

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: 251 June, 2023

NEXT CLUB MEETING: 10.00 am. Thursday, 8th June, 2023

SDA Youth Hall, 121 Barbaralla Drive, Springwood

COMMITTEE MEMBERS FOR 2022-2023

President: Graham Liddle 0403 046 200
Secretary: Barry Smith 0418 884 742
Newsletter: Madonna Ryan 0422 546 062
Dine Outs: Di Thomas 0413 531 329
Membership: Di Walker 0402 090 094
Welfare: Roni Harvey 0432 862 105

Vice President: Lorraine Mason 0409 980 661
Treasurer: Allan Johnson 0400 110 242
Guest Speakers: Mervyn Richens 0420 373 162
Outings: Rose Johnson 0417 606 234
Club Services: Lorraine Williams 0421 410 182
Past President: Alicia Cook 0413 307 050

If unable to attend please phone your apology to Lorraine Williams (0421 410 182) before the meeting

IMPORTANT NOTICE TO MEMBERS

As a matter of courtesy, **apologies** need to be given to **Club Services** if unable to attend monthly meetings. If feeling unwell, please do not attend the monthly meetings or other Probus functions. Members are reminded that it is a constitution requirement to attend a minimum of **50% of meetings per annum**. Unfortunately, **no refund** shall be given for any **pre paid events** once holding deposits are paid.

President's Message – June 2023

After enjoying a chilly entrance to autumn at our Bright Autumn Trip, it was a surprise to return to Brisbane where the days start out as cold as Victoria. However, the mornings soon warm up and it's been delightful with clear skies and temperatures rising to the mid 20Cs. I hope you have all had your annual flu vaccination as the flu season has started early this year and our normal body immunisation has been weakened with the Covid after the last two to three years.

All our activities have been well attended in June which is excellent to see. This is what our Probus Club is all about. I hope members can attend at least one or two of our activities, apart from only the monthly meeting. It's a great way of getting to know fellow members and developing new friends.

A summary of the Survey is included in this Newsletter. Once again, my thanks to the members who responded to the survey, and to Trevor Richens for his time and help in evaluating the results. While I am very cognisant of the old saying that goes: "if it aint broke, don't fix it", there are a few possibilities there to work on.

Keep safe and healthy, and all the best.

Graham



RESULTS OF THE SURVEY - 2023

The results of the survey are in and offer some useful observations that are outlined below.

The Monthly Meetings are the cornerstone of the club, and the Newsletter holds all the activities together. They are both greatly appreciated by all. However, some comments are that the business end could be shortened as most information is already in or could be in the Newsletter.

In the time saved we could have both a new member and a long-serving member each do a short five minute talk. External speakers should be interesting, informative, humorous, and possibly proactive with members. Charities, health care and old age topics should be avoided. Possibly have a longer break at the interval.

Dineouts received contradictory results, with some wanting more breakfasts, others more lunches and still more wanting more dinners. The best solution is to have four of each in a year, which is basically what the Dineout Officer tries to achieve.

Full day bus trips appear very popular, but then it is essential to fill the bus to keep the price down. I am exploring getting some subsidies to make these more affordable which hopefully will attract more members. Three or four days away for campers or caravans/mobile homes would be welcome twice a year, with an annual tour trip.

Coffee and Chat, Craft Group, Ten Pin Bowling and Weekly Walking Groups have lower attendance but are extremely popular. The attendance level is put down to distance and other commitments.

Friday Night dinners, because it is weekly, does attract the largest attendance of all activities. It's limited to what is available and suitable in the local area. It's well enjoyed by around half the members who have attended one or more dinners.

It should be noted that ALL activities are open to ALL members. The only requirement of the Club is that members must attend a minimum of 50% of monthly meetings.

A number of other activities were suggested, namely: - Mini Golf, Golf, Cards, Scrabble, Trivia, Live theatre, dancing and mah-jong. They all sound like fun. All it takes to get it off the ground, is a member who is interested to talk to a committee member, and the committee can help in promoting the idea at meetings and in the Newsletters, but that member must be prepared to lead the way. Examples are those activities mentioned in paragraphs five and six above.

We have an excellent club in Springwood Probus Club with a terrific group of activities, all run by individual members who have volunteered to lead the way, either in the past, the present, and into the future. They should all be congratulated on their efforts.

In conclusion, I thank those members who answered the survey, and Trevor Richens for his help in analysing the responses.

Graham

Have you considered being on the Committee

If you go onto the committee, you will find that your enjoyment of the club will be increased.

You get to have a say in what goes on; you understand why decisions are made; you can have disagreements, but you put forward your ideas.

You have a bigger appreciation of why and how things happen.

You might think that you are too new to the club, but you are not. The club needs new looks and ideas.

If interested, please speak to any Committee Member.



Rod Preston provided a very informative and entertaining talk on the "History of the Mail". An insight to some of the weird and unbelievable items that have journeyed via the humble mailbox.

This is a delivery to Gail at Mission Possible, all from our marvellous craft group. Knitters rule!! Joan



Future Guest Speakers:

June: Saalihah Seedat

Considering 11-18 June is Men's Health Week, 20 min talk on "Eating Healthy" and a 10 min talk on the My Health for life program. ***My health for life is a free three-month program based on health and lifestyle modification to prevent chronic disease.*** It is a State government-funded initiative and is designed to help Queenslanders stay well and lessen their risk of developing conditions such as type 2 diabetes, heart disease, stroke, high cholesterol and high blood pressure. You'll explore topics such as nutrition, physical activity, understanding your personal risk of developing health conditions and how to make healthier choices a part of everyday life.

July: Sergeant Suzanne Rose

Sergeant Suzie Rose has been a Queensland Police Service officer for 24 years, now loving her day job at the Academy training the trainers. She will share some stories about her unforgettable policing experiences (some of which she'd love to forget). Suzie will also talk you through the main accoutrements (i.e. gadgets & weapons) worn by operational police to help keep themselves and their communities safe.



August: Rebwar Mohamed

He is a Rotary Peace Fellow from Iraq, to speak of his work with refugees from Syria in Iraq and Jordan.

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!



Birthday Greetings for June

04 Carol Best	11 Jenny Boyes
12 David Turner	12 Rob Walker
13 Dorothy Kirkwood	14 Joan Thomas
22 Robin Rough	25 Kay Richens
26 Gary Pollock	28 Di Thomas

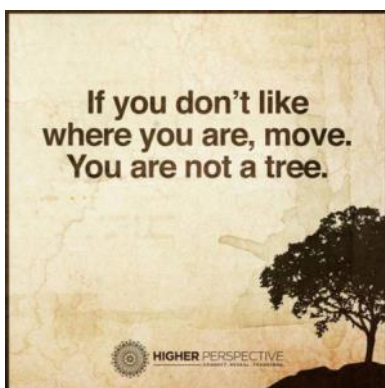
Your Club Calendar Outings and Activities

Date	Activity	Venue	Time
Tue 6 th June	Coffee and Chat	Springwood Park, Cinderella Drive, Springwood	10:00am
Thur 8 th June	Our Club Meeting	SDA Youth Hall	10:00am
Tue 13 th June	Craft Group	Joan Bamforth (0416 076 276)	9:30am
Thur 15 th June	Sunnybank Community & Sports Club	McCullough St, Sunnybank	6:30pm for 7:00pm
Thur 22 nd June	Buddhist Chung Tian Temple	Underwood Rd, Priestdale	10:30am to 12noon
Tue 27 th June	Ten Pin Bowling	Logan City Tenpin, 17 Wembley Rd. Bob Pareezer Phone: 0499 559 281.	9:45am to 12:00pm
Tue 4 th July	Coffee and Chat	Springwood Park, Cinderella Dr.	10:00am
Tue 11 th July	Craft Group	Joan Bamforth (0416 076 276)	9:30am
Thur 13 th July	Our Club Meeting	SDA Youth Hall	10:00am
Every Wed	Walking Group	Daisy Hill Forest, Carpark P2	9:00am
Every Fri	Friday Night Dinners	Listed Below	
2 nd June	Gateway of India	Murrajong Rd, Springwood	5:30pm
9 th June	Chatswood Tavern	Magellan Rd, Chatswood	5:30pm
16 th June	Thai Daisy Hill	Daisy Hill Shopping Plaza	5:30pm
23 th June	Café 63	Cinderella Dr, Springwood	5:30pm
30 th June	VietFood	15/3 Dennis Rd, Springwood	5:30pm

FUTURE DINEOUTS AND OUTINGS

15 th June	Dinner	Sunnybank Community & Sports Club Time: 6:30pm for 7:00pm Own cost *****
22 nd June	Outing	Buddhist Chung Tian Temple, Underwood Rd, Priestdale 10.30am to 12.00pm Cost \$15.00 per person - Pay on the day. Lunch at own expense at café *****
20 th July	Lunch	Buffet Xmas in July, Mansfield Tavern Time: 11:30am for 12noon Cost - \$30.00 per person Direct payment into bank - ref. Xmas in July + Surname *****
27 th July	Outing	Meadowbrook Golf Club - Annual Mini Golf Challenge Meet at 9:30am at Club Cost: \$17.00 per person - pay on day
	Lunch	Golf Club afterwards Own cost *****
17 th Aug	Breakfast	Beach House, Loganholme Time: 9:00am Own cost *****
24 th Aug	Outing	Bus Trip to Kingscliff Cost \$25.00 per person
	Lunch	Kingscliff Bowls Club Own cost *****

ATTENTION !! When doing bank transfers, please identify yourself and the payment.
i.e. outing, your surname. Example - Kingscliff Ryan (Bus trip)



◆ **Golden Retriever:** The sun is shining, the day is young, we've got our whole lives ahead of us, and you're inside worrying about a stupid burned out bulb?

◆ **Border Collie:** Just one. And then I'll replace any wiring that's not up to code.

◆ **Dachshund:** You know I can't reach that stupid lamp!

◆ **Rottweiler:** Make me.

◆ **Boxer:** Who cares? I can still play with my squeaky toys in the dark.

◆ **Lab:** Oh, me, me!!!! Pleeessssseee let me change the light bulb! Can I? Can I? Huh? Huh? Can I? Pleeessssseee, please, please, please!

◆ **German Shepherd:** I'll change it as soon as I've led these people from the dark, check to make sure I haven't missed any, and make just one more perimeter patrol to see that no one has tried

how many dogs does it take to change a lightbulb?



to take advantage of the situation.

◆ **Jack Russell Terrier:** I'll just pop it in while I'm bouncing off the walls and furniture.

◆ **Old English Sheep Dog:** Light bulb? I'm

sorry, but I don't see a light bulb.

◆ **Cocker Spaniel:** Why change it? I can still pee on the carpet in the dark.

◆ **Pointer:** I see it, there it is, there it is, right there...

◆ **Greyhound:** It isn't moving. Who cares?

◆ **Australian Shepherd:** First, I'll put all the light bulbs in a little circle...

◆ **Poodle:** I'll just blow in the Border Collie's ear and he'll do it. By the time he finishes rewiring the house, my nails will be dry.

◆ **The Cat's Answer:** Dogs do not change light bulbs. People change light bulbs. So, the real question is: How long will it be before I can expect some light, some dinner, and a massage?



FRIDAY NIGHTERS

May was a busy month with a total of 72 attendees who came to four Friday Night dinners at Chatswood Tavern, Thai Daisy Hill, VietFood and Woka Woka. FNs showed what a great chance it is to get to know fellow members in a relaxed casual fashion, whether a larger group or a small group.

June roster is:-

2 nd June	Gateway of India, Springwood
9 th June	Chatswood Tavern, Springwood
16 th June	Thai Daisy Hill, Daisy Hill Shopping Centre
23 rd June	Café 63, Springwood
30 th June	VietFood, Springwood

New members and guests are always welcome, just let me know on 0403 046 200 or my email grahamjl@optusnet.com.au by no later than Wednesday lunch (12pm) so I can make the appropriate bookings. Thanks.

Convener: Graham



Coffee & Chat

First Tuesday of the month in Springwood Park

A wonderful sunny morning for Coffee & Chat was enjoyed by members in Springwood Park.

This is a relaxed outing and bring along your chairs books and anything else you may want to share.

It is a good opportunity for new and old members to catch up on news and mingle.

I am always available to get coffee for you from Café 63.

I look forward to seeing you on first Tuesday of the Month.

Rose



TEN PIN BOWLING

We had 7 bowlers turn up to another fun day of bowling this month and it is great to see the enthusiasm.

There is always room for more bowlers. Just let me know if you are coming so I can book the required number of lanes.

Cost is \$14.30 for 2 games and includes the shoe hire. Next bowling day is Tuesday June 27th June.

Bob



WINDAROO LAKES GOLF CLUB LUNCH

THURSDAY 18TH MAY 2023

A popular venue it proved to be and a successful day out, evidenced by an attendance of 25 members & 2 guests. Weather was ideal for the beautiful view overlooking the lush green course.

The indoor dining option was assigned to the SPC, and it didn't disappoint. Everyone was able to mix & enjoy the company of others.

The weekday lunch specials were popular & devoured by many, while others chose almond & herb crusted salmon, prawn dishes & the 200gm rump.

I did spot Alicia & Barry sharing the apple crumble tart which they highly recommended. It did look more appetizing than the one I made in the home economics class of 1966!!!

Di Thomas



DID YOU KNOW THESE THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?

Walking to
lose calories



Making up
for calories
lost
during
walking.

OLD ST MARKS CHURCH & HISTORIC CEMETERY WINNETTS ROAD DAISY HILL

THURSDAY 25 MAY 2023

What a wonderful sunny day we, all 33 of us, had for our tour of Old St Marks Church.

Marie-Louise gave us a very informative talk and tour on the origin of the church, built in 1901 of Gothic design, and cemetery.



The exterior is weatherboard and interior is lined with silky oak timber as are the pews. The interior work and restoration has been done by a group of dedicated volunteers over many years.

The church has services regularly attended by locals and descendants of the pioneering families.

Many relatives of the Shailer, Winnett, Gomersall Murray and other families still live in the area.

The cemetery has wonderful marble headstones adorned with flowers, birds, urns indicative of the era of burial.

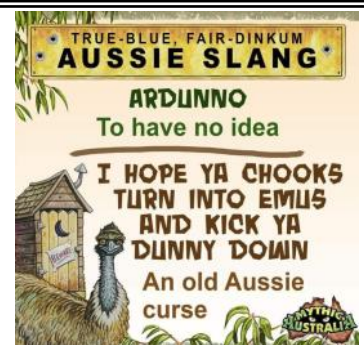
The wonderful team of volunteers are working hard to identify remaining unmarked graves.

Many thanks to Marie-Louise and Sybill, for all their assistance to make this a wonderful outing for us to enjoy.



We adjourned to the Chatswood Tavern for lunch and refreshments.

Rose



DINEOUTS – JUNE – DINNER



SUNNYBANK COMMUNITY & SPORTS CLUB

McCullough St, Sunnybank 4109

Thursday 15th June 2023

Time: 6.30pm for 7.00pm

OWN COST

Contact: Di Thomas - 0413531329

MEADOWBROOK GOLF CLUB

ANNUAL MINI GOLF CHALLENGE

Thursday 27th JULY 2023



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



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

If staying for lunch after the Golf
Please put a tick after your name
In the lunch column

Convenor: Rose Johnson - 0417 606 234



OUTING THURSDAY, 22nd JUNE 2023 **BUDDHIST CHUNG TIAN TEMPLE**

Underwood Road, Priestdale
Tour Time: 10.30am – 12.00pm
Cost: \$15.00 per person

Vegetarian Lunch after at own expense at café.
If staying, please put a tick after your name
in the lunch column

Chung Tian Temple means "Middle Heaven" was constructed in 1992 using traditional Chinese Buddhist Architecture. The Temple provides a peaceful and culturally beautiful venue for the local community to enjoy. The recently extended Temple and surroundings are such a peaceful place to wander.



JUNE OUTING – CONVENOR – ROSE JOHNSON – 0417 606 234

THURSDAY 20TH JULY 2023



**XMAS IN
JULY**



11.30AM FOR 12.00NOON

MANSFIELD TAVERN

181 WECKER ROAD, MANSFIELD 4122

2 COURSE BUFFET LUNCH,
TEA & COFFEE

COST – \$30 PER PERSON

DIRECT PAYMENT TO BANK ACCOUNT –
NO LATER THAN 10TH JULY 2023

BSB: 633 000 ACCOUNT NUMBER: 178 031 910
ACCOUNT NAME: PROBUS CLUB OF SPRINGWOOD
REFERENCE: XMAS IN JULY + SURNAME

CONTACT: DI THOMAS 0413 531 329

AUGUST DINEOUT



BREAKFAST

BEACH HOUSE LOGANHOLME

(HYPERDOME SHOPPING CENTRE)

THURSDAY 17TH AUGUST 2023

Time: 9.00am

OWN COST

Contact: Di Thomas - 0413531329

WHATS ON AT THE THEATRE



23rd June – 8 July

SUNNYBANK THEATRE

14 Mains Road

Sunnybank

=====

THE BARBER OF SEVILLE



**REDLANDS
ENTERTAINMENT
CENTRE**

**2-16 Middle St,
Cleveland**

Saturday July 22nd - 7.30pm

=====

SUNPAC THEATRE

470 McCullough St

SUNNYBANK

HONKY TONK ANGELS

21st July – Friday – 7.00pm

SENIORS \$50.00

=====

BRISBANE POWERHOUSE – NEW FARM

**SISTERS ARE DOING IT FOR
THEMSELVES**

Saturday 29 July – 3pm

=====

**Full details of these and more will
be on display at the next meeting.**

*President Sharon,
President-Elect Paul
and members invite you to*

ROTARY CLUB OF LOGANHOLME

CHANGEOVER

19.06.2023

Monday 6.00/6.30pm
Fitzy's Loganholme

**Join us to celebrate the year that
has been and the year to come**

- \$45.00 person
- 2 course meal
- bar facilities available

RSVP: 4th June 2023

- Sue Mulraney
- PH: 0416 043 454
- E: jpsrcr@tpg.com.au

Prepayment preferred

- Bendigo Bank
- BSB: 633-000
- Acc: 150 964 435
- REF: CO surname



**IMAGINE
ROTARY**



**CREATE HOPE
in the WORLD**

If you are interested in a **5k walk 3 times a week** please read information below.

Monday, Tuesday and Friday Time **7:00am**

Place **Underwood Park** - park in front of fig trees Walks are not fast and usually last 90 minutes

Dave Cherry started in late 2021 and has now walked 870 kilometres.

Look forward to seeing you. If you are interested contact me, Kevin Woodward **0458513880**

DIANNE (SINGH) THOMAS

My birthplace was at home on the family dairy farm in Tugun, in the then South Coast Shire. I am 4th in the pecking order of 5 children.

They were fabulous times growing up in the 50s & 60s on the "Old Gold Coast". We were spoilt for space, with acres of lush land around us, the best views of the Pacific Ocean in front of us and Ansett & TAA flying their aircrafts so very low past the family home. Coolangatta airport was a rudimentary shed.

My 2 sisters and I attended Currumbin State School, while the 2 boys boarded at Marist Brothers, Mt Tamborine.

The girls went onto Miami High School, my eldest sister being one of the foundation students of 1963. I was amongst the first Year 8 students to attend high school in Qld the following year.

After Year 12 my interest in becoming a nurse began at Princess Alexandra Hospital, where I commenced my general nurses training. While in Brisbane I met Wayne at a dance held at a hall in Annerley. As Wayne lived in Melbourne I decided to transfer to Queen Victoria Hospital where I was able to complete my training. We married in 1973 at Coolangatta, and returned to Melbourne where I completed my Midwifery training. We settled in the south-eastern suburbs of Melbourne until 1981. There I was able to continue working at the local hospital where our two daughters were also born.



After some coaxing, I was able to convince Wayne to return me to my home state. We lived in Springwood for 40 years at two different addresses. Family holidays and weekends were enjoyed at Pottsville (where my father built two holiday homes) & travelling to Melbourne to visit the Thomas family. I was able to work at the local hospitals while raising our daughters. An excellent opportunity later arose for me to join Griffiths University Campus working as a Clinical Nurse Facilitator, which I loved. This position did require a tertiary qualification, Bachelor of Health Science, which I was able to complete at

Southern Cross University in Lismore, via correspondence. I worked as a part time & casual employee at Logan Hospital from 1990 until 2007. I held two very successful fund-raising events (in aid of the Qld Cancer Council) for 2 Logan entrants for the Nurse of the Year. During this time I was the ACMI/ SIDS representative, and the interim secretary of the QNU for the hospital for a short period.

Since retirement I have kept myself very occupied by being actively involved with our daughters & their families (who live nearby) & caring for our 4 grandchildren, walked with Qld Bushwalking Club & U3A, attended Tai Chi, Pilates & computer classes, enjoyed trips around Oz & overseas, assisting elderly relatives, catching up with friends from the past, explored my family history, voluntary work with Logan Tafe – LOTE (languages other than English) & Salvation Army.

Current activities & interests include family & friends, assisting elderly relatives, gentle jogging, walking, home pilates, gym, sewing, reading, Sudoku, travel, ongoing education of digital devices & more recently, ten pin bowling.



I dig out tiny caves and store gold and silver in them. I also build bridges of silver and make crowns of gold. They are the smallest you could imagine. Sooner or later, everybody needs my help, yet many people are afraid to let me help them.

Who am I?

Bacon & Cheese Slow Cooked Bread

Ingredients:

3 cups Self Raising flour (Gluten-Free flour suitable too)
2 cups Natural Greek yoghurt
1/2 – 3/4 cup Bacon pieces
1/2 – 3/4 cup Grated tasty cheese
Garlic powder
Dried parsley flakes.



Method:

Mix the bacon pieces, parsley & garlic powder together & mix to combine. Set aside.
Mix the yoghurt & the flour together until it forms a dough that holds. When it starts to come together, turn onto a floured board & knead for a few mins until all flour is well incorporated & it's a smooth dough. I also add other ingredients for flavour – such as sun-dried tomatoes, olives, chia seeds.
Line the slow cooker with a piece of baking paper, & pop the dough in.
Top with Grated cheese & bacon mix, put the lid on with a tea towel under the lid to absorb any moisture, cook on **low** for about 2.5 hours
Remove & put under a grill to brown the top slightly. You don't have to do this step, it just makes it crispy on top.

Question: Is the bacon fried off before you add it to the top???

Answer: No.

Question: can I please ask how much garlic powder?

Answer: Just, a few shakes of the canister.

Recipe supplied by Dorothy Kirkwood with this note - I have been making this bread and it is delicious.

SAUSAGE SIZZLE ANYONE?

It all started with one lonely little sausage left in a frypan.

First let me set the scene for you!

All the volunteer staff at the Salvos store were treated to a bbq lunch, as it was volunteer week.

Because of the rain it was brought inside to the sorting room at the rear of the store.

Lots of chatter, laughter and speeches etc.

No one noticed a tiny swirl of smoke coming from that sausage and making its way slowly up to the ceiling.

Yep you guessed it! The sound from the fire alarm stopped everyone in their tracks.

There was pandemonium as we ran through the shop - out of the building, taking customers with us - into the car park. There we patiently waited.

Two security staff sauntered down from the Hyperdome, closely followed by a couple of maintenance staff.

Aah! Then our two handsome heroes arrived.

Yep - firies.. they checked the store as being safe (which we knew anyway) then happily posed for photos with all us staff.

Laughing and joking we all trooped back inside and continued our celebration lunch.

No, we weren't popular with the other stores on the block. They didn't see the humour as they also had to close their doors to customers. Oh well.

Aah there's nothing like a sausage sizzle, hey! Yum!!

Carla.