Proud to be PROBUS
Club # 9003801
Founded 5 November 2008

SPONSORED BY
Goodna Rotary Club
Newsletter #197
July 2026

Meetings
Langley Park Hall
7 Bruce Lane, Camira
1st Wednesday of each month
(except January)
1:30pm - 3:30pm

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Management Committee
President – Robyn Girdler
Vice President – Drena Strange
Secretary – Lyn Volker
Treasurer – Caroline King
Membership – Imre Kolcze
Activities Co-ord. – Cathy Dancer
Guest Speakers – Maria Peters
Newsletter Editor – Darsha Ross
IT Officer – Penny Jameson
Publicity - Imre Kolcze

Appointments
Audio Visual – John Girdler
Welfare – Annie Clarke
Hospitality – Judy Hinson
Greeter –Jill Farnan
Birthdays - Christine Lucas
Bring & Share - Rose Bagoly

Senior Moments

July 2026

Goodna-Springfield Probus Club Inc.

Fun and Friendship in Retirement

This newsletter is private and confidential and is for Probus members only and not to be used for any other purpose

From Your President



Hello dear members.

I would like to remind you all that we are looking for photos of you all as you looked 50 years ago. I did not think this would be a difficult ask until I searched through many, many undated photos and had to resort to thinking about where we were living and what we were doing during that year. It was fun though, looking through old photos and reminiscing about the "old days". We still have a couple of months to go through photos as we'd like them in by the meeting at the beginning of September. Please scan and email in or bring in for us to scan.

We will need to get names and payment for the outing in July to visit the Sherwood Club for their High Tea with guest speaker Roly Sussex which is their celebration of 50 years of Probus. Please see the Activity section for details.

Our club, as with all Probus clubs, has a high ratio of women to men members. We are hoping to present an enticing option for men who may like to join us. It has been suggested that we start an Interest Group for Men Only. Imre has agreed to head up this group. Their first meetup will be this month at the Orion Hotel for a beer or a coffee and a game of pool. Details in the Activity section. Perhaps, we could also resurrect our Craft Get Together Interest Group which we ran a few years ago. Anyone interested? Any other interests that members would like to share with friends?

We are working, in the background, on organizing our Garden Party on 1st October to celebrate 50 years of Probus in Australia. Invitations have been sent to Mayor Teresa Harding, Milton Dick MP, Charise Mullen Queensland MP, Barry Read (Probus RLO) and the two Ipswich Clubs and Boonah Club. We have also applied for a grant to help cover costs from PAQ and plan to apply in July to Ipswich Council for another grant to help cover costs. Thanks to Lyn's granddaughter, Mary, who helped us design the flier for the Garden Party.

I would like to express ongoing thanks to all those people who help to organize our meetings. It goes without saying, what a wonderful job Cathy D is doing in organizing our Fun and Games section of the meeting. Our kitchen helpers, led by Judy, are also doing a great job. The front desk welcoming members (last month Jill and Julianne) do a great job with smiling faces to greet us on arrival. This was particularly important at our last meeting with the large number of visitors to the meeting. Help with setting out and packing away chairs and vacuuming the floor after the meeting are all appreciated. Thanks Cathy D who manned the vacuum after our June meeting. John G does a great job with our audio-visual set-up. Is anyone interested in shadowing him to learn about what is required?

PSPL organized an advertising campaign for our club on Facebook. Thanks to Imre for organizing this. They ran an advert targeting thirteen kilometres around Springfield. That is where a number of our visitors heard about our club. Welcome to our visitors at our June meeting. We hope to see a lot more of you in the future.

I read somewhere recently that to maintain a healthy and encompassing retirement, it is good to have a "purpose in life". That purpose may be: family, spirituality, pursuing arts or crafts, gardening, holidaying, reading, helping others, participating in Probus activities…… I think it means having something to wake up to, something to look forward to and something to participate in that we enjoy. It is part of a "glass half full" rather than a "glass half empty" philosophy. Enjoy what we have rather than lamenting what we do not have. Let's enjoy our retirement!

Robyn

President

Quote of the month – ***Everyone thinks of changing the world, but no one thinks of changing himself.*** **Leo Tolstoy**

June Moments - by Owen

The theme for the meeting was Queensland day. We had a quick update from all the group activities from last month by Lyn, Jill, John G, Robyn and Imre.

Toni, Sandra and Julianne had birthdays this month.





We then paired up with a person, who was not our spouse, to brain storm ideas about the best things about being in Probus.

Toni won the lucky door prize of a Coles voucher.

We then had to answer some trivia questions about Queensland in 4 groups. The group names were Campers (see photo for their display), Origins, Brilliant Brolgas and the Blue Bellbirds.

A perpetual trophy (a Lion's head bust) was awarded to the winning team – the Blue Bellbirds.





Cathy did a great job of finding questions, as she always does.

June Guest Speaker – Kara from Dementia Australia - by Owen

Our guest speaker was Kara from Dementia Australia.

She had some very good information about how to best stop the onset of dementia. The main one was, if it is not good for your body, it is not good for your brain. There were lots of other things to do, but the main gist is: keep your body and mind active. Keep learning new things!



June Walking Group – Tuesday 2nd & Thursday 18th – Robelle Domain– by Imre



The group walked around Robelle Domain on the 2nd June with four attending and Bella welcomed Genie to keep her company. Then we had an extra ring-in (John F) for the coffee and cake at the pool cafe afterwards.

We again walked on the 18th June around the Domain before the club's Morning Tea in the Park. This time we welcomed Owen and Darsha on the walk. (Hope to see you again on other walks.) This time five of us walked, with two of our regulars unable to attend due to "Baking a Cake for the Picnic" or "Away Holidaying" - I know which one was true.

June Lunch – Wednesday 10th – Springfield Garden Restaurant, Springfield - by Owen



A delicious lunch was enjoyed by 17 people at the Springfield Gardens Chinese restaurant.



Most people had the lunch special and also took home a doggie bag of leftovers. The meals were a very generous size and very tasty.



Chris and Christine were just back from their great Western Australian holiday, and joined us. We also had some new prospective members join us as well.

June Outing – Thursday 22nd - Morning Tea in the Park with a theme of "Winter Holidays"- by Owen



A great morning tea was enjoyed by 14 people on The Lawn at Robelle Domain.

The weather was very pleasant, and the food was excellent. It consisted of barbecued sausages (thanks Imre), with onions on bread, hot chocolate with marshmallows, sandwiches and lots of yummy sweets.

Our discussion topic was "Winter holidays". As always, it was good to catch up with our fellow members.

June Morning Tea - Tuesday 23rd – Little M Café, Goodna – by John G

We had an enjoyable June morning tea with 11 of us at the Little M Coffee House at Goodna Marketplace.

Our group successfully raised the decibels of background noise of the venue with our conversations.



Membership – by Imre

As some of you know I organised a membership drive through Probus PSPL on Facebook last month, it ran for two weeks ending at the start of this month. We had a good response with eight enquires (some couples, some singles). We had one couple come along to last meeting and others should turn up next meeting hopefully. If we run this kind of drive once a year, it could keep the club membership topped up nicely.

Publicity – by Imre

At the club's last committee meeting we agreed to design a new Probus A4 Brochure for our club. Lyn and Robyn are the main designers, with the rest of us adding a few suggestions. They should be out in a little while and we are planning to ask members to place them in an area that they think suitable around town.



Joke of the month –

The inventor of the throat lozenge died last month. There was no coffin at his funeral!!



Upcoming Guest Speakers

July – Penny from RACQ Years Ahead

August – Emily – discussing Elder Abuse



Bananas, broccoli, and kale are all the same plant: All of these vegetables and fruits are the exact same species (*Brassica oleracea*), but they were specifically bred to enhance different parts of the plant.



July

Jill – 8th

Upcoming Activities – July/August

For payments into our account: BSB: 034 130 A/c No. 237415

You do not need to RSVP for morning teas and lunches – UNLESS OTHERWISE ADVISED.
Morning tea/coffee will always start at 10:00am and Lunches at 12:00 noon
(unless otherwise notified).
Members, please remember to wear your name badge for all Probus functions.
Our visitors and newer members will welcome and appreciate knowing who we are.

Morning Teas

July – Wednesday 29th - Coffee Club, Main Street, Springfield Central. (Orion) We will try this venue as I was looking for an indoor space for the cold weather.
August – Thursday 13th - Café 63, 41 Queen St, Goodna



The theme for our July meeting will be **Bastille Day**. 14th July is a national French celebration dating back over 200 years. We invite you to get into the spirit of the day by dressing in French colours of blue, white and red.

Lunches

July – Thursday 9th July - Hotel Monier, 168 Monier Road, Darra
August – Tuesday 18th - Brothers Leagues Club, 20 Wildey St., Raceview

Outings

July - Friday 17th – 10.15am - High Tea with Sherwood Probus Club for their 50th celebration at Sherwood AFL Fair Play Kitchen, 41 Chelmer Street East, Chelmer with guest speaker Roly Sussex. Cost $20. Numbers will need to be confirmed and paid by our July meeting. Please pay into our Probus Account as above. They would love to make it a **blue** and **gold** day.
August – Wednesday 26th – Exploring Fish Lane. Transport will be by train to the city changing trains to Southbank, then walking. Fish Lane is "a bustling arts and dining precinct connecting the cultural hub of South Bank to West End". Details to follow.

Movies

No movies planned at this stage. Judy will let us all know when something suitable comes up.

Walking Group

Imre will notify us of planned get togethers.

Men's Get Together

Notice to "MEN ONLY" ....want a day out with just the boys!!! I'm looking at having a get together with just the boys, no women allowed.
It'll take place on the 14th July at the Orion Hotel. Thinking around 1:00pm, just to have a couple of beers and a game of pool maybe. More details at the next meeting.
Imre

Regards Cathy and Robyn

Next Meeting: Wednesday, August 5th at 1.30pm

Members are reminded that the Activities Organisers, in planning Activities, seek to minimise risk to participants. However, it remains the responsibility of those participants to assess their own personal capacity to take part in club activities
Members are advised to carry their Probus health card with them to all club activities