

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

P.O. Box 414, Springwood Qld 4127

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



NEWSLETTER

Issue No: 257 December, 2023

CHRISTMAS LUNCH: 11:30am. Thursday, 14th December, 2023

COMMITTEE MEMBERS FOR 2023-2024

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 - DECEMBER 2023

Well, I hope everyone enjoyed our November 2023 meeting as much as I did. Tracey Murray was an excellent speaker and it was so interesting to hear what her organization does for the disabled. I think you will agree that the videos she presented were heart wrenching, and showed the very positive effect that the dogs can have. They were so well behaved due to their strict training and I was very pleased to see so many of our members interacting with the Therapy handlers and the dogs during the morning tea break and also after the meeting. Tracy was humbled by the generous donations given by our members, and I thank you on her behalf.

It was also great to have two of our founding members, Diane Mason and Val Brody to cut the cake for our 22nd year birthday celebration. It is truly amazing that the Club has been going for so long, and that we still have 4 founding members in the Club. Our thanks go to Dorothy from SDA church for organizing the cake and to Rose for purchasing the helium balloons.

Shortly, we will all be meeting for our Christmas Lunch at Fitzy's Loganholme, and I look forward to seeing as many members there as possible. This function is being subsidized by our excess funds and I want you all to take advantage of this. Our Entertainer Lachlan Wallace will be performing for 2 hours during the event. He did a great job last year interacting with our members and I am sure his performance will be enjoyed by all.

On behalf of the current Committee, I wish you all a Merry and safe Christmas with family and friends, good health, and all the best for the New Year.

Lorraine Mason



NOMINATIONS FOR THE MANAGEMENT COMMITTEE FOR 2024 - 2025

Management Committee positions for the 2024-2025 year are now open. There are a number of positions to be filled and I encourage you all to consider nominating for one of these.

All you need is the desire to give back to the Club that you have benefitted from, a willingness to share your knowledge, ideas and experience, a co-operative attitude, and a little bit of time.

The benefit for you is pride and satisfaction knowing that you have helped fellow retirees to stay engaged and connected in your Club, and that you have helped promote our motto of "Fellowship, Friendship and Fun". The responsibility of a Management Committee role builds confidence and you have the opportunity to share your ideas, knowledge and experience with fellow members. It can be very rewarding working behind the scenes to make our Club run smoothly. A Committee that works well as a team will grow as a team.

Current Committee members will be happy to provide guidance and advice. If you need any further information about any of the positions, please speak to either myself or a Management Committee member. A description of each role can be provided. There is an old saying "Many hands make light work", so please put up your hand and nominate.

Nomination forms can be obtained from our Secretary, Barry Smith.

Lorraine Mason

Future Guest Speakers:

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 to create 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.

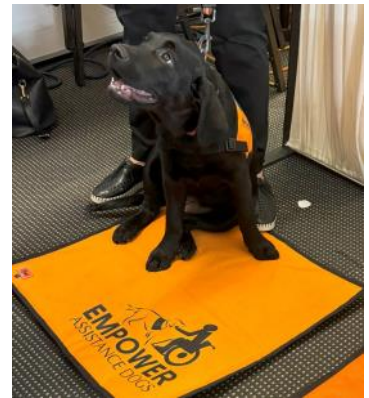
GUEST SPEAKER – Tracey Murray, CEO of Empower Assistance Dogs

Tracey Murray, her volunteer Therapy handlers and of course the 2 Assistance Dogs, and the other Therapy dogs were given a very warm welcome by our members, and it was wonderful to see them interact with the dogs.

Tracey and her husband Craig founded Empower Assistance Dogs in 2016 and they are both certified individual trainers. The purpose of this not for profit charity is to provide professionally trained government certified assistance dogs to persons with disabilities to enhance their independence and quality of life. The funds raised go towards breeding, raising and training the dogs to then, be placed with disabled recipients and certified under the Qld Government Guide, Hearing and Assistance Dog Act 2009. I think you will agree that the organization does an amazing job considering that they receive no Government funding. Their on-line shop sells Men's and Women's Empower Biscuit Shirts and Empower Go Bags to help with fund raising.



The videos Tracey presented showed just what a significant difference an Assistance dog can have on a disabled person's life, and they brought a tear or two to our eyes. The world of disability is so broad and the videos highlighted how the assistance dog must be trained to suit the individual needs of the disabled person.



Tracey and Craig have been able to grow their services to help more people by implementing a breeding program (and we met Joker, who is a breeding dog), puppy raising program and school raising and training program, therapy dog team and in 2020 they commenced a new "Owner Coached Assistance Dog Program". I spoke with John after the meeting who is the Principal of Loganlea High School. He told me that a Therapy dog can de-escalate a student situation in a couple of minutes, which would normally take him approx 10 minutes to defuse. He considers them a very valuable asset.

Assistance dogs are trained to do "Task Work" which can include some of the following – seizure response, minor balance skills, picking up dropped items, opening/closing doors, turning on lights, and so much more. Under the Act, they have to be trained to do at least 3 tasks for their handler.

Further information can be obtained on their website – empowerassistedogs.org.au



Lorraine Mason



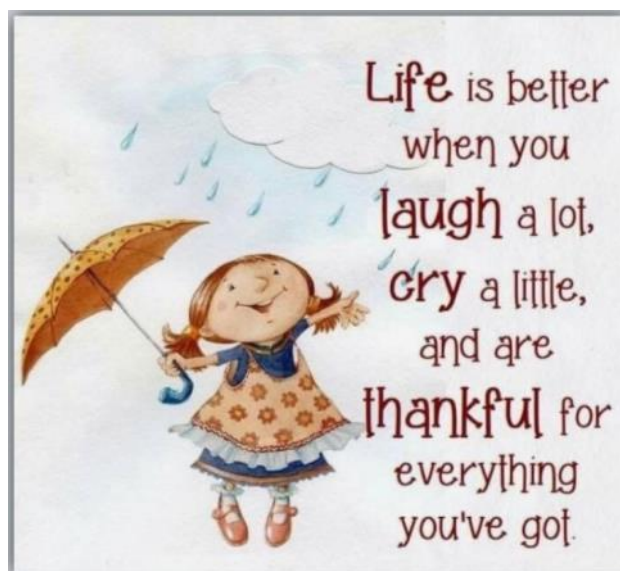
Birthday Greetings for December

02 Heather Eller	04 Ian Kirkwood
05 Gail Dakers	08 Bill French
10 Sybil Dwyer	11 Carla Sherrington
22 Christine Wieden	23 Jan Richardson
27 Helen Faulkner	30 David Snape
31 Marie Pitt	

Your Club Calendar Outings and Activities

Date	Activity	Venue	Time
Thur 14 th Dec	Springwood Probus Christmas Party 2023	Fitzy's Loganholme (Waterford Room)	11:30am for 12noon
	No Craft Group in December	Joan Bamforth Ph: 0416 076 276	
	No Ten Pin Bowling in December	Logan City Tenpin, 17 Wembley Rd, Bob Pareezer, Phone: 0499 559 281.	
	No Coffee and Chat in January	Springwood Park, Cinderella Dr, Springwood	
Thur 11 th Jan	Our Club Meeting	SDA Youth Hall, 121 Barbaralla Drive, Springwood	10:00am
Tues 23rd Jan	Ten Pin Bowling	Logan City Tenpin, 17 Wembley Rd, Bob Pareezer, Phone: 0499 559 281.	9:45am to 12:00noon
Every Wed	Walking Group (Raghbir Kalsi)	Daisy Hill Forest, Top Carpark	8:30am
Every Mon, Tues and Friday	Beginners Walking Group (Kevin Woodward)	Underwood Park Front. Call Kevin Ph: 0458 513 880	
Every Tues	Trivia Night	Lions @ Springwood. Bill French Ph: 0414 380 820 & leave a message.	7:00pm

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED. THEY MUST BE FELT WITH THE HEART."
— HELEN KELLER



FUTURE DINEOUTS AND OUTINGS

- 14th Dec Lunch **Springwood Probus Xmas Party 2023**
Venue: Fitzy's Loganholme. (Waterford Room)
Time: 11:30am for 12noon - No access to the room until 11:30am
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.

- 15th Feb 2024 Dinner **Celebrate Chinese New Year Dineout**
Michaels Oriental, 223 Padstow Road, Eight Mile Plains
Time: 6:30pm
Own cost

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!

Springwood Probus members celebrated their 22nd birthday at the November meeting.



Foundation members Val Brody and Diana Mason cut the cake for us to enjoy.



Roger has completed more than 100 kms since he started walking with Kevin.



The Craft group enjoyed their last meeting for the year with plenty of craft, conversations and fun. They then enjoyed a lovely lunch to finish the year.



COFFEE & CHAT 10 AM ***

First Tuesday of the Month
from February

Springwood Park, Cinderella
Drive.

Rose Ph 0417 606 234



DID YOU KNOW THAT PROBUS IS GLOBAL?

Outside of Australia and New Zealand there is a wider world of Probud with clubs in the U.K., Canada, India, South Africa and a number of other countries, linking Probud members around our globe. It is a Fellowship Group called "PROBUS GLOBAL".

<https://probusglobal.org/>

Membership is free and it is simply a matter of applying online to join and then access a wide range of material including newsletters, which are composed by a local Queensland Probud, Mary Wilson from Holland Park Central Probud Club.

Why not give it a try? You have nothing to lose and also the potential to gain new friends and enjoy the fellowship of like-minded folks in other parts of our Probud world.

Merv Richens (Australian Coordinator)



Melbourne Cup Coffee and Chat

REFLECTION/MEADOWBROOK GOLF CLUB/NOVEMBER 16TH

November Dine-Out found 22 of us gathered at the picturesque Meadowbrook Golf Club for breakfast. We chose to dine inside in the comfort of the air-conditioning, to beat the external humid conditions. The large glass windows allowed the terrific views of the golf course greens, while we devoured our brekky selections in the quiet, peaceful venue. Service was friendly & efficient. A thumbs up for their yummy coffee!! Another great opportunity for interactive communication between our Probus members. Di T



To all those sleepy heads.

I'm an early riser, so going out for breakfast was right up my alley.

And Meadowbrook Golf Club didn't disappoint.

My plate of bacon/ eggs/ hash browns, was cooked to my liking and I didn't have to wait too long either.

And from what I could see the others felt the same.

We had a great turn out of 22 Probians and 3 large tables enabled us to easily move about, so chatter was high on the list.

I watched the golf course through the window and still can't comprehend how this activity keeps people fit!!

Because all I saw was people flying about the course SITTING in golf carts!

Go figure.

Carla.

P.S. I thoroughly enjoyed my start to the day - thanks Di.



**That's what Christmas memories
are made from, they're not
planned, they're not scheduled,
nobody puts them in their phone,
they just happen.**



GINGER FACTORY – YANDINA

Our November outing to the Ginger Factory was an enjoyable day with 39 members on board our bus. We stopped at lovely parklands in Caboolture for morning tea.

We enjoyed our lunch of sandwiches and wraps, tea and coffee in the Blue Ginger Room which gave us privacy and air-conditioning. The surroundings were restful and members enjoyed their time wandering throughout the grounds. Taking a train ride, boat ride or just wandering through the shops filled with ginger products. A few did some Christmas shopping while others enjoyed catching up over coffee and ice creams! We all agreed it is wonderful to be taken somewhere and no driving!

Our driver Henry entertained us with trivia and stories along the journey.



Looking forward to more happy times in 2024.

Rose



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

No access to the Waterford Room until 11:30am

**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



What is every parent's favourite Christmas song?
Silent Night!
Why did Rudolph have to attend summer school?
Because he went down in history.
What do you call an elf that runs away from Santa's workshop?
A rebel without a Claus!

For every **sunset**,
there is a **sunrise**;
for every **dream** that ends,
one is born;
for every **door** that closes,
another one opens;
for every **love** that ends,
another begins;
for every **end** there is a new **beginning**;
for each **departure** there is an **arrival**;
for every **defeat** there is a **victory**.
Nothing is ever finished,
as long as there is **life**. "
- Paulo Coelho -



CELEBRATE CHINESE NEW YEAR DINE-OUT DINNER

THURSDAY 15TH FEBRUARY 2024

6.30PM

MICHAELS ORIENTAL

223 PADSTOW ROAD, EIGHT MILE PLAINS, 4113

CONTACT: DI - 0413531329

Share the Dignity - It's in The Bag Campaign -

I would like to express my gratitude towards the many people who helped with this year's collection, of the necessary toiletry items and donations of handbags. These generous donations will make it into the hands of the women and girls who are doing it tough this Christmas and are staying in DV Refuges or homeless shelters. Most likely you won't meet the person who receives your donations, but it will make a real difference to them, when they wake up on Christmas Day, knowing that someone out there is thinking about them, even down to some ladies receiving handwritten Christmas cards with kind, positive words.

Also I would like to thank Christine Wieden for her donation of beautifully (hand made with love) handbags, Glenys Scott and Helen Faulkner for the giving of their time and energy, to assist me in putting together 80 bags of various shapes and sizes. Most appreciated ladies!

The next day, Rolf and I dropped the bags off, at our local Bunnings which were collected that afternoon. Finally, thanks go to those of you who donated funds, which helped with the purchase of extra essential items and some bags. It was overwhelming to receive these various forms of help, so that a little bit of hope, help and dignity goes to the ladies that deserve it!

Thank you and best wishes to you all, for a Merry Christmas and Happy New Year.

Regards,

Adele Steenland





Wife: You pick dinner.

Me: Pizza

Wife: No

Me: Tacos

Wife: No

Me: Subs

Wife: No

Me: What do you want?

Wife: It's up to you!

Q: Why was Santa upset when he arrived in Australia?

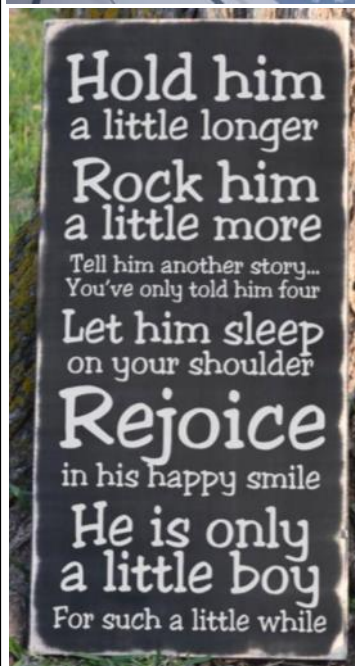
A: He heard about Christmas in July and thought it would double his workload.

Q: Why do goats get upset with Santa at Christmas?

A: He promises that every kid will get a present, but baby goats keep missing out.

Q: What do you call a Kangaroo wearing a Santa Hat?

A: A Christmas Jumper.



Both addresses look similar but not the same.

Spot the Difference?

maybank2u.com is not the same as maybank2u.com

citibank.com is not the same as citibank.com
(the first one is correct, the second one is from hackers)

The "a" in the later url is a cyrillic alphabet.

An average internet user can easily fall for this. Be careful for every mail requiring you to click on a link.

Please Stay Alert



"You left the toilet seat up"



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.