



PROBUS CLUB OF ARARAT

NEWSLETTER- April 2025

ISSUE 199

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

PRESIDENT Ian's REPORT

Welcome back to all the exhausted travellers from our very successful and happy caravan/cabin trip to Swan Hill. Despite the heat, it was a great trip allowing all to socialize and get to know each other more. There were a lot of laughs etc. but remember, what happens on trips away, stays there!

Many thanks to the organizing committee; the venues chosen for us to travel to were great. I have submitted a more detailed report of most of our activities.

Our club organized for two teams to compete at the Warrnambool Probuss Bowling Tournament. We had a great time there but unfortunately didn't come away with any of the prizes. Neil Billet won a raffle prize of car cleaning products so expect a shiny car soon.

Due to the fact I was unable to attend our Tournament, I will leave it to Harry to fill in the results. Many thanks to all who assisted and donated food for the afternoon tea. Also, a big shout out to our wonderful sponsors. Without their generosity, events like this do not occur. Please support them wherever possible.

We now get back to the normal meetings, etc., and I wish Ann Sullivan a smooth transition into the very important position of Club Secretary. I know she will be ably supported by past Secretary, Maureen

This month Anzac Day will occur, and the Club will be represented at the Service.

Thanks, in anticipation to the representatives attending.

Rod and Nancy are off to Tasmania for three weeks or so. A big task to take the van on the boat. We wish them safe travels and also anybody else traveling.

It looks like this year is off to a great start. We need to keep the momentum going. I look forward to seeing you all at the April Meeting

Ian Holwell President

APOLOGIES

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

PROBIANS AT LARGE

This month's Probians at Large is submitted by President Ian on our wonderful trip to Swan Hill. To those members who unfortunately were unable to attend enjoy the read not all that happened on the camp trip is here. "What happens on the camp trip stays on the camp trip". Hopefully, Ian's travelogue will inspire more Probians to attend next year's trip, *it really is a great week*

Probus Club of Ararat

Caravan and Cabin Tour

Swan Hill March 10 - 14 2025

This year the club journeyed to Swan Hill and stayed at the Riverside Big 4 Caravan Park

First, may I congratulate the organizing camp committee comprising of Rod and Nancy McClurg and Glenda and Ray Hurstfield on the fantastic work in getting the camp to fruition . Everything ran like clockwork. Well done!

The weather was forecast to be **HOT**, and it certainly was. I was surprised and very pleased that everybody joined in the activities and really enjoyed themselves despite the trying conditions.

After arriving and settling in , we explored the park and what a great venue the committee chose. The Monday evening HAPPY HOUR kicked off the program followed by a shared evening meal with a BBQ, salad and sweets. Then it was time to relax and socialize.

Tuesday: We were up early and rearing to go. A short drive to Lake Boga to see the Catalina Flying Boat Museum. What a wonderful exhibition with so many stories of such brave young men (and women). The collection is remarkable. On to the silo art in the town which I believe only took three weeks to complete. We finished our visit to Lake Boga at the unique and quirky community garden. The history was explained by two of the volunteers. Back for our Happy Hour followed by pizzas and then a short walk to the Laser Light show at the Pioneer Village. It was visually superb with amazing technology. A leisurely walk back to camp and bed.

Wednesday: Started with pancakes and a variety of toppings of your choice. Many thanks to the volunteers who got up early to do the cooking. The pancakes were yummy. Some of our members (bowlers) set off very early to travel to Dimboola for the regional pennant finals. Unfortunately, no cigars this time. A very long day . They arrived back about 8.30 pm. The rest of us had a tour of the Town Hall. What a beautiful building it is with the stage having a great fly gallery for sets, props etc., for very quick scene changes. Oh, to have one in Ararat. Retail therapy was available for the rest of the day up until 2.15pm where we embarked on the P.S.Pyap for a one hour trip up the Murray River. What a relaxing way to spend an afternoon. Happy Hour arrived followed by a sausage sizzle provided by the management of the caravan park. A very nice gesture. We were then treated to a talk by local author, Robyn Howarth, based on her

experiences regarding the events prior, during and following the infamous Faraday Kidnappings in October 1972. The talk was inspirational and emotional. Robyn was only 10 at the time when she ,her two younger sisters , three other students plus their young teacher were kidnapped at gunpoint and held for ransom of one million dollars. Her book is definitely worth reading as most of us would remember the coverage it received back in 1972.

Thursday: We travelled to Nyah West to tour Andrew Peace Wines. The winery is in the top 16 in Australia and the complex is enormous . The amount of Stainless Steel would have cost a fortune. After the tour we had a picnic lunch under the shady trees near the dam. Very relaxing. On to a choice of going to the tractor museum or the doll museum. Then if you wanted to visit NSW , you could detour and cross the Murray River via the Speewa Punt and then return to camp. Our final activity was our Farwell Dinner at the RSL. A great meal with very large deserts . This was followed with a fun activity . Ken and Glenda organized a 40 question quiz with teams of 4 battling it out for the prestigious prize of a pen each. We all got consolation prizes of a chocolate each. It was a lot of fun and many thanks Ken and Glenda.

The camps committee would like your input via comments concerning the camp. They can be either positive or negative as all will help next year's camp. The planning of which will start in the next few months .

We have had a lot of fun, laughs etc. over the five days/four nights at Swan Hill which all contributed to a very happy and successful annual camp. Once again, on behalf of all participants, many thanks to the organizing committee. Look forward to next years event.

Ian Holwell President

Ararat Probus General Meeting March 6th, 2025

Meeting opened at 10.50 a.m.

Present: 45

Welcome: President Ian Holwell welcomed everyone.

Guests: Ian Holwell welcomed Irene Gellie.

Apologies: Tim Andrew, Marlene Davidson, Mark Harrison, Lawrie & Val Tonkin, Neil Coates, Anne Shalders, Anne & Barry Joyce, Marg Carmichael, Alan & Bertha Grant, Marlene Poon, Norm Clark.

Moved John Hunt Seconded Sonia Smith Carried.

Minutes of the February meeting was circulated with the newsletter prior to the meeting.

Moved Ray Hurstfield Seconded Rod Smart Carried.

Business Arising: Nil.

Special Presentation: Richard Fisher placed Bev Walker's badge on the Ararat Probian memorial board and a minute's silence was observed. Bev passed away in December. Richard noted that he was Vice President when Bev was inducted to the club in 2012. She was one of the first three ladies to become a member of Ararat Probus.

Correspondence Inwards: Australia Post Renewal for Post Office Box. PAV Information Days 2025. PAV Renewal Affiliation 2025. PSP Management Community Update February 2025. PSP Red Wine promotion. Email Margaret Robinson re Information Days. PSP Active Retirees February 2025. PSP Updated Membership List. Email Margaret Robinson Information Day in Ballarat 30/4/25. Letter for Rod McClurg Bowls Committee.

Outwards: Sent membership changes to PSP. Forwarded Minutes. Sent Morning Tea Roster to Ken Richie.

Moved Nancy Mc Clurg **Seconded** Pauline Weeks Carried.

Treasurer's Report for February 2025 presented by Treasurer Glenys Andrew.

Opening Balance \$401.01. **Income** Bendigo Bank Interest \$0.01 **Membership Fees** \$550.00 **Balance** \$550.01 **Expenditure** Lardner Brothers Name Tag (Bev Walker) \$11.50 WIX (Website) \$245.57 **Total** \$257.07 **Cash Book Balance** **\$693.95** **Fixed Term Deposit** Opening Balance \$3061.36 Re-invested to 25May 25. Interest Rate 4.55% **Treasurer's Petty Cash** Opening Balance \$97.92 Less Hansen Print (A4 card) \$19.95 **Closing Balance** **\$77.97**

Seconded Chris Clark Carried.

Reports:

Publicity: Nil.

Newsletter: Nil.

Camps: Rod Mc Clurg indicated that Nancy Mc Clurg would distribute handouts at the end of the meeting and email others.

41 people have booked for the Swan Hill camp. He reminded people to bring chairs, water and mosquito repellent, plus to carpool where needed.

Bowls: Harry Wheeler has provided an update as per the Newsletter - Ballarat unfortunately have abandoned their tournament. Teams from Ararat will participate in Warrnambool – 21st March - and Hopetoun – 9th April - tournaments. Ararat Probus Bowls Tournament – 31st March.

Harry noted that there has been overwhelming support for sponsorship.

Harry also spoke of the beautiful setting of the Langi Ghiran winery and of how fortunate we are to have so many wineries in the region.

Website: Nil.

Movies: Nil.

Welfare: Nil.

History: Maureen Smart has added the recent article outlining the October 2024 celebration of the 40th anniversary of the Ararat Probus Club published in the Probian magazine with accompanying photos of the guest speaker, Michael Ransom, with club members, plus photos of Joy Wheeler with the new members – Rhonda and Allan Wall, who were inducted at February's meeting and the February meeting speakers – Chris Clark, Bill Byron and Rod Smart.

Syllabus: Ken Richie announced that there would be a members' quiz following the meeting and that this would be a team event. He also announced that the guest speaker for the General Meeting on the 10th April would be Brendan Holland, who would talk about wills and power of attorney.

General Business: Lunch today is at the Chalambar Golf Club. 20th March – morning coffee at the Chalambar Golf Club.

Meeting closed at 11.17 a.m. Next meeting 10th April.

Quiz

Ken Richie and Ian Holwell placed Probus members in designated teams, which were challenged by interesting and diverse questions. Competition was keen. Two teams drew: resulting in a playoff. The Professionals won the coveted prize – a box of Favorites.

Secretary Ann Sullivan

President Ian Holwell

PROBUS BOWLS

Ararat Probus Bowls Club Tournament

On Monday March 31st the Ararat Probus Club held its annual tournament at the Ararat Bowling Club facilities. Teams from the following Probus Clubs attended , Dunolly, Warrnambool , Daylesford, Ballarat New Generation, Hopetoun, Hamilton, Timboon , Koroit , Warracknabeal, Nhill, Ballarat Begonia City and Ararat attended. In all eighty eight bowlers were able to enjoy the generous catering provided by the ladies from the Ararat Probus Club. Special thanks go to Joy and Helen who purchased all the ingredients and co-ordinated the catering team. Even though a special lunch was not provided this year no negative comments were heard from our visitors, and all seemed content to provide their own lunches Eventually , after a closely contested competition ,Warracknabeal No 1 was the only three game winner . Second place was filled by Ararat No3 team consisting of Rose Dowd, Rhonda Wall, Irene Gellie and Margaret Carmichael. Congratulations girls , Well done .

The Ararat Probus Club would like to thank all the local businesses who generously sponsored this day. Without your help we would not be able to hold this event. See attached list.

Special thanks to the Ararat Bowling Club for allowing us to use all their facilities.
Thanks too, go to Mick Dowd for preparing the greens and grounds.

I would also like to mention the members of the Bowls Committee for their efforts to ensure we had a trouble free special day . Rod who ensured we had 22 teams entered and to Richard who was the Manager for the day ,prepared the draw and kept the scores entered. Ian, Bob ,Mick .and our caterers Joy and Helen completed the diligent and hard working team.

I will prepare a balance sheet and a comprehensive annual report when all the information becomes available.

Meanwhile two teams visited Warrnambool to participate in their annual tournament and two teams will venture to Hopetoun next week.

Harry

What a great job Harry and the team do!!!!!!!!!!

SWAN HILL CAMP

This year's camp has been and gone, and your feedback has been appreciated. Apart from the hot weather it went off pretty well with lots of fun, friendship and fellowship. Giving our 38 participants a bit more free, time was welcomed. The caravan park worked well especially the camp kitchen, and the pool was popular, cooling us off in time for happy hour. Thanks to everyone who came along and joined in, and for making our job easier with help from volunteers.

The committee is in recess for 6 months, when we will start thinking about our 2026 camp.

Rod, Nancy, Ray and Glenda *(Accolades to you all for a great camp!!!!!!)*

I installed a skylight in my apartment and made the people who live above me furious



I am going to get an MRI to find out whether or not I have claustrophobia

Yes Probians, it's that time of year again. Your membership dues are ready to be paid to renewal your membership (2025-2026). If you could be mindful that they are required to be paid by the end of March 2025.

A big shoutout to the Executive Committee who have been able to keep the fees at the same rate as 2024-2025, great news for our membership.

The fee rate is \$50 per single member or \$100 per couple.

If you think about it what a great club to belong to for under a \$1 per week.

Payment is by way of Bank Deposit or EFT

IN PERSON

BENDIGO BANK
BARKLY STREET
ARARAT

DEPOSIT TO

BSB 633 000
ACCOUNT 144517661

PLEASE REQUEST THE TELLER TO INSERT YOUR NAME AT THE TIME OF THE DEPOSIT PROCESS

ONLINE EFT

DEPOSIT TO

BSB 633 000
ACCOUNT 144517661

YOUR REFERENCE : WILL BE YOUR First Initial followed by your surname

Ararat Probus Bowls Tournament 2025

Sponsors' List

Brendan's Aust Tours	AME Systems Pty Ltd	Graeme McKay Earthworks
<i>Ararat Tyre Power</i>	<i>The Ararat Advocate</i>	<i>G J Gardner Homes</i>
Ararat Ford	Bultes Timber and Hardware	Best's Winery
<i>Mount Langi Ghiran Winery</i>	<i>Kimbarra Winery</i>	<i>Fratin Bros. Winery</i>
Shannandale Winery	Montara Winery	Foster's Mensland
<i>Ahchow Family Seppelts</i>	<i>Lyall Eales Stores</i>	<i>Bendigo Bank</i>
Ararat Wash Centre	Alan Grant	Verna Joyce
<i>Other generous donors</i>	Several Probus Club Members.	

Probus members are encouraged to support and refer these sponsors. They are a lifeline to the ongoing success of the Ararat Probus Bowls Tournament.

In addition to this your continued support of these businesses ensures their viability and the overall economic viability of Ararat.

DON'T FORGET TO MENTION THE ARARAT PROBUS BOWLS CLUB WHEN YOU NEXT USE THE SERVICES OF THE BUSINESS/ES



This is a special edition of the Active Retirees E-newsletter seeking your views about Probus. We are aware of your concern about privacy and note that we are not seeking any personal information in this survey.

The environment in which Probus operates is rapidly changing. The needs of today's retiree are quite different from those of retirees who retired 10 years ago and are likely to be different from those of retirees in the future. So, what will Probus look like in 10 or 15 years?

According to the Australian Bureau of Statistics, 710,000 Australians plan to retire in the next five years, and 226,000 in the next two +. Longer term, it is estimated that the number of people over the age of 75 will climb from about 2 million now to 3.7 million by 2040. At the same time, there is a greater focus by older Australians on their mental and financial well-being. The median age of many communities has risen to around 50 because many of us are living longer and like to live independently for as long as possible. Above all, older Australians have a need to remain engaged in social activities that promote both physical and psychological well-being.*

What does all this mean for Probus? Probus needs to evolve and grow too to ensure that it continues to meet the needs of retirees both now and in the future.

We understand that membership satisfaction is the key factor that contributes to the success and growth of Probus and more importantly, contributes to Club sustainability. We are seeking your input to help us design and develop a future-oriented services and support program that assists Probus Clubs to increase overall satisfaction amongst their members and helps establish a strong incentive for attracting new members, including through the formation and growth of new Clubs.

We are aware of your concern about privacy and note that we are not seeking any personal information in this survey. We welcome your views, experience, and advice to help guide our plans.

If you are currently a Probus Club member, please feel free to share this survey with your fellow members as the more input we get from our community, the more

meaningful the results will be.

The survey will take just a few minutes of your time and it would be appreciated if you would complete the survey by 14 April 2025. Thank you for your time.

**Sourced from The Age newspaper 5/9/24 and + from The Conversation 10/12/24.*



<https://www.surveymonkey.com/r/9G62SVL>

4 options to open web page survey

1. Place your cursor on the link above
2. Press Control (Ctrl) + Enter simultaneously (If you don't have a mouse)
OR
3. Press Control (Ctrl) + Click your mouse simultaneously (If you have a mouse)
OR
4. Press Control (Ctrl) + Left Click your Touchpad simultaneously on your laptop
OR
5. Highlight the link, Press Control (Ctrl) + C or Press the copy link on your toolbar, open your web browser and Press Control (Ctrl) + V to paste the link to your search bar in your web browser, Press the Enter button on your keyboard



I went to a job interview this week. The interviewer said to me that I had put on my CV that I was very quick at mental arithmetic.

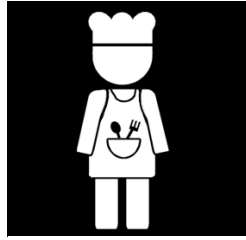
“What’s nineteen multiplied by seventeen” he asked.

Quick as a flash I replied, “That’s 34”

“That’s wrong” he said

“But is was very quick” I pointed out

LET'S COOK



BANANA and BLUEBERRY GLUTEN and DAIRY FREE MUFFINS



Ingredients

- 4 bananas (mashed)
- 4 eggs (lightly beaten)
- 140g almond butter or Nutlex
- 75g almond meal
- ½ tsp ground cinnamon
- 1 tsp baking soda (sifted)
- 1 tsp baking powder (sifted)
- 1.5 tsp vanilla essence
- 150g blueberries (fresh or frozen)

Method

1. Pre-heat the oven to 180°C.
2. Line a muffin tin with muffin liners.
3. In a large bowl or mixer, combine the mashed ripe bananas, eggs, nut butter and vanilla essence.
4. Add the almond meal, cinnamon, baking soda and baking powder to the wet ingredients.
5. Fold in blueberries. If using frozen berries and the batter seems too thin, add more almond meal to absorb the moisture.
6. Pour the batter into muffin liners and spread evenly.
7. Bake in the pre-heated oven for approximately 11–13 minutes for mini muffins or 22–25 minutes for regular sized muffins, or until a toothpick comes out clean from the batter.
8. Allow muffins to cool in muffin tray for at least 10 minutes, then remove and let cool completely on a cooling rack.

This recipe is provided by the Healthy Eating Advisory Service (HEAS) and was originally published on the [HEAS website](#).

APR 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		Mr Brendan Holland former Solicitor Tivey & Holland	Mick & Rose Dowd. 9.30am. Instructions rear of syllabus handout
17th			10.00am		

May 2025	Committee Meeting	General Meeting	Chalambar Coffee	Guest Speaker	Morning Tea Roster	
1st	10.00am					
8th		10.00am. Lunch at the Ararat Hotel		Paul Munro Bendigo Bank. Avoiding scams	Jeanette Hawley & Nancy McClurg 9.30am Instructions rear of syllabus handout	
15th			10.00am			