

Probus Club of Springwood Inc.

P.O. Box 414, Springwood Qld 4127

Club Registration No. 56317

Sponsored 29/11/2001 by:



NEWSLETTER

Issue No: 2015 July 2020

OUR MEETINGS:

Group meetings resume on 2nd Thursday of each month when safe.

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

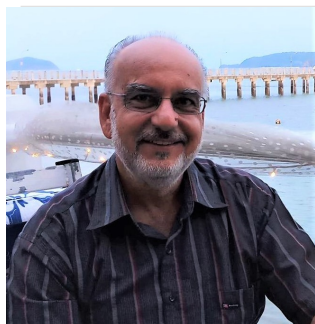
Guest Speakers: Christine Wieden 0401 075 339

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

I have been stunned by how thoroughly a tiny virus, barely 0.00254 mm across, has brought our human world screeching to a halt. In a few short months, it has been revealed what the dark hidden underworld can do on a global scale. The sense of unease about governments, politicians, economies built on hope and lies and *nature gasping from our poisons* has been laid bare. The veil has been lifted and the human world has turned upside down.

We are being forced to see our lives, jobs, relationships, and ourselves without layers of frantic busyness and protective gauze - exposed, unsure who we are, uncertain what to do.

I have been meditating and walking a lot to help me through these testing times and came across a *Walking Meditation*, which is a combination of walking and meditating, and can easily be done at home. Click on this link for a full explanation:

<https://www.youtube.com/watch?v=IFvablc6EI>

Your committee has been active with the Springwood Probus Phone Tree, preparing for our Picnic in the Park and preparing relevant COVID-19 documents to be used by our Club. We also had successful Zoom Committee and Member meetings in June. Our Committee Meeting in July will be "in the flesh".

Once we're thrown off our habitual paths,
we think all is lost,
but it's only here
that the new and the good begins.

Leo Tolstoy



We have a very interesting presentation from Mr Ray Krebs, a Community Ambassador for the NBN Company via ZOOM in lieu of our June General Meeting.

Counting partners there were 28 members participating.

The topics of the talk are:

- How to optimise your Home Internet Set Up
- How to do a Speed Test and are you on the best home internet plan
- Tips to become Tech Savvy in 2020
- Update on the latest scams (including COVID 19 scams) and staying safe online

MEMBERSHIP

We hope our members have enjoyed receiving calls from the committee over the past few months when we ring to “catch up and have a chat”. Our members have told us they are missing their Probus friends and are looking forward to the time meetings can recommence.

Hopefully you will be able to take advantage of our first “informal” gathering with the club’s Picnic in the Park at Riverdale Park on the 16th July. It will be a great opportunity for many of us to reconnect with our friends from Probus.

I would like to pass on the Club’s congratulations to our members Margaret and Ray Kelly and Jan and Ron Barham. In March, Margaret and Ray welcomed their grandson Thomas. In June, Jan and Ron welcomed their great grandson Arthur.

With our club meetings currently “on hold”, if you have any news you would like to share with members, please email me deidrebeach@bigpond.com and I will include it in the monthly newsletter.



Stay Happy, Stay Healthy.
Deidre

Congratulations once again to Joan for her 80th birthday

WELFARE REPORT

Hello everyone. I hope all members are managing to keep positive and busy during COVID 19.

Helen - Welfare Officer

Scrabble; Starting soon! Venue to be advised.

Anne Santangeli is still keen for others to join her SCRABBLE Group. Please contact Anne by text or phone if you are interested: 0400 476 676 - or email: santangli04@bigpond.com

Easy Walking Group

I am happy to start an “Easy Walking Group” at Daisy Hill Forest, Carpark P4 every Wednesday morning from 9.30 am to 10.30 am **beginning from Wednesday 15 July 2020.** After the walk we can have morning tea. Please let me know by Tuesday 14 July 2020 if you wish to come. **Phone: 0412 210 249.**

Ragbir Kalsi.



Birthday Greetings for July

| | |
|--------------------|---------------------|
| 02 Barry Cook | 02 Michael Stubbs |
| 05 Keith Fletcher | 07 June Woodward |
| 11 Ray Kelly | 12 Rosemary Johnson |
| 13 Bev King | 15 Kay Fletcher |
| 16 Sharon Loisatos | 17 Maureen Perryman |
| 18 Susan Brooks | 21 Robyn Curtis |

A New Sister Probus Club?

On Thursday 25th June, I, as Rotary District Probus Chairman, with assistance from Dawn Andersen Stubbs and Brian Gilmore from PAQ, organised a “Social Gathering” for prospective members of a new Pimpama Probus Club.

There were fifteen people who joined us and also a few apologies -

The original Interest/Foundation meeting had been planned in March but postponed because of the lockdown. With restrictions now easing we are tentatively planning a Foundation meeting at the Pimpama Tavern for Thursday 23rd July, 2020. Brian and I called by the Tavern to check and the Functions Manager says they can have a meeting of up to 30 people in the room we will use, and maintain social distancing. By this time, restrictions may have eased further but at this time indicated numbers should not exceed 30.

Below are some happy snaps taken at Bim’bimba Park which is a really great park in one of the fastest growing areas in Queensland—if you have not been there recently—take a run sometime and be surprised!





ARE YOU MISSING YOUR SPRINGWOOD PROBUS FRIENDS?
JOIN US FOR A 'SOCIALY DISTANCED' PICNIC AT THE PARK.

WHEN: ***THURSDAY, 16TH JULY 2020***

WHERE: ***RIVERDALE PARK***
ARMSTRONG ROAD, MEADOWBROOK

TIME: ***11.00 AM***

WHAT TO BRING: ***THIS WILL BE COMPLETELY BYO, SO***
ALL FOOD AND DRINKS, CHAIRS, PLATES
CUPS, CUTLERY ETC.
HAND SANITISER WILL BE PROVIDED



JULY DINE OUTS 2020

Not much to report for the July newsletter, other than 2 recipes supplied by Deidre and Marie. They told me that both slices have been a favourite for over 40 years.

Apricot Slice by Deidre

Ingredients:

125 gm butter; ¾ cup coconut; 2 eggs; 1 cup sugar; Pinch salt; 1 cup plain flour
Vanilla; ½ cup milk; 1 cup dried apricots chopped

Method:

Cream butter and sugar until sugar is dissolved, add vanilla. (I use a food processor).

Gradually add the eggs, the sifted flour, salt, apricots, coconut and milk. Mix well.

Line a 7 x 11 slice tin with baking paper.

Add mixture to tin, spread evenly.

Bake at 180/200 degrees for 30 minutes.

When cool ice with lemon icing and sprinkle with coconut.

If you don't like icing, sprinkle icing sugar over the cake.

HEDGEHOG by Marie

4 ozs butter; 4 ozs caster sugar; 2 Tbsp cocoa; 1 egg well beaten

1 pkt Marie biscuits; 1 tsp vanilla essence; ¾ cup chopped walnuts (optional)

Beat butter and sugar in medium saucepan until smooth, add cocoa and egg, mix well. Bring almost to the boil over a slow heat, stirring constantly and taking care mixture does not boil. Remove from heat.

Add vanilla and well-broken biscuits, mix well. Add nuts if required.

Grease a flat dish or line with baking paper. Press mixture into dish, pushing well into corners. Rub with the back of a spoon to make a smooth top.

Place in fridge for a few hours to set.

Enjoy!

I can recall making a spread for Jatz crackers in the early days of entertaining friends.

Mock Chicken

Melt some butter in a saucepan, add chopped bacon, onion and tomato. Gently cook for a few minutes, then add egg and scramble through mixture. Season with a little mixed herbs, salt and pepper.

This is a favourite of Barry's to have for lunch when he goes gliding.

I look forward to seeing many of you at the BYO Picnic in the Park on Thursday 16 July.