

Probus Club of Springwood Inc.

P.O. Box 414, Springwood Qld 4127

Club Registration No. 56317

Sponsored 29/11/2001 by:

The Rotary Club of Loganholme Inc.



Springwood Bus Station

NEWSLETTER

Issue No: 2012 April, 2020

OUR MEETINGS:

Will resume on 2nd Thursday of each month when safe to do so.

COMMITTEE MEMBERS FOR 2020-2021

President: Raghbir Kalsi 0412 210 249

Vice President: Anne Santangeli 0400 476 676

Secretary: Jeff Beach 0418 783 300

Vice President: Carla Sherrington 0407 408 555

Treasurer: Marie Pitt 0438 816 308

Newsletter: Merv Richens 0420 373 162

Guest Speakers: Christine Wieden 0401 075 339

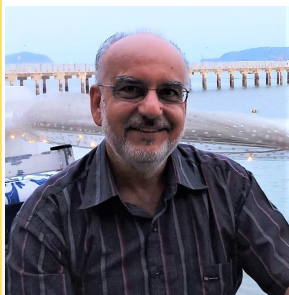
Dine Outs: Alicia Cook 0413 307 050

Outings: Carolyn Smith 0418 886 582

Membership: Deidre Beach: 0418 767 508

Club Services: Natalie Cadiz 0419 120 236

President's Message



In times like these I hope you are all well and practicing self-isolation. I am both well and in self-isolation.

So far, most of us have been busy managing the new conditions of our lives - keeping the children (both adults and small) entertained, trying to exercise, switching to online work, reaching out to friends online, and keeping our nerves from fraying. During this crisis, it is important that we pause to get in contact with the emotional distress we are experiencing so we can give ourselves the care we need.

COVID-19 has rapidly changed our lives. We are under a self-isolation directive and are feeling the challenges of sustained isolation. Many people are out of work and struggling with limited financial resources. Some have contracted the virus already or know someone who has. Even if your situation is relatively good, there is probably a vein of anxiety running through your life that was not there a short time ago.

Self-compassion is a source of unconditional love, connection and presence, available to all. There is a simple exercise in this Newsletter that you can try.

Your Management Committee has been working behind the scenes, remotely, to find options to keep our club members informed and entertained as you can see in this Newsletter. A WhatsApp group has been set up called "Springwood Probus Habari". I encourage you to join as it is very entertaining and amusing. It is a good distraction in our current environment.

GUEST SPEAKERS:



Our Guest Speaker at our March meeting was none other than our meeting room and morning tea host, Darryl Hall. from SSDA. He gave a talk on the history of grains used in breakfast cereal.

Here follows some notes that I jotted down on my phone—a fascinating talk and who would have thought that the man serving our morning teas had such a background!

Merv

Darryl always loved to cook. Mother was a noted cook. Cereals were so important in older days because of storage and easy to transport. The Roman Empire ran on bread. Old civilisations existed because of cereals. American - maize Asian - rice Egypt etc wheat. Rye.

We are now so dependant because of refrigeration, canning. Better transport, so cereals are not so important.

Darryl then gave us some history of modern breakfast cereals beginning with John Harvey Kellogg, Born February 26, 1852—died December 14, 1943. He was an American medical doctor, nutritionist, inventor, health activist. Director of the Battle Creek Sanitarium in Battle Creek,, Michigan which was founded by members of the Seventh-day Adventist Church 1850's.

He believed strongly in the connection between Mind, Body & Food. TB into remission with diet Cornflakes were developed by Sister- in-law

Darryl then talked about his own involvement with the Avondale Sanitarium Factory in Cooranbong NSW where he worked part time to pay for his education. References about moving Marmite production to Christchurch New Zealand. Ready to eat cereals dissolve quickly in your mouth. Corn and rice have a

Membership

At the March meeting our club warmly welcomed our newest member Susan Brooks. Susan has attended Coffee and Chat mornings as a “guest” and enjoyed the opportunity to meet several members in a relaxed setting.

Have you made any changes to your details? Perhaps you have changed your mobile number, had your landline disconnected, you may have changed your email address or moved house. Please let me know - Mobile: 0418 767508.



Chris Morton and Ted Sheridan have both advised they have had their home phone numbers disconnected, they can be contacted on their mobile numbers. Please remove their landline numbers from your Springwood Probus Club Members Contact List.

What a shame there is no club meeting in April. We could have brought along some balloons and whistle to help Diane Mason celebrate her 70th birthday on the 10 April.

WELFARE REPORT

Best wishes to all Springwood Probus Members and I hope everyone is managing to keep well, happy and active under the present conditions.

Have really good news from MARY MAHAFFY. She had a bad fall in her garden and was hospitalised for nearly four weeks but is now home and sounds well and she is looking forward to seeing everyone at our next Probus gathering.

PAULINE NEAL is currently still in limbo with her medical issues being put on hold due to Covid19 hospital restrictions. Good luck Pauline we are all thinking of you.

Please phone me if you know of members who need to be contacted or any assistance required.

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Your new Management Committee for 2020-2021.

Jeff Beach, Deidre Beach, Natalie Cadiz, Caroline Smith, Alicia Cook, Merv Richens, Anne Santangeli, Marie Pitt, Helen Faulkner, Christine Wieden, Raghbir Kalsi. (Carla Sherrington)



Policy Speech

Good morning Probians and guests.

If you cannot hear me, please put your hand up. If you cannot understand me, get a translator.

It is my greatest delight this morning for the trust and faith you have bestowed in me as the incoming President of the Probus Club of Springwood.

With all the opportunities and challenges that come with my acceptance to serve us all, I am of the belief this journey will not be a smooth one if I am to walk it alone. I recognise the importance of our Management Committee, the Small Groups leaders and the quiet workers behind the scenes, and it is through these that we are going to make sure that the true spirit of Probus Friendship, Fellowship and Fun is going to be achieved and continued. I thank the strong support of the incoming Management Committee, which includes two Vice-presidents, for having confidence in me as the new President.

Let me take this this opportunity to acknowledge the tremendous work undertaken by last year's Management Committee and the Small Groups Leaders. The bar has been set. I am certain that with this team we now have, we shall do even much better because I have faith in them. Please tell us of any suggestions you have or would like done. A couple of initiatives that have been proposed are a Scrabble Club and an easy walking group which we will be following up.

To our members, this journey we cannot make alone as leaders, but it is through your support, critics and encouragement that we shall do things together and we shall continue to make this a great club.

In one of our newsletters, Ashley said that he had been instructed not to rock the boat. I have not been given any instructions. So, shall we rock the boat and have some fun?

A typical politician will say "My door is always open". However, I genuinely mean it. Please come and see me or any of the Committee Members. I apologise that I have not been able to speak to each one of you over the past year but aim to do so this year as part of my things to do list.

Before I end my speech, I would like to share this quote with you from Henry Ford. "Coming together is a beginning. Keeping together is progress. Working together is success".



April Birthdays:

07 Chris Morton

10 Diane Mason (Happy 70th!)

20 Ted Wieden 23 Yvonne Cook

28 David Cherry 29 Phyllis Davey

Guest Speaker Officer, Christine has received this message from a previous speaker at our club.

Under the Lino Speaker Announcement!

To the many people of Brisbane who have had to cancel their meetings over the next few months, because of self-isolation and protection against this dreadful COVID-19,

My name is Caylie Jeffery (That Lino Lady!) and I have either recently been to speak to your club, or was going to in the near future, about a community project I have been managing called *Under the Lino*.

Those of you who have been to one of my talks will know about the 1940/50s' money and bank books I found under the floor of my 1912 Queenslander, and the investigation that followed, using online methods of communication and thousands of amateur detectives.

For those of you who missed my presentation, because they weren't able to get to it, or whose clubs were asked to cancel events, I am really happy to be able to share my presentations with you now!

I was a guest speaker at the recent Fraser Coast Writers' Festival, and they were kind enough to film my presentation. Here is the link to that talk, to my TEDxBrisbane talk and to the John Oxley Award presentation last year, all of which will give you a good idea what I was going to talk with you about...

Under the Lino Presentation: https://youtu.be/u_6CrZY_Ubg

TEDxBrisbane Talk: https://youtu.be/gCj_JV0EhtY

John Oxley Award: <https://youtu.be/bOCyVSP-1Iw>

I am also attaching my History Writing/Journaling Workbook to help people with their own family history and autobiographical writing. Now that we have been given the perfect opportunity by our community officials to be stuck at home, we might as well do something special with all that time!

Sending love, health and peace-of-mind to you all, Caylie Jeffery xxx

Anyone for SCRABBLE??? <https://www.youtube.com/watch?v=lg1QAYWvKIQ>

Anne Santangeli would like to set up a Scrabble Club within Springwood Probus, but firstly needs to gauge the level of interest from the members.

If anyone is interested in joining such a club please contact Anne either by text or phone 0400476676 or email santangeli04@bigpond.com so that she can get an idea if it is worthwhile proceeding.

Easy Walking Group

Something for members to look forward to. When we re-commence, I will start an "Easy Walking Group" at Daisy Hill Forest on Wednesday mornings from 9.00 am to 10.00 am. After the walk we can

DINE INS by ALICIA COOK APRIL 2020

Hello fellow members. I am certainly missing all the activities that Springwood Probus offer, and getting somewhat bored. Joan B told me this morning that she tidied her recipe drawer, and only kept recipes with 4 ingredients. What a great thought.

Talking of recipes, here are few new ones I have discovered. Tried and tested as well.

VEGETARIAN CHICKPEA PATTIES with BROCCOLI and POTATOES.

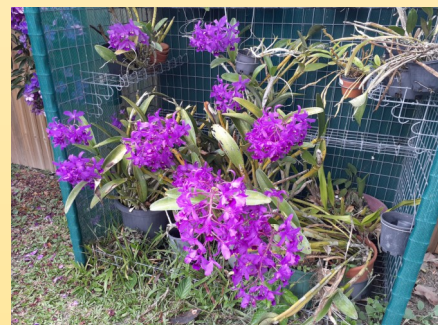
400gram tin CHICKPEAS	Drain the chickpea liquid, rinse with water and remove the skin off the chickpeas. (I didn't)
3 medium POTATOES	Peel and dice potatoes and boil in salted water until tender. Drain and mash with chickpeas until smooth consistency. (I used a food processor)
1 Leek or ½ chopped ONION	Cut the leek and saute in one tablespoon of oil until tender, then add the broccoli florets. Pour water over and let simmer until broccoli are soft .
½ BROCCOLI FLORET or 2 stalks	Mix the leek (onion) and broccoli with chickpea mixture, season, add breadcrumbs cheese and egg and mix well.
BROCCOLINI	
1 EGG	Moisten hands and shape into patties, then coat in flour and place on plate, cover with clingwrap and chill in fridge to firm up. (I just put all the mixture in fridge, then when I was ready I made the patties)
½ cup BREADCRUMBS (packet crumbs)	
SALT & BLACK PEPPER	Heat oil in frying pan, and fry patties on both sides until golden. Serve warm or cold.
½ cup GRATED CHEDDAR CHEESE	
Optional Sprinkle Ground Cumin	
Optional small amount cooked BACON	
½ cup VEGETABLE OIL	An alternative to plain mash potato.
½ CUP PLAIN FLOUR	

EASY DESSERT CAKE:

1 packet GREENS CHOCOLATE CAKE and 1 Tin of CHERRIES.

Just add tin cherries to chocolate cake and cook for 35-40 minutes on 160degrees.

For a dessert, serve warm or cold with ice cream or custard or cream, but why not all 3.



Alicia's uncared for purple orchids, which flower in March.

Have you checked our Probus Club Web Page? Managed by Secretary Jeff!

<https://www.probusouthpacific.org/microsites/springwoodcombined>

Immediate Past President Ashley Paulsen's Presidents Report March 2020

I consider it a privilege to have been given the opportunity to occupy the position of President for the year 2019/2020. Thanks everyone.

General meetings have been quite well attended with interesting and informative guest speakers. I must thank the caterers for the effort they put into setting up the room for our meetings and for the great job they do in providing our morning tea.

Many great outings and dine-outs were planned and enjoyed by lots of our members, and I am sure that you can look forward to more such outings in the year ahead.

Coffee & Chat has been well attended at many different venues.

Craft, Book Worms, Trivia, Ten Pin Bowling and Friday Night Dinner are all small groups but all cater for the needs of our members and give you a chance to enjoy the company of other members.

The committee that I have been working with has done a great job.

I wish the new committee all the best for the coming year.

Ashley Paulsen
President 2019/2010

Ponderisms

Why do peanuts float in a regular coke and sink in a diet coke?
Go ahead and try it.

How important does a person have to be before they are considered assassinated instead of just murdered?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby" when babies wake up like every two hours?

Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

HOW DID THE MAN WHO MADE THE FIRST CLOCK, KNOW WHAT TIME IT WAS?

