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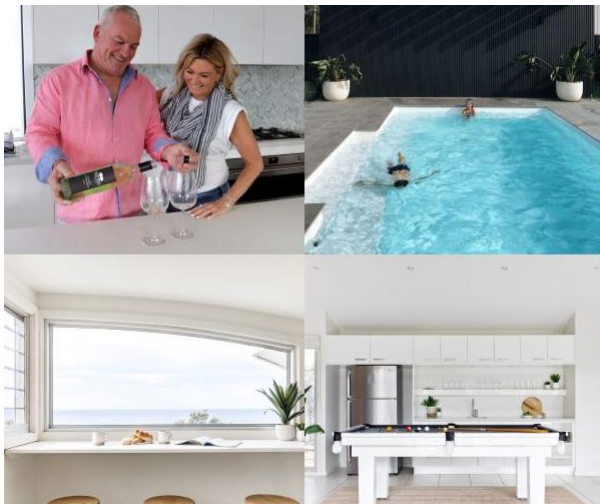


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[The art of negotiating bills](#)

Unfortunately, bills are an unavoidable fact of life – electricity, insurance, phone plans, internet and everything in between. The first step in successful bill negotiation is knowing your current deal. [Read more](#)



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[Beach House Getaway – Save 10%](#)

Gather a group and stay at a luxury beach house in Gerringong or Jervis Bay. Heated pool and spa, plus ocean views. Sleeps 12-14.

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Podcasts for curious minds

Podcasts have quietly become one of the most enriching ways to learn, relax and stay entertained, all without needing a screen. [Read more](#)



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Celebrate the Season with Irving Berlin's Holiday Inn

Ring in the Christmas season with Irving Berlin's Holiday Inn, the timeless musical based upon the 1924 classic film.

[Read more](#)



Why the big deal about vitamin D?

Vitamin D is known as the “sunshine vitamin” and not just because we make this vitamin from exposure to the sun. [Read more](#)





Broccoli and pomegranate salad

Pomegranates are filled with antioxidants. Combine them with vitamin-rich broccoli and it's a winning salad. [Read more](#)

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Probus Club News

NEW SOUTH WALES



[A special 40th birthday in Casino](#)

Casino Mixed Probus Club celebrated 40 vibrant years, with Mal and Daphne cutting the milestone cake, and beloved 98-year-old Grace slicing a second cake to honour members who reached their 90th year in 2025. [Read more](#)

[NORTHERN TERRITORY](#)



[A delightful outing to Casa de Bilsk](#)

Palmerston Probus bid farewell to the dry weather with a delightful outing to Casa de Bilsk in Howard Springs – a place where art flirts with nature and fine dining happens alfresco under the generous shade of towering trees. [Read more](#)

[SOUTH AUSTRALIA](#)



[A fun day trip to Anlaby Station](#)

Tea Tree Gully Probus Club recently made an early start for a fun daytrip to Anlaby station. [Read more](#)

[TASMANIA](#)



[A poem by Penguin Probus Club](#)

Penguin Probus Club recently wrote a lovely poem to congratulate the 50th birthday of Probus next year in 2026.

[Read more](#)

[VICTORIA](#)



[Bacchus Marsh Ladies Probus celebrate 35 years](#)

Bacchus Marsh Ladies Probus marked 35 years with cake, games, and a nostalgic slideshow, as longest-serving member Lucille cut the cake and everyone celebrated together. [Read more](#)

[AUSTRALIAN CAPITAL TERRITORY](#)



[Fun day at Lake Tuggeranong Probus](#)

Lake Tuggeranong Probus Club has for many years held a Fun Day where members provide the entertainment after the morning tea break, instead of a guest speaker. [Read more](#)

[QUEENSLAND](#)



[An enjoyable outing to the Mt Carbine Tungsten Mine](#)

The Port Douglas and District Probus Club recently had a very successful and enjoyable club outing to the Mt Carbine Tungsten Mine. [Read more](#)

[WESTERN AUSTRALIA](#)



[Enjoying lunch at the tavern](#)

Booragoon Men's Probus members and partners enjoyed a relaxed tavern lunch, sharing hearty meals and easy conversation in a friendly setting.

[Read more](#)

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