

Probus Club of Springwood Inc.
ABN: 13 846 161 696

P.O. Box 414, Springwood Qld 4127
Club email address:
springwoodprobus.qld@gmail.com

Club Registration No. 56317
Sponsored 29/11/2001 by:
The Rotary Club of Loganholme Inc.



NEWSLETTER

Issue No: 240 July, 2022

NEXT CLUB MEETING: 10.00 am. Thursday 14th, July 2022

SDA Youth Hall, 121 Barbaralla Drive, Springwood

COMMITTEE MEMBERS FOR 2022-2023

President: Alicia Cook 0413 307 050
Secretary: Barry Smith 0418884 742
Newsletter: Merv Richens 0420 373 162
Dine Outs: Graham Liddle 0403 046 200
Membership: Di Walker 0402 090 094
Welfare: Roni Harvey 0432 862 105

Vice President: Rolf Steenland 0421 190 426
Treasurer: Allan Johnson 0400 110 242
Guest Speakers: Lorraine Williams 0421 410 182
Outings: Rose Johnson 0417 606 234
Club Services: Helen Faulkner 0416 261 386
Past President: Jeff Beach 0418 783 300

If unable to attend please phone your apology to Helen Faulkner (0416 261 386) before the meeting

President's Message.

It only seems to be a short time since the beginning of January, and here we are with 6 months of the year having already whizzed by.

Rose has done an exceptional job planning the remainder of the year for us all to enjoy. The Probus members who attended the last outing at the University of Qld Medical Centre found the visit very informative and although the scientific jargon left me confused, it was very interesting to hear each person's enthusiasm on the different projects they were working on.

The last six months of the year are going to be very active with our two annual events, the Putt Putt challenge for the Grand Trophy as well as SOD off Winter, the Toowoomba Carnival of Flowers trip and the three days get away to Maroochydore. Then, before we realize we will be eating birthday cake to celebrate the Club's 21st and then jingling and mingling at our Christmas function. For enjoyment and socialization within your Club, remember participation is the key factor.

As Spring will soon be here, our theme for the September meeting will be to wear something colourful, whether it be Hawaiian shirts or clothes with many flowers.

Alicia



All online payments now to BENDIGO BANK BSB: 633 000 Account number : 178 031 910

Account Name: Probus Club of Springwood
Please provide a reference to help Allan identify what you are paying for!

Guest Speakers: Our Guest Speaker for June was Val Marlowe



Relationship Manager for the Royal Flying Doctor Service speaking about the history and the work they are now doing.

Val spoke about the ‘light bulb moment’ when John Flynn realised that aircraft might be used to service the medical needs of outback people. Hugh MacKay of McKay Harvester fame, left two thousand pounds in his will to start the Flying Doctor service.

Qantas was the first to assist by leasing aircraft and pilots from the Cloncurry base in 1928 and later Charleville. Part of the service was telegrams being read by air to help break down loneliness. Reception and transmission from the outback stations was by means of Pedal Radios. It was first known as the “Aerial Medical Service” but people would say “Here comes the Flying Doctor” - and it was renamed shortly after as the “Royal Flying Doctor Service” Stations have “Medical Chests” that could be used for minor emergencies with instructions being given by wireless.



The “School of the Air” - now “Distance Education” was first started by the RFDS.

No one in Qld is more than two hours from help. The service now also flies GPs, Dentists and specialists to outback towns for general checkups, because of the absence of GPs in remote areas.

One amusing story was of a baby being born on an aircraft and the pilot noting the coordinates in latitude and longitude, and the altitude, as the time and place of birth.

The RFDS relies totally on donations and corporate funding. Each state is autonomous, but there is a central governing body in Victoria.

In Queensland there is a new facility and base being developed at Brisbane airport, which is open to visit, but only six people at one time.

One important point made by Val was the importance of the RFDS to city folks who are considering travelling west of Toowoomba or any remote places in Queensland. If you become ill or involved in a car accident, it will be the Royal Flying Doctor Service that comes to your aid. So please consider making a donation.



Donate to the RFDS

<https://www.flyingdoctor.org.au> › donate

Another great speaker organised by Lorraine and more to follow:

o-o-o-o-o-o-o-o

July: Amanda Harvey: Queensland Rail Travel, will tell us about all the major Qld Rail Holiday Packages that we can enjoy.

August: Catherine Williams: Star Community Services, providing more information about Home Health Care services in Queensland.

September: Cath Bartolo AM: Youth and Family Service (YFS Logan)



Birthday Greetings July

02 Barry Cook 05 Keith Fletcher (80)
 07 June Woodward 11 Sofia Liddle
 12 Rosemary Johnson 13 Bev King
 15 Kay Fletcher 18 Sharon Liosatos
 17 Maureen Perryman 21 Robyn Curtis
 30 Carolyn Smith

07 July Merv & Margaret Richens 60th Wedding Anniversary

Your Club Calendar Outings and Activities

Date	Activity	Venue	Time
Tue 5th July	Coffee and Chat	Springwood Park, Cinderella Drive.	10.00 am
None in July	Craft Group	Joan Bamforth (0416 076 276)	9.30 am
Thu 14th July	Our Club Meeting	SDA Youth Hall	10.00 am
Thu 21st July	Music Hall Melodies	Woongoolba Hall	10.30am to 2.00pm
Tue 26th July	Ten Pin Bowling Coordinator	Logan City Tenpin, 17 Wembley Rd. Bob Pareezer Phone: 0499 559 281.	10.30 am to 2.00pm
Thu 28th July	The Beach House Breakfast	Loganholme Hyperdome	8.30 am
Every Wed	Walking Group	Daisy Hill Forest Carpark 2	9.00 am
Every Fri	Social Meal Gathering	Various Venues as below	5.30 pm

FRIDAY NIGHTERS

June was a full month with 64 attendees dining at Café 63, HQ Hotel, Gateway of India, and Woka Woka at Warrigal Centre. All were equally attended and the usual banter made each night into a wonderful way to end each week! July will see a new addition to the locations we attend with the introduction of a Thai meal

The July roster is as follows:-



- | | |
|-----------------------|---|
| 1 st July | Thai Daisy Hill Restaurant at Shop 3-5 Cupania Street, Daisy Hill |
| 8 th July | Chatsworth Tavern |
| 15 th July | Café 63 – Springwood |
| 22 nd July | Gateway of India |
| 29 th July | Woka Woka at Warrigal Centre |

As usual, all welcome, but just advise me on 0403 046 200 or by email by Tuesday of each week so I can make the appropriate bookings!
 Graham.



June Dine Out report

My report on the Dineout at Club Beenleigh on 16th June.

A group of 21 members and one guest came for dinner at Club Beenleigh on Thursday, 16th June. We were given



dinner in our own function room so we all had a great time with good food and the usual Fun, Friendship and Fellowship. What made it particularly exciting was that it was 2-4-1 meals which made it a very worthwhile evening. Four members let me know that they couldn't make it but I was a bit disappointed that six members who had ticked that they were coming but didn't

let me know that they couldn't make it. Please, if you can't make it to a function that you had ticked, just let me know by phone or email – grahamjl@optusnet.com.au

Graham



The Beach House – Loganholme



Thursday, 28th July 2022

Breakfast

8.30am – 9.00am

Own Cost.



You deserve it!!!

FUTURE DINE OUTS

AUGUST DINEOUT is combined with the Mini Golf Outing at Meadowbrook,.

SOD OFF WINTER:.

Saturday 27th August, 2022 at Raghbir's home. 5.30pm for 6.00pm.

7 Tottem Close, Eight Mile Plains.

A MEAT AND VEGETABLE CURRY, RICE AND NAANS, AND INDIAN DESSERT WILL BE PROVIDED.

BYO WINTER DISH IF YOU DO NOT WISH TO HAVE CURRIES.

SEPTEMBER DINEOUT Combined with Carnival of Flowers Bus Outing to Toowoomba.

I visited a monastery and as I walked past the kitchen I saw a man frying chips. I asked him "Are you the friar?" He replied "No, I'm the chip monk..."

OUTING TO UNIVERSITY OF QUEENSLAND INSTITUTE FOR MOLECULAR BIOSCIENCE (IMB)

Our outing to UQ gave us a wonderful insight into the world of research being undertaken here in Brisbane. Our tour guide Sara-Jane was delightful and navigated us through the two labs.

IMB was founded in 2000

500 researchers, students and professional staff from more than 40 countries

6 research centres focusing on inflammation, superbugs, cardiac and vascular biology, pain, solar biotechnology and genomics

Home to 11 world class facilities and supports 4 UQ facilities on site

It is one of the largest life science institutes in the Asia-Pacific region

STROKES:

With strokes every second counts and for every minute the wave is left unchecked two million neurons in the brain are permanently lost. Professor King uncovered a peptide sourced from spider venom from a funnel web spider on Fraser Island. The peptide called Hi la blocks the acid sensing channel and stops the wave of post stroke destruction. Hi la can be given as soon as a stroke is detected. The heart researchers at IMB also discovered the same peptide can be used to keep a heart healthy for longer when it is waiting to be used in heart transplant.

SUPERBUGS:

Superbugs are bacterial strains that have become so advanced there is no way to fight them. Why? Because the development of antibiotics has not kept up with the rate that resistance is developing. If left unchecked drug resistant infections could cause up to 10 million deaths globally per year by 2050 e.g.: 1 person every 3 seconds!

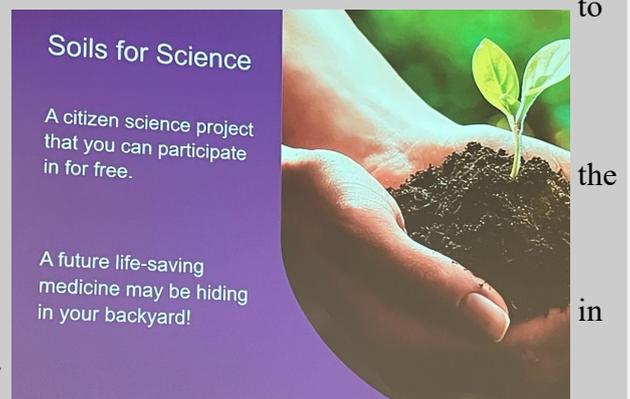
CRAIK LAB:

Plants and animals make mini proteins called peptides. In 1990's Professor David Craik discovered a family of peptides like no other, cyclotides. These ultra-stable mini-proteins are now revolutionising medicine and agricultural chemicals. The team is not working on growing medicine crops-designer plants. The stable structure means they won't break down easily in digestive system. The future of medicine would then be more sustainable and economical.

We may one day take our medicine by eating a handful of sunflower seeds!

I think we were all amazed with the wonderful research work being undertaken in our very own city and how fortunate we are to have such wonderfully skilled people here at UQ. We all enjoyed our lunch at Genies Café with conversation buzzing about all we had just learnt regarding research work.

Rose



OUTING TO UQ INSTITUTE FOR MOLECULAR BIOSCIENCE (IMB) (Cont.)

Science is Amazing!

Our health and wellbeing in the future is in the hands of a bunch of kids barely out of kindergarten.

WE ARE DOOMED !!!!

Mmm are we though?

Our tour of the Institute of Molecular Bioscience at UQ was eye opening and well worth it. We listened and took in a lot of information - didn't understand half and will quickly forget the other half. Que Sera Sera.

This multi-million-dollar research facility was crawling with "teenagers" in white coats and brand name safety glasses.

But these young scientists are searching for cures for all human ills. Brains chock full with knowledge and a hunger for answers.

Their credentials are impeccable with Doctorates and PHD's they work to become the next Einstein or Curie.

I take my hat off to these dedicated young people.

After an introductory session and a cuppa we all donned our lab coats and glasses and looked the epitome of professionalism. We could only wear these in certain laboratories or we could get arrested - security is very strict.

Our two guides - who volunteered to enlighten us, were knowledgeable and patiently answered our questions.

We saw a lab where molecules were manipulated to help with inflammatory diseases such as Alzheimer's.

A gorgeous young man (Matthew) explained his work with plants such as petunias and algae to enable new antibiotics/penicillin to be formed.

They are hunting for ground breaking medicines which could be hiding in the soils of our own back yards. Finding ways to stop the next superbug.

It goes on and on

Phew! My brain is reeling just from all the scientific data let alone doing all this research which could take 10 years to bear fruit and sometimes disappointingly not at all.

This is a place where they dare to dream and imagine - then they work hard to make it come true.

Carla

p.s. a great big thank you to those Probian's who became taxi drivers for the day which was very much appreciated.

TEN PIN BOWLING REPORT:

June was an interesting month for our Ten Pin Bowling. With School children on holidays, the bowling alley was like a disco dance hall – all dark and flashing lights and plenty of excited noise, and that was just our group of nine members and one guest!! We had two lanes so divided into two groups of five each.



In Group one, every member scored over a hundred in the first game with Steve winning on 134. In the second game they were more distracted by the lights with no one making a 100, but Steve still won with 97 points.

In Group two, Heather was the only one to get over a hundred and won with 135 in the first game. Kevin had been watching too much YouTube instructions on how to bowl properly and that left spin had him in all sorts of trouble! This group wasn't so distracted by the disco lights with three members achieving above 100 in the second game, with Heather again just clinching the win by one point with 113 to Kevin's 112.



The bowling group is slowly growing which is not surprising as we all have heaps of fun. New members are always welcome, just contact Bob Pareezer and join us on the fourth Tuesday of each month.

Graham

July Outing: Music Hall Melodies at Jacobs Well

21st July. 10.30am to 2.00pm Woongoolba Public Hall
2 Course Lunch. \$22.00 per head



August Outing: Mini Golf Challenge at Meadowbrook Golf Club

25th August. 9.30am and then lunch as a combined Dineout

September Outing: Bus Trip to Toowoomba Carnival of Flowers Festival.

22nd September. Cost \$56.00 per head for bus and lunch as a combined Dineout.

THURSDAY 21st JULY -- OUTING
MORNING MELODIES MUSIC HALL --- CONCERT ---
TWO COURSE LUNCH \$22.00 per head - bar available

Wayne and Marie will entertain us with all their favourite tunes - Musical Bingo - prizes for winners - should be a fun outing

WOONGOOLBA HALL

Pimpama Island & District Community Centre
1226 Stapylton Jacobs Well Road

The Historical Hall is set in the cane fields halfway between Brisbane and the Gold Coast.

MEADOWBROOK GOLF CLUB
ANNUAL MINI GOLF CHALLENGE
Thursday, 25th August 2022

Meet at 9.30am at the Club
Golf Course Dr, Meadowbrook Queensland 4131
\$17.00 per person -- PAY ON THE DAY

Lunch at the Golf Club afterwards for those interested (Own Cost)

(This is a combined OUTINGS & DINEOUT for August)

WHERE: *Toowoomba Flower Festival 2022*

WHEN: THURSDAY, 22nd SEPTEMBER 2022

DEPARTURE: From SDA Church, Barbara Villa Drive, Springwood at 8.00am

COST: \$56.00 per person (includes Bus trip & Lunch.)

PAY BY: 8th September, 2022 - DIRECT DEPOSIT INTO BANK ACCOUNT
BENGOO BANK 958 433 000 Account No: 178 031 930

LUNCH: Toowoomba City Golf Club



BRIGHT AUTUMN FESTIVAL TOUR

26 APRIL – 1 MAY 2023

As you are aware the Bright Autumn Festival Tour is to be one of Springwood Probus trips away for the 2023 year.

After speaking with the Trade Travel representative, it was suggested that a manageable number for this trip would be 30 people.

There has been 22 members showing interest, which at this early stage is wonderful.

For single members please see me and I shall pass on the names of other members who may wish to share.

To secure your booking please pay direct to Trade Travel and send your booking form by email or post, no later than 11 November 2022.

Final payment is required by Friday 24th February 2023.

Our Trade Travel consultant Ally McGlashan will monitor and manage all our bookings.

At our August meeting, Greg from Trade Travel has been invited to give a short presentation about this Tour.

Alicia Cook





Margaret and I are celebrating our 60th (Diamond) Wedding Anniversary on 7th July 2022.

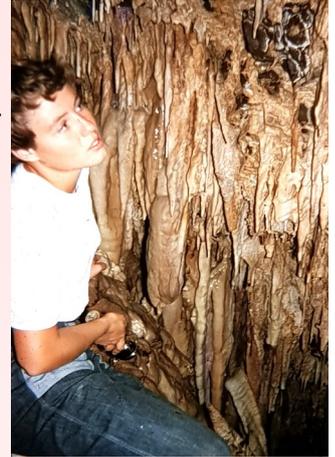
I first met Margaret in 1959. I was completing my training as a Refrigeration Mechanic in Newcastle and was also Secretary of the Newcastle Technical and University Speleological Society. Margaret's father, Col Carter was Secretary of the Kempsey Speleological Society.

For the uneducated among you, a Speleological Society is a fancy name for the science of studying limestone caves (or having fun crawling around in the bowels of the earth).

I had arranged for a group of Newcastle "speleos" to spend Easter 1959 exploring some caves at the back of Kempsey. We travelled up from Newcastle on Thursday evening, arriving around midnight, and promptly spread our sleeping bags out and slept on the veranda of Col and Margaret's home. Margaret must have taken a fancy to me then as she brought me a cup of coffee in the morning, probably some to the others also, I guess.

I then took our group out the back of Kempsey to the Carrai Plateau where we started crawling through squeeze holes with members of KSS.

Margaret along with her father and friends camped overnight at a farmhouse below the plateau.



At the same time a Cyclone decided to descend on the Carrai Plateau and flooded the creek between us and Kempsey. Then owning a 1954 Land Rover, I, together with another speleo and his Land Rover hooked up lesser vehicles, including a Volkswagon Combi, between us with ropes and drove across the flooded creek, probably 1 metre deep (not knowing anything about "If it's flooded forget it"), The towed cars just floated between us. The vehicle Margaret was travelling in included.

In August, later that year we had planned a trip to the Snowy Mountains, to have a week ski exploring around White's River Hut, and my other Land Rover owning friend invited Margaret to join us. (perhaps some match making?). By that time, I had moved back to my home town of Mullumbimby, so I was given instructions to collect Margaret on my way down to Newcastle through Kempsey. She then transferred to my friend's Land Rover with my friend and his wife for some female company.



Margaret couldn't ski at that time, so I offered to teach her, and took her up to the top of a small hill, gave her a push and said "ski". She of course fell over, twisted her knee and I had to spend the rest of the week massaging her leg. So that's when it all started.

We were married a few years later on 7th July 1962 and have enjoyed our lives together as partners and best friends.

We have raised three children, and now have nine grandchildren and five great grandchildren.

Our lives have been enriched through Probus and we are looking forward to many more years of Fellowship, Friendship and Fun with our fellow Probian.

Merv Richens

Member Profile: Di Walker

I was born in Melbourne, number 4 of 6 kids. Dad was in shock with having a girl after 3 boys, that I was called "IT" for a while. (IT'S A GIRL, IT'S A GIRL)

We moved to Brisbane when I was a year old. We lived in Oxley – Redhead Street. (Quite appropriate as most of the family were redheads). When I was about 4, we moved to Priestdale Rd Rochedale. Dirt road and not many houses. With 6 of us kids, we always had plenty to keep us occupied. We swam in the creek that ran along the bottom of our property. There was always a game of cricket happening in the front yard and we had a billy cart that we would ride down the nearest hill at high speed. How we came out of that unscathed is amazing.

We all attended Rochedale Primary. We walked to and from school. Some mornings we would be confronted by big kangaroos as they hopped from the bush on one side of the road to the bush on the other side.

I lived on Priestdale Rd for about 13 years until Rob and I were married in 1975. We bought a house in Eight Mile Plains (just off Miles Platting Road). We then had a son in 1979, and then a daughter in 1982.



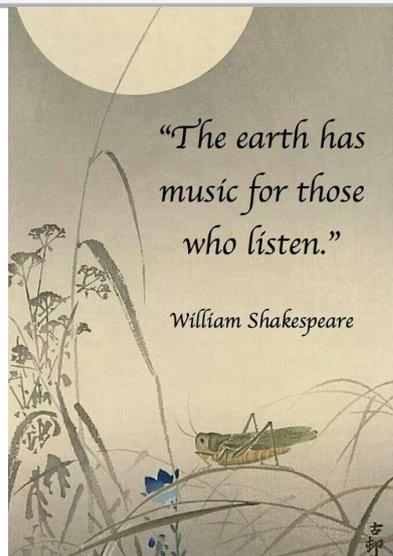
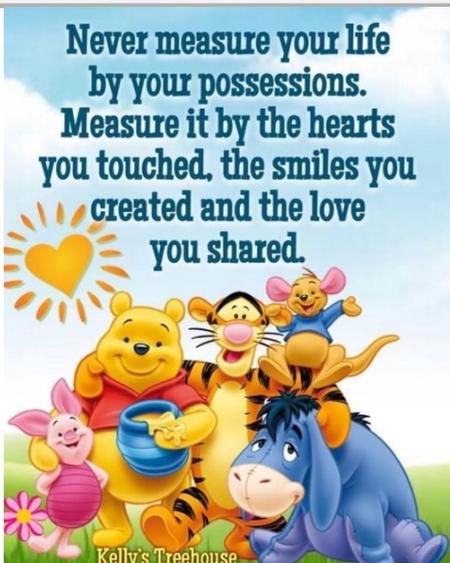
Over the years I have put my hand to a few things. I've tried Ceramics, Knitting, painting (house interiors – not art) and sewing. Sewing has brought me a lot of joy. Having made curtains, applique quilts and clothing for my family and myself.

In 2002 we built our current house in Underwood and are currently giving it an upgrade (using those painting skills I have picked

up along the way).

In 2005, we did our first big trip overseas to the USA. Since then, we have been back many times, ventured to the UK a few times. We have been to Europe as well. We were lucky to be able to do my bucket list trip, to Macchu Picchu in 2019, just before Covid hit and grounded everyone.

Di Walker



Through necessity, Rotary Australia World Community Service Ltd has advised that there has been a change of name from

Donations in Kind (DIK)

to

Rotary Australia Repurposing Equipment (RARE)

The Rotary Australia Repurposing Equipment Facility (RARE) at 23 Mary Street Kingston is receiving and sorting goods every Thursday from 8:00 am until 12 noon. If you are delivering goods, PLEASE be there no later than 11:30 am to ensure that there are volunteers to help unload. Please call about deliveries beforehand The Volunteers give their time freely and the average number is about 15 per Thursday. Many Books, Hospital Equipment Desks and chairs and numerous other items are delivered. If you have a spare morning, you would be most welcome to assist.

Volunteers Needed: If any members, male or female, have some free time on a Thursday morning between 8.30am and 11.30am (other than meeting days, or excursions of course!), drop around to the RARE Depot and give a hand helping sort donated goods including books. Morning tea is provided. Also feel welcome to drop of items that can be recycled as shown in the pics below. Electronic/ electrical appliances can also be dropped off next door at SubStation 33.

Alternatively bring smaller items for me (Merv) to collect at our monthly meeting or drop them off to our home at 39a Tingi Avenue, Tanah Merah.

Bottom left is a picture with Steve Douglas and Allan Johnson helping sort goods last February. David Turner also helped but was hiding.

Bottom right is a shipping container being loaded to go to Tonga.



An elderly man lay dying in his bed. While suffering the agonies of impending death, he suddenly smelled the aroma of his favourite Anzac bikies wafting up the stairs.

He gathered his remaining strength, and lifted himself from the bed.

Leaning on the wall, he slowly made his way out of the bedroom, and with even greater effort, gripping the railing with both hands, he crawled downstairs. With laboured breath, he leaned against the door-frame, gazing into the kitchen.

Were it not for death's agony, he would have thought himself already in heaven, for there, spread out upon waxed paper on the kitchen table were literally hundreds of his favourite Anzac bikkies. Was it heaven? Or was it one final act of love from his devoted Aussie wife of sixty years, seeing to it that he left this world a happy man? Mustering one great final effort, he threw himself towards the table, landing on his knees in rumped posture. His aged and withered hand trembled towards a biscuit at the edge of the table, when it was suddenly smacked by his wife with a spatula.

She said, "they're for the funeral."

I feel bad for parents nowadays. You have to be able to explain the birds & the bees... The bees & the bees... 🙄🙄🙄 The birds & the birds... 🙄🙄🙄 The birds that used to be bees... 🙄🙄 🧑🧑 The bees that used to be birds... 🧑 The birds that look like bees... 🧑 Plus bees that look like birds but still got a stinger!!! 🙄🙄🙄🙄🙄

