

# Active magazine spring 2009 – what's inside?



## Snap Happy

You've got to be in it to win it! Get your entries in for the 2009 Probus NZ Trade Travel National Photographic Competition. Three finalists will be chosen from each issue. After our summer 2009/10 issue, these issue finalists will be judged with the three best entries receiving fabulous prizes. The winning three photos will be judged for the Major Prize Draw and announced in the autumn 2010 issue with the National Winner's photo gracing the cover of Active magazine.

### Hot Spots

**Holland America's Volendam:** Dennis and Rosamund Knill board a luxury cruise ship for a voyage around New Zealand and discover what it's really like to experience the new wave in cruising.

### Travel Bitz

**Grand Pacific Tours Ultimate New Zealand 16 Day South Island Experience:** Grand Pacific Tours in conjunction with Probus have designed a unique journey that explores a visually stunning landscape including a treasure trove of world class experiences. The tour route includes Christchurch, Dunedin, Te Anau, Doubtful Sound, Queenstown, Mt Cook, Hamner Springs, Nelson, Blenheim and Kaikoura.

### Diary Dates

New Zealand's must-do events for September, October and November.

### Healthy Habits

**Allergies:** When spring blooms and cold-like symptoms don't seem leave, you may have seasonal allergies. Follow the road to relief with Olwen Anderson's natural relief strategies.

### In Season

**Watercress:** Mother Nature's answer to the perfect multi-vitamin, body cleansing detoxifier and curative powerhouse.

### Recipe

Linguini with Watercress Pesto

### Home Grown

**Companion planting:** Companion planting can help repel unwanted insects or attract beneficial insects, nourish the soil, help control diseases and generally improve growing conditions.

### Well Read

Great book buys

### Brain Food

Puzzles, crosswords, trivia, etc

### Club Pages

All the latest Probus club stories, photos, anniversaries, life memberships, etc

### Who are our readers?

ACTIVE is the official magazine of 452 Probus Clubs in New Zealand and is published in Autumn, Winter, Spring and Summer editions.

PROBUS, an abbreviation of PROfessional and BUSiness was formed by Rotary Clubs to support men and women with these executive backgrounds who, having reached the top of their challenging careers, recognised approaching retirement as a major change of lifestyle.

With a circulation of over 36,000 copies entirely within New Zealand, ACTIVE readers are predominantly interested and frequently participate in all areas of travel, both as club groups and as individuals.

Investment and reinvestment choices follows as these readers continually seek new methods of maximising financial security in order to maintain their high standard of living.

They have a much higher than average disposable income in the over 55 year age sector, and are a highly active and information seeking audience.

Spring 2009  
front cover



### ACTIVE IS A ...

- 40 page magazine.
- Targeting over 36,000 retired business and professional people.
- A lifestyle magazine with positive themes featuring: gardening, health, motoring, investment, veteran, sport, travel, competitions/prizes, letters to the editor, probus club news and nostalgia.