is here, what a great bread to have as a pull-a-part with a hearty stew or robust soup. Why not add some chopped olives, or maybe some chopped sun dried tomatoes with some fresh herbs thrown in.

bread is a big challenge, I want to encourage you to try this recipe. It is simple, delicious and just impossible for it to flop.



matt preston's no knead bread

Prep time	Cook time	Total time
10 mins	60 mins	1 hour 10 mins

Author: anél potgieter . lifeisazoobiscuit.com

Ingredients

- 1 kg bread flour, plus extra to dust
- 1 tablespoon salt
- 1 tablespoon instant dried yeast
- 950ml lukewarm water



[Print](#)

Instructions

1. Combine flour, salt and yeast in a large bowl. Stir in water until the ingredients are all well combined. Cover with plastic wrap, then refrigerate overnight.
2. Remove bowl from fridge 1 hour prior to baking, and allow the mixture to come to room temperature.
3. Preheat oven to 220°C. Line baking sheet with baking paper, and generously dust sheet with flour. Divide the dough in two and place the two pieces on the tray. Bake for 1 hour or until golden, and the inside sounds hollow when knocked on the base.

SHARE THIS:

PUBLIC TRANSPORT BENEFITS

If you're a Victorian Seniors Card holder, learn about your free and concession public transport benefits.

Key points

- Victorian Seniors Card holders can receive public transport concessions when using a Seniors myki
- Benefits include free and concession public transport, 8 days of free public transport during the Victorian Seniors Festival and access to free off-peak travel vouchers annually.
- The Seniors Business Discount Card does not include access to public transport concessions or a Seniors myki.
- When you travel interstate, take your card with you and enquire about available transport concessions for interstate card holders.

Public transport is cheaper with a Seniors Card

Victorian Seniors Card holders can receive significant discounts and benefits on public transport. These are:

- A Seniors myki and concession fares on trains, trams and buses, including V/Line trains and coaches. This is a 50% discount on a full fare.
- **Free weekend travel in any two consecutive zones and on regional town buses. From 1 January 2026, Victorian Seniors Card holders will be able to travel for free on weekends across all zones of Victoria's public transport network.**
- Free off-peak travel vouchers (once-off registration required).
- Free travel during Victorian Seniors Festival in October. That's 8 days of free travel across metropolitan and regional services.

Card holders need to remember to carry their Seniors Card and Seniors myki when travelling.

Free travel vouchers

- You're eligible for annual free travel vouchers if you're a Victorian resident and a Victorian Seniors Card holder.
- Each travel voucher can be redeemed for:
 - one Zone 1 + 2 daily ticket (for travel in metropolitan Melbourne)
 - one Off-Peak return ticket (for travel in regional Victoria)

Depending on where you live, you're eligible for two or four off-peak free travel vouchers every year.

You'll need to register to receive your annual allocation of free travel vouchers.

[Register to receive free travel vouchers](#)

For more information about the Seniors myki:

- see [Using your Seniors myki](#)
- visit the [Public Transport Victoria \(PTV\) seniors webpage](#)

Note: Seniors Business Discount Card do not have access to public transport concessions and Seniors fares. For more information read the [Seniors Card program FAQs](#).

Travelling to NSW and want to use a NSW Opal Card?

If you are travelling in New South Wales, make sure you tap into public transport services. With a Senior/Pensioner Gold Opal card you can travel as much as you want on metro, train, bus, ferry and light rail services within the Opal network. No matter how much you travel.

Grab an Opal card (like our myki in Victoria) to travel on the following services:

- all Sydney trains
- all NSW TrainLink Intercity services
- all buses in Sydney, the Blue Mountains, Central Coast, Hunter and Illawarra
- all Sydney ferries and the Stockton Ferry in Newcastle
- light rail.

Opal cards are free, but you need to add value to travel with them. If you're a Victorian Seniors Card holder, you can apply for the Gold Senior/Pensioner Opal Card.

Find out more about the [Gold Senior/Pensioner Opal Card from Transport New South Wales](#).

You should plan for your card to arrive in time to travel and allow 14 days for processing.

If you hold a Pensioner Concession Card issued by Centrelink or the Department of Veteran Affairs, you can [apply directly for an Opal card](#).

You will be issued with a Gold Senior/ Pensioner Opal card that will not expire (provided your pensioner status is maintained).

Travelling elsewhere interstate?

When you travel interstate, remember to take your Seniors Card with you. You may be able to access concession travel in some States and Territories of Australia.

Please contact the relevant [Seniors Card program in the States and Territories](#) that you intend to visit to find out about benefits available to Victorian Seniors Card holders.

- [Seniors card](#)
- [Seniors Card](#)
- [Victorian Seniors Card](#)

ON THE SPOT

with

Probian Ian Wright



How long have you been a member of Ararat Probus Ian?

5 years

What attracted you to joining the Probus Club of Ararat?

Friendship

Your favourite famous person or celebrity you would have to dinner?

My father who passed away when I was only 2

What would be the main course on the menu?

Italian cuisine

Do you have a favourite football code and what team?

AFL Richmond Tigers, I was born in Richmond, Yorkshire

Your primary occupation before retirement?

Qualified painter & decorator, and finally a Trade Supervisor (Screen Printing) at Ararat Prison

Do you have a sport or hobby at the moment?

Golf and Bowls

First car you owned?

1952 Ford Prefect

Significant others?

My wife Pam

How long have you lived in Ararat?

59 years. Immigrated from London to Wickliffe

Favourite movie?

Shawshank Redemption

Favourite music genre?

Musical Theatre

What irks you?

Whingers

If you were president of the world for a day what would you fix?

Impossible task, but try for more harmony and understanding

Where did you go to school?

Primary and secondary school in my home town of Richmond, Yorkshire

Your favourite place you have travelled to?

Capetown South Africa and Broome Western Australia

July 2025	Committee Meeting	General Meeting	Chalambar Coffee	Guest Speaker	Morning Tea Roster
3rd	10.00am				
10th		10.00am. Followed by lunch at the Ararat RSL		Visit to Gason's Factory Ararat (At Gason's no later than 10.45am)	Ambrose & Verna Joyce 9.30am. Instructions rear of syllabus handout (Not required due to Gason's Visit)
17th			10.00am		

Aug 2025	Committee Meeting	General Meeting	Chalambar Coffee	Guest Speaker	Morning Tea Roster
7th	10.00am				
14th		10.00am Followed by lunch at the Ararat Hotel		Mr Tom Clark Grampians Park Station and retired British Army Officer	Chris McIntyre & Terry Holwell 9.30am. Instructions rear of syllabus handout
21st			10.00am		

CREDIT WHERE CREDIT IS DUE. A BIG THANKYOU TO **ARARAT PROBUS BOWLS TEAM**, FOR THEIR WONDERFUL DONATION OF \$500. LED BY HARRY WHEELER, TOGETHER WITH HIS COMMITTEE AND THE HARD WORKING CATERING TEAM A BIG THANKYOU FOR THE FANTASTIC AND SIZEABLE DONATION. IT WILL GO TO THE BENEFIT OF THE MEMBERS. THE EXPOSURE THAT THE BOWLS TEAM GENERATE FOR THE PROBUS CLUB OF ARARAT AND ALSO OUR CITY CANNOT BE MEASURED NOT TO MENTION THE GREAT SOCIAL INTERACTION PROVIDED FOR ALL OF THOSE INVOLVED. KEEP UP THE GREAT WORK IT IS GENUINELY APPRECIATED.

The Editor