

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: 256 November, 2023

NEXT CLUB MEETING: 10.00 am. Thursday, 9th November, 2023

SDA Youth Hall, 121 Barbaralla Drive, Springwood

COMMITTEE MEMBERS FOR 2022-2023

President: Lorraine Mason 0409 980 661
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

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

President's Message – November 2023

Following on from the motion carried at the October meeting by a majority of members, a formal letter was sent to Graham and Sofia Liddle to request that they withdraw their resignations. After further consideration, Graham has advised that their resignations will stand. This is a sad loss for the Club and I want to thank Graham and Sofia (on behalf of our members) for their hard work over the period of time that Graham was President, and also as Dine-out Officer and organiser of the Friday Night dinners.

As such, I will continue in the role of President until the Club's AGM in March 2024. Remember that the Management Committee are volunteers and we all have different qualifications/skill sets. We endeavour to deal with matters for the benefit of members overall, and take our responsibilities seriously.

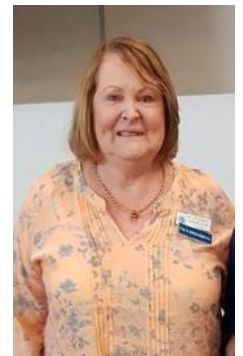
I am pleased to hear that the members who went on the Norfolk Island Tour had a terrific time and returned with very fond memories. I look forward to seeing some photos of the trip.

We have two main events coming up which are the Bus Trip to the Ginger Factory at Yandina on 23rd November and our Annual Christmas Party at Fitzy's Loganholme on 14th December. Let's see if we can fill the bus again like our trip to Kingscliff. While at the Ginger Factory you might also make time for a quick visit to the Macadamia Factory (Nutworks) across the road.

The Christmas Function is always very popular so don't delay in registering. It will be subsidised by some of our surplus funds and entertainment will be provided by Lachlan Wallace.

Nominations are now open for the Management Committee positions for next year. If you need further information about any of the positions, please speak to either myself or a Management Committee member. Nomination forms can be obtained from our hard working Secretary, Barry Smith.

Lorraine Mason



Guest Speaker – Harpreet Kalsi-Smith – The Kindness Company

Harpreet (Harp) brings 15 years of experience, specialising in health and wellbeing and in developing creative and innovative projects. She had managed large scale projects initiating strategic change. She has founded the Kindness Company to continue supporting those who are approaching the end of their life, along with their communities and to mobilise social change around preparation and support around end of life. The Kindness Company is a social change collective that works with individuals and communities to build capacity to live well, age well and die well. They do this by collaborating with all sectors of society, including government, community and the private sector.

Harpreet's passion to advocate and work in end-of-life care commenced after supporting her mother during her final months of life. The time from diagnosis to her mother's passing was short and obviously stressful for the whole family. Her own lived experience and that of carers and people who have died from a range of illnesses, including dementia and cancer has driven her to work for better care for all approaching end of life.

She spoke with passion about the importance of having the best care and also having the correct documentation in place so that your wishes at end of life can be carried out. This is a subject which can be uncomfortable to talk about but is necessary, and she provided some key questions to ask to support a person with a life limiting illness.

Harp provided quite a number of resource booklets including "When someone dies – A practical guide for family and friends, During sad news and sorry business – Information for family, information about Carers QLD, a template for End of Life wishes, and a Care Alert Kit.

Further information can also be found on her website – www.thekindness.company

Harp's contact details are shown below:

Email: harp@kindness.company

Mobile: 0402 249 058



Lorraine Mason

Future Guest Speakers:

November: Tracey Murray, CEO of Empower Assistance Dogs:

The therapy dogs are trained in activities known as 'task work' and can form part of their government certification when they are trained to do them correctly to enhance their handler's quality of life and independence or the very important public interaction. Our Therapy team volunteers will be in attendance with the dogs to allow your Probus members to interact with our beautiful therapy dogs.



December: No guest speaker - Christmas Lunch

January: Stan Perkins (and wife Wilma), Honorary Life President, World Masters Athletics

The 1994 World Masters Games held in Brisbane took me back to a wonderful time in my working life that for many years was in Sport Management. Unlike the great Championships that are on our television screens currently, 1994 was the resurrection of a great idea that had already failed despite the possibilities it had promised.

Brisbane City and the Queensland Government combined with the sporting organisations, administrations, officials and the business community created an outcome that was way beyond expectations and ignited a growth in World participation in Masters Sport that has continued year by year. Athletics is still probably the best organised and highest participant masters sport on a world level.

February: Fiona Muller: Flood Recovery and Disaster Preparation and Management

Fiona Muller has a Bachelor in Social Science majoring in Counselling and has worked at Kingston East Neighbourhood Group since 2017 in various roles such as the Counsellor, Facilitated the Older Persons Action Program and has now been funded to work in both Flood Recovery and The Older Persons Flood Alliance.

These roles have been funded by both State and Federal Governments. The aim is to help those that have been flooded from the 2022 Floods in their recovery and to increase the self-efficacy of Seniors, in order to ensure they are educated, prepared and have an actionable plan, in the event of another flood, and contribute to a healthier, stronger and more inclusive senior community in Logan.

Her work also includes preparation for any disaster, including fires and what you should have stored in the cloud or on a USB Thumb Drive.



Birthday Greetings for November

03 Carole Allwood
 07 Peter Sampson
 12 Dawn Andersen-Stubbs
 20 June Marsden
 21 Merv Richens

Your Club Calendar Outings and Activities

Date	Activity	Venue	Time
Tues 7 th Nov	Coffee and Chat	Nielsen's Native Nursery, 51 Beenleigh Redland Bay Rd, Loganholme	10:00am
Thur 9 th Nov	Our Club Meeting	SDA Youth Hall, 121 Barbaralla Drive, Springwood	10:00am
Tues 14 th Nov	Craft Group	Joan Bamforth Ph: 0416 076 276	9:30am
Thur 16 th Nov	Meadowbrook Golf Club - Breakfast	Golf Course Road, Meadowbrook	8:30am
Thur 23rd Nov	Ginger Factory at Yandina	Meet at SDA, 121 Barbaralla Drive	8:30am
Tues 28 th Nov	Ten Pin Bowling	Logan City Tenpin, 17 Wembley Rd, Bob Pareezer, Phone: 0499 559 281.	9:45am to 12:00noon
Tues 5 th Dec	Coffee and Chat	Nielsen's Native Nursery, 51 Beenleigh Redland Bay Rd, Loganholme	10:00am
Thur 14 th Dec	Springwood Probus Christmas Party 2023	Fitzzy's Loganholme (Waterford Room)	11:30am for 12noon
Every Wed	Walking Group (Raghibir Kalsi)	Daisy Hill Forest, Top Carpark	8:30am
Every Mon, Tues and Friday	Beginners Walking Group (Kevin Woodward)	Underwood Park Front. Kevin Ph: 0458 513 880	7:30am
Every Tues	Trivia Night	Lions @ Springwood. Bill French Ph: 0414 380 820 & leave a message.	7:00pm

CRAFT GROUP XMAS LUNCH

The Craft group Xmas lunch is on after craft on Tuesday 14th November. Glenda Robinson is coordinating the 'Bring a plate to share' for Joan.
 All are welcome and if you plan to go, please see Glenda at the November meeting so she can confirm the numbers and ensure there will be a nice variety of food.

OCTOBER - CELEBRATING PROBUS MONTH



Congratulations to Allan Johnson and Di Walker for winning the best dressed in Probus Colours.

Also, thanks to Darrell Hall from SDA for judging the winners. The room was very colourful with Probus Helium balloons and the majority of members dressed in Blue and Yellow.



Joan Cook was presented with her OBE Certificate.

COFFEE & CHAT 10 AM ***

First Tuesday of the Month

NOVEMBER 7th
"MELBOURNE CUP DAY"

Wear your best hat
Bring small change for Sweeps



NEILSENS NURSERY
Beenleigh Redlands Bay Road,
LOGANHOLME

I look forward to seeing you there.
I have booked a table for 25

Rose Ph 0417 606 234

TEN PIN BOWLING

Eight members enjoyed another great fun morning of ten pin bowling at Logan Tenpin on Tuesday 24th October.

We all enjoy this great venue - friendly staff, good coffee and nice background music.

What a morning it was with records tumbling. Heather produced our 2 best scores ever with great scores of 161 in the 1st game, and then surpassed that with an even better score of 166 in the 2nd game, finishing the morning in style with a turkey (3 strikes in a row). Great effort Heather. Joan, Sharon and June also had personal best scores.

There is plenty of room for any member wanting to give it a go. No standard necessary.

Cost is \$14.30 for 2 games and includes shoe hire.

Next bowling day is Tuesday 28th November at 10 am.

Bob



REFLECTIONS – DINEOUT – LUNCH

CLUB SOUTHSIDE

OCTOBER, THURSDAY 19TH

The October lunch at Club Southside, Upper Mt Gravatt was attended by 17 Probus members. Lunches were ordered promptly & we were delighted and amazed at the speed & smiles of the staff in serving our meals. The Seniors Special was not only popular but very generous servings for the cost!

The venue is so accommodating & allowed for table hopping and encouraged conversations. It was a great lunch - also the best of what Probus stands for.

Di Thomas



DINEOUTS – NOVEMBER BREAKFAST



MEADOWBROOK GOLF CLUB,

1 Golf Course Road, MEADOWBROOK

Thursday 16th November 2023

Time: 8.30am

Own Cost

CONTACT: Di Thomas - 0413531329

Dust if you must

Dust if you must, but wouldn't it be better,
To paint a picture or write a letter,
Bake a cake or plant a seed,
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim and mountains to climb,
Music to hear and books to read,
Friends to cherish and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, the wind in your hair,
A flutter of snow, a shower of rain,
This day will not come 'round again.

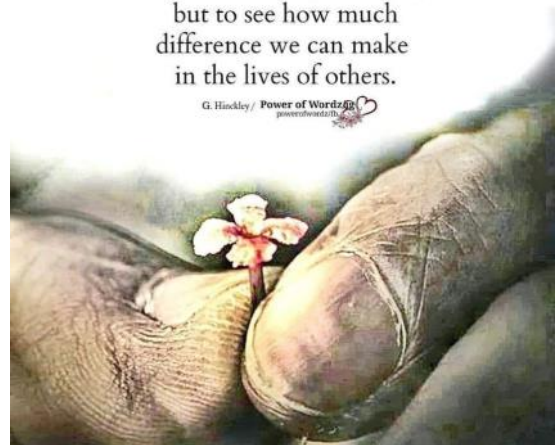
Dust if you must, but bear in mind,
Old age will come and it's not always kind.
And when you go and (go you must)
You, yourself, will make more dust.

- Rose Milligan

Being humble

means recognizing that we are
not on earth to see how
important we can become,
but to see how much
difference we can make
in the lives of others.

G. Hindley / Power of Words
generations.org.uk



GRANDMA'S SUPERPOWER!

I KNOW ALL YOUR BIRTHDAYS
WITHOUT BEING REMINDED
BY FACEBOOK.



There Is A Battle Of Two Wolves Inside Us All



One is evil. It is anger, jealousy, greed, resentment, lies,
inferiority and ego.

The other is good. It is joy, peace, love, hope, humility,
kindness, empathy and truth.

The wolf that wins? The one you feed.

-Cherokee Proverb



NORFOLK ISLAND TOUR

We all, 14 of us, departed Brisbane on Saturday 14 October for a wonderful week on Norfolk Island with our Trade Travel guide, Andrew Fife and fellow travel companions. Our hotel Paradise Hotel and Resort was welcoming and staff very accommodating. We enjoyed catching up over our meals and happy hours after a long day out.



We travelled all over the Island by bus so not too strenuous. The beautiful scenery, blue water and Norfolk Pines everywhere, welcome of the local people and the relaxed lifestyle made our visit relaxing and memorable.

We had breakfast and dinner on the waterfront at Kingston Convict Settlement. Night tours and barbeques overlooking beautiful bays and music, singers and Tahitian dancers to entertain us. We were welcomed into the homes of residents for progressive dinners and entertained with stories of life and times on Norfolk Island. They are very proud of their Polynesian history and many families are descendants of famous mutiny on the Bounty.

We visited the convict settlement of Kingston and learnt about the first and second settlements and viewed the remains of a very sad time in history. We walked through the historic cemetery where Colleen McCullough is buried alongside many residents old and current, of Norfolk Island. We visited the Cyclorama to view the 360° mural painted by two local artists. It beautifully illustrates the journey of the Bounty from England to Tahiti, Pitcairn Island and finally Norfolk Island.



We had perfect weather for our tour of the reef in a glass bottom boat to view coral and fish, both beautiful. One tour was a Taste of Norfolk where we visited a bee keeper, who told us about the honey bees, tasted beautiful honey, wine tasting. We met farmers raising meat producing sheep, market gardening, manufacturing soft drink, liqueurs whiskey, chickens and exporting Kentia seedlings

We visited the home of Colleen McCullough saw her wonderful collection of books. She wrote some of her best novels in the sanctuary of her humble study. However the

biggest surprise was her priceless collection of artefacts gathered on her travels all over the world. Her husband Rick lives in the home.



We did a guided bush walk and learnt about the unique ecosystem, flora and fauna. We adjourned to the waterfront for a well-deserved breakfast.

One day we detoured to view a house made entirely of bottles inside and out. Very unique and only on an island would you find such a home.



The cattle and chooks have free range on Norfolk Island. They graze along the road side keeping all the grass down and have right of way on the road ...cars and buses give way. Cattle grids are at most entrances to homes to prevent the cows wandering onto their land.

A wonderful week full of memories, very happy days and nights, "Who Killed the Surveyor Mystery Dinner" was a "dress up" we were given outfits to wear and parts to play which had everyone laughing as we all took our roles seriously !!! Andrew

our guide won the prize...guessing the killer.

Our group were great fun, we had many happy times and laughs together throughout the week. It was lovely to get to see another side of us all, what happens on tour, stays on tour!!!!

Andrew enjoyed his time with us and can't wait to join us on our next tour. He commented we are friendly and happy people and a pleasure to take on tour. I agree!



Well done everyone....
Where to in 2024?

ROSE



FUTURE DINEOUTS AND OUTINGS

- 16th Nov Breakfast **Meadowbrook Golf Club, 1 Golf Course Rd, Meadowbrook**
Time: 8:30am
Own cost

- 23rd Nov Bus Trip **Ginger Factory at Yandina**
Time: 8:30am at SDA Church, Barbaralla Dr, Springwood. Be Early
Cost: \$30 per person.

- 14th Dec Lunch **Springwood Probus Xmas Party 2023**
Venue: Fitzzy' Loganholme. (Waterford Room)
Time: 11:30am for 12noon
Cost: \$50 per member/ \$60 per non-member/Guest

- 25th Jan 2024 Lunch **Australia Day BBQ Lunch, Tygum Park, Waterford West**
Time: 11:00am for 11:30am
BYO Food, Drinks, Chairs etc.

ATTENTION !! When doing bank transfers, please identify yourself and the payment as requested.

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.

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!



The Travellers





NOVEMBER 2023 OUTING

A Bus Trip to Yandina Ginger Factory

When: 23rd November 2023

Time: Departure time 8:30am
Be early at SDA Church,
 Barbaralla Dr, Springwood

Cost: \$30 per person, Lunch included (see below)
 Payment to the Treasurer by Direct Deposit by 16th November
 Bendigo bank, BSB: 633 000 Account Number: 178 031 910
 Ref: "Ginger & Your name"

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

Lunch: At the Ginger Factory, Private Room

Platters of freshly pointed sandwiches and wraps made with fresh assorted breads with a selection of fillings, including egg and lettuce; ham, cheese and tomato; turkey, cranberry and lettuce; sweet chilli chicken wraps (1.5 sandwiches per person). Includes self-serve tea and freshly brewed coffee.

Rides & Tours: Own cost, Train \$7, Others \$10 to \$13

Return: SDA Church at 5:00pm

Convener: Rose Johnson 0417 606 234

ENGLISH IS THE ONLY LANGUAGE WHERE YOU DRIVE IN PARKWAYS AND PARK IN DRIVEWAYS.

IT'S ALSO THE ONLY LANGUAGE WHERE YOU RECITE IN A PLAY AND PLAY IN A RECITAL.

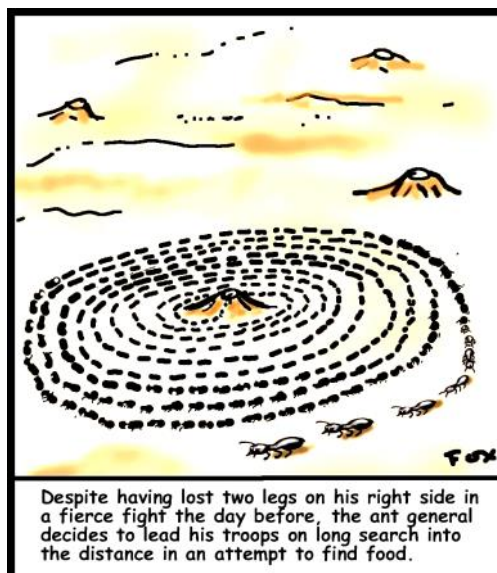
YOUR FINGERS HAVE FINGERTIPS BUT YOUR TOES DON'T HAVE TOETIPS.

YET YOU CAN TIPTOE BUT NOT TIFPINGER.

THE WORD **QUEUE** IS JUST A **Q** FOLLOWED BY FOUR SILENT LETTERS.

JAIL AND **PRISON** ARE SYNONYMS, BUT **JAILED** AND **PRISONER** ARE ANTONYMS.

WHEN YOU TRANSPORT SOMETHING BY CAR, IT'S CALLED A **SHIPMENT**. BUT WHEN YOU TRANSPORT SOMETHING BY SHIP, IT'S CALLED **CARGO**.



SPRINGWOOD CHRISTMAS LUNCH



NOTE: The cost of the meal has been reduced to \$50 per member. The Management Committee decided to subsidise the meal by \$9 per member. Refunds will be given to those who have already paid \$55.

THURSDAY 14TH DECEMBER 2023

BUFFET CHRISTMAS LUNCH

11.30 for 12.00md

WATERFORD ROOM - FITZYS' LOGANHOLME

BRYANTS ROAD - LOGANHOLME

**COMPLIMENTARY DRINK VOUCHER-LUCKY DOOR PRIZES
ENTERTAINMENT**



\$50.00 per member/\$60.00 non member/guest

Prepaid Function ; Payment required by 23rd November 2023

**Direct Deposit into Bank Account:
BSB: 633 000 Account No: 178 031 910
Payment Reference: Xmas/your name**

Contact: Di Thomas - 0413 531 329



OUTING & DINEOUT COMBINED - JANUARY
AUSTRALIA DAY BBQ LUNCH

Thursday, 25th January, 2024

11.00 for 11.30 am

BYO Food, Drinks & Chairs etc

TYGUM PARK

Waterford West



Contact: Di Thomas - 0413 531 329 and Rose Johnson 0417 606 234

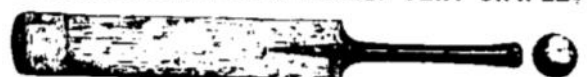
How to Care for a Bookworm

1. Respect their reading time. Do not interrupt them for frivolous conversation and demands.
2. If you do interrupt their precious reading time, understand if they throw the closest available object at your head.
3. Do not attempt to buy them jewelry and clothes for their birthday or Christmas. Give them a gift card to the bookstore. You can't read a bracelet or necktie.
4. Do not expect them to go out on Friday and Saturday nights. They are much happier in their own habitat at home with a book.
5. If you are successful in dragging them to happy hour or a party, understand they will bring a book and they will break it out and read it.
6. If you see one coming down the sidewalk with their nose in a book. Just get out of their way.
7. Don't expect the house to be clean or dinner to be cooked if a new book in their favorite series has just been released.
8. Understand they will always brake for bookstores. Even if you are late for wherever you are headed.
9. Also understand their need to finish just one more chapter.

CRICKET IS QUITE SIMPLE

YOU HAVE TWO SIDES.....OURS AND THEIRS, ONE OUT IN THE FIELD AND ONE IN. EACH MAN IN THE SIDE THAT'S IN, GOES OUT, AND, WHEN HE'S OUT, HE COMES IN AND THE NEXT MAN GOES IN UNTIL HE'S OUT. THEN, WHEN THEY HAVE ALL BEEN IN AND ARE ALL OUT, THE SIDE THAT'S BEEN IN THE FIELD GOES IN AND THE SIDE THAT'S IN GOES OUT AND TRIES TO GET OUT THOSE COMING IN. SOMETIMES YOU GET MEN STILL IN AND NOT OUT. THEN WHEN BOTH SIDES HAVE BEEN IN AND OUT, INCLUDING NOT-OUTS, THAT'S THE END OF THE GAME.

.....IT'S REALLY VERY SIMPLE



Share the Dignity – ‘It’s in The Bag’ - 2023

This year I am again collecting **good, clean, used handbags** for the ‘**Share the Dignity – It’s in The Bag**’ campaign. Share the Dignity is now in its 8th year and its main aim is to ensure that any woman or girl, who is in a domestic violence shelter over Christmas, receives the basic hygiene essentials such as sanitary items, soaps, toothpaste, shampoo, deodorant etc. The handbags are then filled with the much-appreciated donated items. Last year I was able to put together 77 filled handbags collected from various, kind people and dropped them off at Bunnings, when the collection date commenced.

Each bag donated will be filled with the **below-listed essentials**, so if people don’t have any bags to donate, they might like to just contribute one or two of the following items, depending on their personal circumstances. All items included in the bag must be new and in sealed packaging for health and safety reasons.

Sanitary items – in sealed bags or boxes only.

Shampoo

Conditioner

Toothpaste

Toothbrush – in packaging – no loose ones

Soap – in original wrapping – no loose,
unwrapped soaps

Body wash

Roll On Deodorant – no aerosols



If people wish to, they can also add some luxury item/s to make someone in need, feel special at Christmas time e.g. water bottle, scrunchies, hairbrush, skin care - the choice is yours. They may even add a personal Christmas card, if they wish.

We only request that you don’t include any razor blades, sharp items e.g. scissors, pharmaceutical items, spray deodorants or food.

Please bring any donations to the Probus Meetings - on 9th November 2023, for me to collect.

The bags and or items can also be dropped off at any Bunnings store between 17th to the 26th November, if people are wanting to drop it off themselves.

Further information can be found on their link below:-

<https://www.sharethedignity.org.au/itsinthebag>

Thanking you in advance for any donations,

Adele Steenland



This newsletter is compiled and edited from information and stories supplied by members of Springwood Probus Club.

Handwritten profiles or stories 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 any other means to

Madonna Ryan, Ph: 0422 546 062.

Email: madonnasocial20@gmail.com.

This newsletter has been printed by courtesy of the office of Mick de Brenni, MP for Springwood.