



ARMSTRONG CREEK PROBUS Club Inc

Sponsored by

Rotary club of Grovedale Waurn Ponds

May 2025 Newsletter

President's Report:

Hello and a very warm welcome to you, our members, and to our guests who I hope will join us in the near future.

Our coffee morning continues receive good support. The next venue "9 Grams" at Mt Duneed, see the activities for more details.

Our first outing to the Bial-A library was enjoyed by all and showed the wide range of facilities available to all members.

A big thank you to everyone who took the opportunity to attend the Probud Information and Workshop on Friday 2nd May at the Gee-long RSL. With 100 members from the many clubs across Geelong and surrounding areas, it was a chance to start new friendships and grow networks, to share information and get inspiration for the future.

Congratulations to the winners in our inaugural Mother's Day raffle, Allison Mahoney, Ali and Jenny Flavey.

PROBUS month commences on 1st October and we would like some ideas to celebrate and promote our club. Please send any ideas you have to ArmstrongCreekProbus@gmail.com

Janice Macfarquhar—President

Management Committee

Janice Lynn Macfarquhar

President

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Membership Officer

Welfare Officer

Paul Harrison

Guest Speaker Co-ordinator

Leanne Molony

Attendance Officer

Leanne Warren

Welfare Officer

David Coles / Barb Pipkorn

Outings / Activities Officer

Vacant

Trips & Tours Officer

Kerry Wilkins

OHS officer

OUR HOME BASE



Meeting Day / Time: 2nd Friday of every month at 10:00 am

Meeting Venue: Armstrong Creek East Community Hub, 46 Central Bvd, Armstrong Creek VIC 3217

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ARMSTRONG CREEK PROBUS CLUB

The Management Committee would like to thank the members for their consideration and adoption of the standing resolutions .

Together with the constitution these provide the proper guidelines for the correct functioning of the club.

Should anyone have any questions at any-time please speak to one of the committee members.

Club Activities

Coffee morning @ 9 Grams

101 Unity Drive Mt Duneed

Wednesday

21st May 10:00 am

Contact: Janice Macfarquhar

Walking Group @ Warralily Village

(behind the VET)

Tuesday 20 May 10:00 am

Contact: David Coles

Guest Speaker Segment

Our speaker for the May meeting was **Liz Edge** one of the clubs foundation members. Liz has worked as a counsellor in the tertiary education sector and currently operates a small business focusing on wellbeing, meditation and counselling.

Liz focused her presentation primarily on wellbeing and in particular how to sleep well. It was all wrapped up with a meditation session for everyone, leaving the group feeling refreshed and relaxed.

Liz also provided a few handouts on general wellbeing and how to improve sleeping habits.

A big thank you to Liz for an informative presentation.

Coming up

13 June - Claire Hewitt chair Australian Decorative and Fine Arts Societies

11 July—Lorraine Smith: discovery & authentication—16th Century parchment

8 August— Jessica Cerejo—Community Activator, Biyal-A Armstrong Creek Library



Next meeting dates/times:

13/06/2025, 10:00am

11/07/2025, 10:00am



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Last Month's Outing

Biyal A Library tour

Tuesday 22 April a group of 14 members toured the extensive facilities of the Biyal A Armstrong Creek library. Having worked briefly as a teenager in a district library many years ago the changes were very unexpected. Libraries used to be a location of quiet learning and reading, but no more. The Biyal A library is modern and a place for the active learning and entertainment.

Our tour began with Jesse a member of the library liaison team who shared with us the vision of the building design and how it is tied into the country / land on which it sits. The name Biyal A means "place of the redgums". The design in the path leading into the library which continues in the carpet inside, the lighting, the visible ceiling trim and the windows tie the building to the creek and water theme. Even the windows represent water bubbles in the creek and are positioned throughout to bring the outside in at least visually.

Inside the Library is split over three floors. The ground floor is home to fiction books for all ages and there is a multi use children's reading and play area. As a result there is no shushing on this level, active learning is the order of the day.

Level one is home to non-fiction and meeting rooms that can be booked for functions by community groups with charges reflecting the purpose and organisation making the booking. Level two was the most surprising and yet the one that most reflects the day and age we live in. It has the quiet study areas, community computers, a gallery space and sewing room fully equipped with machines and an overlocker. A makers workshop with 3D printers, a small CNC router, a laser etch / engraving machine and a full cricut setup. There is also a sound room ready for the podcasters / you tubers who wish to make recordings etc. All of which are available to use after suitable onsite training and induction is completed.

There was much more that could be said but I will finish by saying if you haven't been, go and take a tour you will be very surprised if you haven't been to a library for a long time.

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Jesse Cerejo (Community Activator) explains about the use of the piano with headphones of course, unless you are very proficient.



Our members on level 2 (also known as the sky level) in the small semi-outdoor garden area

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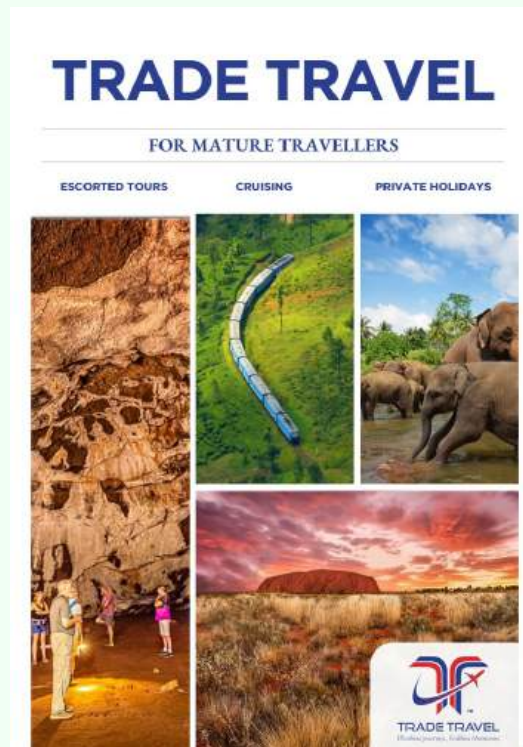
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Committee Vacancy

Trips & Tours

Do you love travel? Would you like to coordinate with one of Probus' gold partners to seek and share information about both domestic and International travel. Follow up on travel packages that your fellow Probians are interested in and share the information at meetings. Then speak to a member of the committee about filling the role of Trips & Tours committee member.



Non Committee Vacancies

Hospitality officers

To assist with tea and coffee service during morning tea breaks etc

Door Attendance Officers

Assist Attendance Officers to welcome visitors and members on arrival to check in and register for the meeting.

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Armstrong Creek Probus Club Inc

Attendance Reporting

Please note: For insurance purposes if you will not be in attendance at any meeting please email your apology to armstrongcreekprobus@gmail.com with "Apology meeting date xx/xx/2025" in the subject line or notify one of the Attendance Officers at the meeting prior to the one you will be absent. We cannot accept any apologies from friends on the floor during meetings.

IMPORTANT

General Committee Correspondence

Any none urgent communications for the committee outside of meetings should be emailed to armstrongcreekprobus@gmail.com thank you.

Participation in group activities

As a courtesy to the activity organisers and other participants, if you put your name down to take part in an activity, can you please be sure to let us know that you will not be able to attend on the day. This will mean activities can start on time. Please let the activity organiser know directly as per details recorded on the activity sheet.

Committee Directory

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Kerry Wilkins	kerry.wilkins1@bigpond.com

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