

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

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

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



# NEWSLETTER

Issue No: 252 July, 2023

**NEXT CLUB MEETING: 10.00 am. Thursday, 13th July, 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 - July 2023**

Happy New Financial Year! Yes, it's a start of a new financial year and let's hope the world becomes more settled and our superannuation returns to more positive results. If June hasn't been cold enough for you, we are now entering into the July/August period where we get those westerly winds which make it very uncomfortable. As I mentioned last month, it's very important that you get your flu shots and wrap up well to keep warm. If you are feeling at all unwell, stay at home so you don't pass it on to anyone else. Take plenty of vitamin C, and zinc is very good for building your immunity.

Apart from our monthly meetings, I regularly attend Outings, Dineouts, Ten Pin Bowling and Friday Nights, so in June I turned up at Joan's Art and Craft day which she runs from her home. It was really lovely to see so many devoted members busily knitting away for Mission Possible and other charities. I have no talents in the arts or crafts, but I thoroughly enjoyed the comradery and the cake I brought along!! Well done Joan and all your wonderful members. I still have to visit Rose's Coffee and Chat, and Raghibir/Kevin's Walking Group.

Talking about the Walking Group, it was terrific to be with David Cherry when he completed his 1,000 kilometres of walking. Well done, David, and thanks to all those who came to support him on his last kilometre. Of course, a very special thanks to Kevin for assisting, motivating and training David in this great achievement.

You know, we really do have a fabulous club in Springwood Probus, and it is because of its amazing members!!! As always, keep safe and healthy, and all the best.

Graham



The Guest Speaker for June was **Saalihah Seedat** who is a highly qualified Pharmacist and among her various other achievements is a My Health for Life facilitator. This "Mom of 3" spoke to us firstly about Healthy Eating. We heard about the Dietary Guidelines, Foods to Limit, and Portion Control. A brochure was handed out but as there were not enough for all members, the information can be obtained from the following website – [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) She also showed some very interesting slides on how many teaspoons of sugar are contained in certain drinks – some of us were very surprised! Her talk showed us all how to make healthier choices as part of our everyday life.

For Healthy Eating, we should aim for the following:

Total Fat – less than 10g per 100g  
Saturated Fat – less than 3g per 100g  
Sugars - less than 15g per 100g  
Fibre - **greater** than 3g per serve  
Sodium - less than 120mg per 100g

Saalihah then spoke on the My Health for Life Program which is a State funded 3 month program based on health and lifestyle modifications to prevent chronic disease. Eligible participants undergo 5 sessions with the aid of workbooks either Online via Zoom or in person at a Logan Library. It was heartening to find that at least 6 of our members registered their interest in this program.

It is not too late to register – Saalihah can be contacted on Mobile: 0404 296 297 or by email: [qldhealthcoach@gmail.com](mailto:qldhealthcoach@gmail.com)

Lorraine Mason



### **Future Guest Speakers:**

#### **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**

Rotary Peace Fellow from IRAQ to speak about his work with Refugees from Syria in Iraq and also his University Field Experience in Jordan.



#### **September: Raghbir Kalsi**

**Subject: What does a Probian do to get out of their comfort zone and daily routine?**

We, Probians, are generally happy to live with our daily routines and stay in our comfort zones. This can sometimes become boring and monotonous. I will speak about what I have been doing during the past twelve months to break away from my comfort zone and monotony.

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

**Account Name: Probus Club of Springwood**  
**Please use the reference provided to help Allan identify what you are paying for!**



### **Birthday Greetings for July**

01 Trev Richens (80)	02 Barry Cook
05 Keith Fletcher	07 June Woodward
11 Sofia Liddle	12 Rosemary Johnson
13 Bev King	15 Kay Fletcher
16 Sharon Loisatos	17 Maureen Perryman (80)
30 Carolyn Smith	31 Stephen Porteous

### **Your Club Calendar Outings and Activities**

<b>Date</b>	<b>Activity</b>	<b>Venue</b>	<b>Time</b>
Tue 11 <sup>th</sup> July	Craft Group	Joan Bamforth Ph: 0416 076 276	9:30am
Thur 13 <sup>th</sup> July	Our Club Meeting	SDA Youth Hall, 121 Barbaralla Drive, Springwood	10:00am
Thur 20 <sup>th</sup> July	Xmas in July	Mansfield Tavern, Wecker Rd, Mansfield	11:30am for 12noon
Tues 25 <sup>th</sup> July	Ten Pin Bowling	Logan City Tenpin, 17 Wembley Rd, Bob Pareezer, Phone: 0499 559 281.	9:45am to 12:00noon
Thur 27 <sup>th</sup> July	Mini Golf Challenge	Meadowbrook Golf Club	9:30am
Tues 1 <sup>st</sup> Aug	Coffee and Chat	Nielsen's Native Nursery, 51 Beenleigh Redland Bay Rd, Loganholme	10:00am
Tues 8 <sup>th</sup> Aug	Craft Group	Joan Bamforth Ph: 0416 076 276	9:30am
Thur 10 <sup>th</sup> Aug	Our Club Meeting	SDA Youth Hall, 121 Barbaralla Drive, Springwood	10:00am
Every Wed	Walking Group (Raghibir Kalsi)	Daisy Hill Forest, Carpark P2	9:00am
Every Mon, Tues and Friday	Walking Group (Kevin Woodward)	Underwood Park, park in front of fig trees. Kevin Ph: 0448 513 880	7:00am
<b>Every Fri</b>	<b>Friday Night Dinners</b>	<b>Listed Below</b>	
7 <sup>th</sup> July	Chatswood Tavern	Cnr Chatswood & Magellan St, Springwood	5:30pm
14 <sup>th</sup> July	Woka Woka	Warrigal Centre, 261 Warrigal Rd, Eight Mile Plains	5:30pm
21 <sup>st</sup> July	Gateway of India	9 Murrajong Rd, Springwood	5:30pm
28 <sup>th</sup> July	Thai Daisy Hill	Daisy Hill Shopping Plaza	5:30pm
4 <sup>th</sup> Aug	More Café	Springwood Mall	5:30pm

## **FUTURE DINEOUTS AND OUTINGS**

20 <sup>th</sup> July	Lunch	<b>Buffet Xmas in July, Mansfield Tavern</b> Time: 11:30am for 12noon Cost - \$30.00 per person Direct payment into bank - ref. Xmas in July + (name) * * * * *
27 <sup>th</sup> July	Outing	<b>Meadowbrook Golf Club - Annual Mini Golf Challenge</b> Meet at 9:30am at Club Cost: \$17.00 per person - pay on day
	Lunch	<b>Golf Club afterwards</b> Own cost * * * * *
17 <sup>th</sup> Aug	Breakfast	<b>Beach House, Loganholme</b> Time: 9:00am Own cost * * * * *
24 <sup>th</sup> Aug	Outing	<b>Bus Trip to Kingscliff</b> Cost \$25.00 per person Direct payment into bank - ref. Kingscliff + (name)
	Lunch	<b>Kingscliff Bowls Club</b> Own cost * * * * *
1 <sup>st</sup> Sept	Dinner	<b>Sod off Winter - Spring opens Dreams</b> Time: 5:30pm for 6:00pm Cost \$30.00 Direct payment into bank - ref. SOD + (name) * * * * *
21 <sup>st</sup> Sept	Dinner	<b>Club Southside, Upper Mt Gravatt</b> Time: 6:30pm Own cost * * * * *

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



Bill French flew in a glider with Barry Cook on a perfect winter's day taking in the sights of the Scenic Rim. Bill had a bird's eye view for taking photos of the big crowd at the Clydesdale Spectacular at the Boonah Showgrounds.

Bill joins fellow Probus Club aviators Marie Pitt, Christine Wieden, Raghbir Kalsi, Anne Santangeli, and Des King.



## **FRIDAY NIGHTERS**

Another good month for FNs in June, with visits to Gateway of India, Chatswood Tavern, Thai Daisy Hill, VietFood, and a new one at More Café in Springwood Mall. In total 80 attendees had a great time dining and nattering together. It really is a great way to get to know your fellow members.

Our July roster is:-

7 <sup>th</sup> July	Chatswood Tavern
14 <sup>th</sup> July	Woka Woka at Warrigal Centre
21 <sup>st</sup> July	Gateway of India, Springwood
28 <sup>th</sup> July	Thai Daisy Hill, Daisy Hill Shopping Centre
4 <sup>th</sup> August	More Café, Springwood Mall

We always welcome new members and guests, just let me know on 0403 046 200 or my email [grahamil@optusnet.com.au](mailto:grahamil@optusnet.com.au) by no later than Wednesday lunch (12.00pm) so I can make the correct bookings. Many thanks. Convenor: Graham



## **COFFEE & CHAT - JULY**

**FIRST TUESDAY OF THE MONTH at 10 am**



This month our coffee & chat morning tea was held at Nielsen's Nursery on Beenleigh Redland Bay Road.

What a nice way to spend 2 hours on a wet Tuesday morning. We all enjoyed fellowship, food (the cakes and coffee) were delicious and good conversation on many subjects. It was very pleasant sitting on the verandah, not cold and we have decided to do it again next month. I hope to see more members next month and of course you can browse the nursery before you leave. Please let me know if you are coming. I usually book a table for 20.



**Rose**

**1<sup>st</sup> AUGUST COFFEE & CHAT at 10am,**  
**NIELSEN'S NURSERY, Beenleigh Redland Road, LOGANHOLME**

## **TEN PIN BOWLING**

Nine members turned up on 27th June at Logan Tenpin for another great morning of bowling. Two new players June and David, did very well for their first time with the group. There was the usual mix of strikes, spares and gutter balls, but the main thing is we all had fun. We now have 15 regulars which is just great.

Anyone wanting to give it a try will be very welcome. No standard required. Cost is \$14.30 for 2 games and includes shoe hire.

Next bowling day Tuesday 25th July at 10 am.

Bob



## SUNNYBANK COMMUNITY & SPORTS CLUB DINE-OUT DINNER

THURSDAY 15<sup>TH</sup> JUNE 2023

The chill in the air didn't deter 19 of us from venturing out & enjoying sumptuous meals & lots of conversations at the Sunnybank Community & Sports Club (Sunset Bar & Grill) Dine-Out Dinner for the month of June.

Some of us arrived with time to spare & managed to resist the peak-hour traffic! Our guest speaker from the June meeting, Saalihah, would have been proud of our healthy meal choices.

The great food was accompanied by a relaxed atmosphere, subdued background music & "lighting" which assisted in the enjoyment of our fun, fellowship & friendship.

Di Thomas



Nothing like a good laugh.

Alicia and I went to the theatre last week. I pictured a grand building at Southbank, perhaps with polite ushers showing us to our seats. Maybe a glass or two of wine?

I dressed in my best clobber all ready to see a great performance. Yep I was looking forward to a classy afternoon's entertainment.

Well I certainly was not disappointed and it was still classy even though it was in an old timber house turned theatre at Sunnybank.

The play was 'A Vicar of Dibley Christmas'.

What a talented bunch of actors they all were. They stayed true to the TV show.

'Alice' was a real gem and the others were not too shabby either.

A short interval of a cuppa and biscuit and we were ready for the finale. Well the 'Night of the Nativity' brought out the slap stick talent in all the cast.

We laughed till our sides ached.

Yes we have a high calibre of actors who don't earn like the so called professional stars but they deliver the goods in a very professional way. It was a great afternoon which I can thoroughly recommend.

P.s. check with our theatre guru Alicia as to when the next production is on.

Carla.



## Buddhist Chung Tian Temple

Our June outing was to the Buddhist Chung Tian Temple (for nuns only) in Priestdale.

A cultural experience in a peaceful tranquil setting in bushland was enjoyed by all 30 members.

We were given a Tea-making Ceremony with meditation, morning tea followed by a guided tour of the Temple and Pagoda.

The Pagoda is the resting place of Buddha's body, sitting on a lotus flower.

The upper levels are where followers of Buddhist ashes are interred.

The Temples are for meditation ceremonial and educational purposes.

There are many beautiful areas throughout the temple to visit, reflect and mediate on our busy world.



ROSE



David Cherry completing the 1,000k challenge, surrounded by supportive Probians. Go Dave!!!



**THURSDAY 20<sup>TH</sup> JULY 2023**



**XMAS IN  
JULY**



**11.30AM FOR 12.00 NOON**

**MANSFIELD TAVERN**

**181 WECKER ROAD, MANSFIELD 4122**

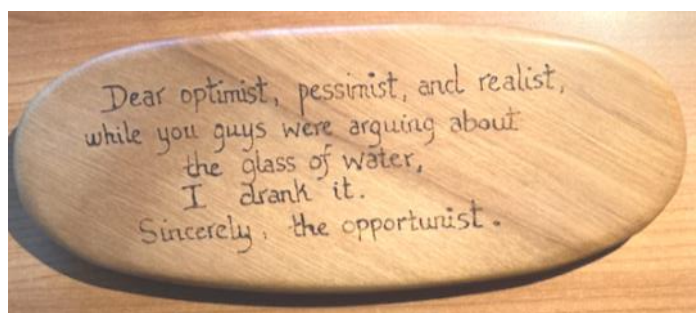
**2 COURSE BUFFET LUNCH,  
TEA & COFFEE**

**COST – \$30 PER PERSON**

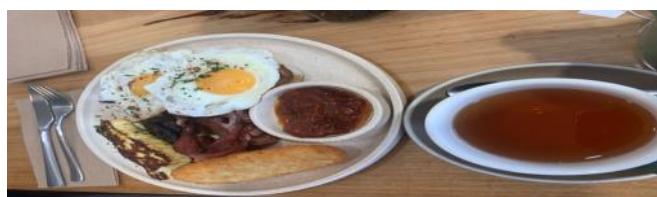
**DIRECT PAYMENT TO BANK ACCOUNT –  
NO LATER THAN 10<sup>TH</sup> JULY 2023**

**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 17<sup>TH</sup> AUGUST 2023**

**Time: 9.00am**

**OWN COST**

**Contact: Di Thomas - 0413531329**

**MEADOWBROOK GOLF CLUB**

**ANNUAL MINI GOLF  
CHALLENGE**

**Thursday 27<sup>th</sup> 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**



**Here is  
Dorothy  
Kirkwood  
celebrating  
her birthday  
with the Craft  
Group.**

**“Sew Great!”**



## **ENTERTAINMENT. WHAT INTERESTS YOU?**

SUNPAC THEATRE  
470 MCCULLOUGH STREET - SUNNYBANK

### **HONKY TONK ANGELS**

21<sup>ST</sup> JULY – FRIDAY – 7.00PM  
SENIORS - \$50.00



BRISBANE POWERHOUSE – NEW FARM

### ***SISTERS ARE DOING IT FOR THEMSELVES***

SATURDAY 29 JULY – 3PM.



GOLD COAST LITTLE THEATRE - 21A SCARBOROUGH ST – SOUTHPORT

### ***LET YOURSELF GO***

SATURDAY 29 JULY – 2.00PM

TICKETS - \$29.00

REDLANDS ENTERTAINMENT CENTRE - CLEVELAND

### ***A SALUTE TO ROY ORBISON & THE EVERLY BROTHERS***

20 AUGUST – SUNDAY – 2.00PM  
SENIORS - \$74.90



Walking Group



This newsletter is compiled and edited from information and stories supplied by members of Springwood Probus Club. Handwritten stories or profiles are acceptable if you don't have easy access to a computer, tablet or internet.

Please send information for the newsletter via email, text or many other means to Madonna Ryan, email: [madonnasocial20@gmail.com](mailto:madonnasocial20@gmail.com). Ph: 0422 546 062.



## AUGUST 2023 OUTING

# *A Magical Bus Trip To KINGSCLIFF*

When: 24<sup>th</sup> August 2023

Time: **TIME OF DEPARTURE**      **8.30am**

**Be early** at SDA Church,  
Barbarella Drive, Springwood

Cost: \$25 per person

Payment to Treasurer by Direct Deposit by 18<sup>th</sup> AUGUST  
Bendigo bank, BSB: 633 000 Account Number: 178 031 910  
Ref: "Bus & Your name"

Also: Please bring along a small morning tea to share on route.  
Tea and Coffee supplied.

Details: Travel via Hinze Dam, Morning Tea, Nerang Murwillumbah  
Road, Natural Bridge.

Lunch: Kingscliff Beach Bowls Club – Own Expense

Return: SDA Church at 4.30pm



Convener: Rose Johnson 0417 606 234





## *SOD OFF WINTER*

## *Spring Opens Dreams*

*Friday, 1<sup>st</sup> September*

*5.30pm for 6.00pm*

*Cost: \$30.00 p.p.*

Direct Payment by Friday, 19<sup>th</sup> August

Bendigo Bank: Account Name: Probus Club Of Springwood Inc

BSB: 633 000 Account No: 178 031 910

Payment Reference: SOD along with your name.

*Hosted by:- Raghubir and Graham*

*8 Rotheron Drive, Rochedale South*

### Choices of: -

Beef Rendang; Pork Leg Stew, Spiced Chicken Wings

Imperial Beef or Pork Strips, Stir Fried Vegetables

Fried Vegetarian Noodles, Rice

Desserts: Two Surprises – Indian and Australian

Drinks: BYO Drinks & Glasses

Dress Code: Optional, Indian, Asian



Good Morning everyone, let me introduce myself.

My name is **Glenys Scott** and I was born in Goondiwindi in May of 1954 into a family of railway personnel. Grandparents were both Station Master & Mistress. Mother was a Station Mistress and my Father was a Rail Lines Inspector.

Hence my love for train travel, and travel in general.

Two years into my young life tragedy struck and my Father was killed in a work related incident and my Mother returned to the city to resume her career as a Station Mistress at Wynnum North where my family stayed until myself and siblings all finished our State schooling.

My first job was with Tritton's (your first and final stop for all your household needs) in their main office in Brisbane as a comptometer cooperater (bet you don't know what that is) in their finance section with the first pay packet of \$21.00. OMG - all that money....

I stayed and worked my way up to assistance accountant, and at the ripe old age of 20, got engaged and 6 months later got married on a Saturday in April, and left for England and the world on the following Wednesday. We kept London/ Edinburgh as our bases and travelled Britain, Scotland, Ireland and Europe for a couple of years and then got homesick and came home to start our family and life in Brisbane close to both our families.

10 years later things have changed and divorce was part of my life and single parent life became the normal for the next 15 years until my children grew up and became travellers of the world themselves.

During that time I went back to school, got my Senior (was not allowed when I was at school being female we were only allowed to go to grade 10), Commercial and several diplomas in Business. Finally ended up working for an international engineering company in Brisbane with their head office in Mississauga, Ontario, Canada. That started a 15 year long journey within their Finance, IT and Training departments that sent me around Australia and the world. I supported their offices in China, Indonesia, New Caledonia, India, and Australasia, South Africa, and in Canada if they were working late and didn't have anyone on line to help with their issues in their region. I taught the SAP system, time application and the setting up of Projects, Reporting, Budgets, and setting up new systems when we acquire new companies to come into line with our systems, and the most important of all was how to get out of jail quickly to the engineers and all support staff. Very Interesting and no one day was ever the same. Technology is a wonder and what you can do from your desk which affects people thousands of miles away is a wonderful and dangerous thing.

I am now starting this new section of my life - RETIREMENT.... Where I can enjoy travel, reading, craft, going for coffee with friends, volunteering where you meet all different kinds of people who, if you take the time, all have wonderful stories to tell.

Thank you

Glenys

