

NEXT MEETING – 10a.m., Tuesday, 29th September 2026 –
Ballymore Room, Gold Park, 341 Hume Street, Toowoomba

Featuring the **MUSIC MAN**,

Owen Ray

Owen Ray has been entertaining
people since 1965 – and is still
performing to this day

He formed the popular and nationally acclaimed band “The
Countdowns” in 1965 and the band still does tribute shows
around south-east Queensland.

Noted music historian Glen A Baker stated that he does not
know of any other Australian band that has stayed together for
over 50 years with so few line-up changes.

In their career, they performed with many music industry
greats – such as The Platters, the Deltones, Col Joye, Maria
Dallas, John Rowles, John Farnham, Ronnie Burns, and many
more.

The band has held anniversary shows at Rumours
International with guests such as Normie Rowe, Tony Worsley,
Johnnie Young, Jade Hurley, Little Patti . . .

Owen has been playing solo gigs for over 40 years and has
amassed an amazing repertoire of all styles of music, and
performs them along with stories, singalongs, music trivia and
music history, and jokes.

He performs at corporate events, parties and private
functions and loves to entertain and involve his audience.

So, Range Probus, we’re in for a treat!

Make a date with Owen next Tuesday at the Club.



It's Carnival Time!

Let's get into the festive spirit,
have a bloomin' good time . . . and
wear a floral or colourful shirt or
blouse.

There are some extraordinary
prizes for best-dressed!



Owen. . . Then (around 1970) and . . . Now



Cost per person is only \$20 for this Special Carnival-Time Morning Tea



Next Outing – Highfields Tavern for lunch on Tuesday, October 13, 2026 -
PLUS

Our BIG BEAUTIFUL BABY PHOTOGRAPH Competition

From 11.30a.m. on the 13th bring a baby* photograph of yourself printed out on A4 paper.

OR (if you're unable to copy your pic and do a printout)

Bring your photograph to our meeting next Tuesday. We will re-photograph it and print it out for you.

Each photograph will be numbered and placed on display at the Highfields Tavern lunch. Everyone will be invited to guess the identity of the babies in the displayed photos. (Bring along pen/pencil and paper.)

Should be a lot of fun!

LUNCH: Order and pay for your own (Don't forget to have your table number ready when you order)

This is a self-drive event. Car-pooling is suggested

*"Baby" may be anything from new-born to about 4. (Even older if you haven't a suitable baby pic!)





Get ready for a show of hands supporting our
2027 BIG OUTING

It's a four-night stay at Novotel Resort at Twin Waters on the Sunshine Coast from Monday May 10 to Friday May 14, 2027

Travelling by coach, this will be a relaxing and fun-filled Sunshine Coast adventure that includes –

- . Luxury accommodation**
- . All meals – quality breakfasts, lunches and dinners**
- . A special comedy-magic performance by Adino – one of Australia's foremost magicians**
- . Other top-class after-dinner entertainment**
- . A luncheon visit to the Ginger Factory**
- . A canal cruise**
- . Sea Life underwater world - plus other Sunshine Coast attractions**

This all-inclusive holiday is expected to cost less than \$2000 per person, provided we have a minimum of 40 participants.

If you're interested, please indicate at next Tuesday's meeting (September 29)



A CLARIFICATION: Organisers of this outing have lobbied a few members for support of an April event. The date has been altered to May to avoid a clash with New South Wales school holidays.



Let's exercise!

In a nutshell, that's the message from our August 25 Guest Speaker *Vicki Flamsteed*, who promised to provide members and ladies with a prompt for a daily routine of simple exercises to keep us in shape. *It's on the next page.*

Vicki sent this Thank-You letter to the Club:

I truly enjoyed the morning I spent at your Probus meeting, so thank you very much for inviting me along. Your club is full of amazing people, and it was great to spend time with everyone.

I hope the printable flyer with at-home ideas for a regular day-to-day exercise program is of some assistance to members. In the coming weeks my coaches will make a short video we can share to demonstrate the ideas.

If anyone is interested our Stronger Seniors program runs Wednesday at 9am at Allstars, 181 Bridge Street (behind Fantastic Furniture). Everyone is welcome to come in for a free trial class to see if it's a good fit for them and then going forward the classes are \$10 each week with no requirement to book in. Many of the group then go to Cobb and Co for a coffee. Everyone moves to their own pace and it's loads of fun!

The gym phone number is 4632 4363 if anyone has any questions.

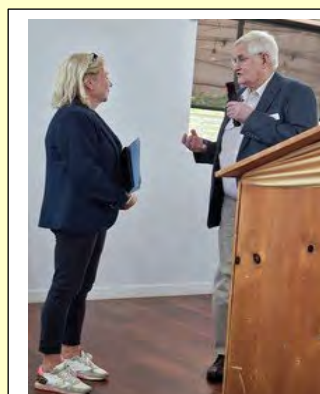
Once again, thanks again for having me and I look forward to seeing everyone again in the future.

Warm wishes

Vicki Flamsteed
Managing Director



Karen Kong helped Vicki demonstrate exercises.



Max Wilshire moved a fitting vote of thanks.

Small Moves, Big Wins

Be fit, strong, balanced and flexible with a few daily disciplines. Here are some small changes to your day-to-day life that make a huge difference to your physical wellbeing — no gym required! Every day-to-day task is an opportunity.

 Bag & Bottle Lifts ARM STRENGTH Lift the shopping bag or a water bottle 3–5 times as you carry it in — simple, everyday resistance training.	 Bench Push-Ups ARMS, SHOULDERS & CORE Push-ups against the kitchen sink or bench build strong arms and shoulders. Keep the tummy tight for extra core strength.
 TV-Time Leg Raises LEG STRENGTH Sit tall on the couch or garden bench, tummy tight, and add a few gentle leg raises while you watch TV.	 Balance While You Brush BALANCE Stand on one leg, then the other, while cleaning your teeth or waiting on the toaster. Do it 2–3 times a day and watch your balance sharpen — closing your eyes makes it even harder!
 Kettle Neck Stretches FLEXIBILITY Gentle neck stretches while the kettle boils improve flexibility while your tea brews.	 Mealtime Table Squats LEG STRENGTH Feet hip-width apart, hold the table edge and do a few gentle squats before you sit down to eat.
 Morning, Noon & Night Breaths LUNG HEALTH & SLEEP A few deep breaths at each of these times exercises the lungs and helps you sleep better.	 Anytime Calf Raises STRENGTH & CIRCULATION Seated or standing, raise up onto your toes and back to your heels — two feet or one at a time, a few times a day, for stronger calves and better circulation.
 Newspaper Grip Squeeze GRIP STRENGTH Keep a tennis ball handy while you read the paper — 10 squeezes and holds builds valuable grip strength.	 Anytime High Steps HIP FLEXOR STRENGTH Seated or standing high steps strengthen the hip flexors — stronger hip flexors mean fewer stumbles.
 Double the Bottom Stair CARDIO & STRENGTH If you have stairs, take the bottom step twice with each leg. It adds steps, strength and a cardio boost.	 Feed Your Brain MENTAL FITNESS Reading, cards, crosswords and board games keep the mind as active as the body.
 Daily Sunshine MOOD & WELLBEING Aim for 15–30 minutes of sunshine each day for your mood and general wellbeing.	 Laugh With Friends MOOD & CONNECTION Don't forget to laugh with friends! It's the world's best medicine.

You'll feel the difference in two to three weeks — we promise! ✨

Speed on Show at Goodwood . . .



Derm Guerin's 10 minuter

The Goodwood Festival of Speed was on Derm Guerin's "bucket list" for a long time, but he never expected to get there. He made it to the 2026 show, and told Range Probus a little about it in his 10-minuter last meeting. Here are a few of the photos included in his presentation –



The event is held on part of the 11,000-acre property owned by the Duke of Richmond, his home is on the edge of the track. Daily attendance is capped at 50,000.



This 1911 Fiat S76, nicknamed the "Beast of Turin," was built to break the land speed record. This massive 28.4-litre 4-cylinder monster is a crowd favourite at Goodwood events, known for roaring down the track and spitting massive flames from its exhaust.



The current Mercedes Formula One car is the Mercedes-AMG F1 W17 E Performance (W17), built for the 2026 World Championship.



A 1936 Ford Roadster



Bugatti Bolide is an extreme, track-only hypercar powered by an 8.0-litre quad-turbocharged W16 engine that produces 1,600 horsepower. Limited to just 40 units, it weighs roughly 1,450 to 1,500 kg, achieving an astonishing near 1:1 power-to-weight ratio. Not street-legal, each of the 40 production models commands a price tag of around £4.2 million.

Vale JEFF YOUNG – a man of gentleness and humility

Toowoomba Range Probus has lost another of its long-standing stalwarts, Jeff Young.

Jeff joined Probus in 2003 and held positions on committee. He and his wife, Jill, were popular figures at monthly morning-tea meetings and outings. Jeff Young was a gentle man, a humble man, quiet and retiring, with a keen sense of humour.

He died on September 7, and his wishes for a no-fuss funeral were observed by his wife Jill and family. He was cremated and solemnly farewelled by family, his ashes to be scattered on Stradbroke Island where he and Jill had a home and where he spent many happy family times. Jeff was a pharmacist and practised from 1957 until his retirement in 2000. He began in Southport, moved to Armidale and then to Toowoomba where he ran his chemist's business at High Street and in partnership at the Day and Night Pharmacy in Ruthven Street. Jeff enjoyed family, pharmacy, travel, and many sports. In his day, he was a good cricketer, playing for the firsts at his old secondary school, The Southport School. His family were established garage and car dealers on the then South Coast (now Gold Coast). They owned South Coast Motors. His father was an accountant, and the family rule was "Look after the pennies and the pounds will look after themselves".

Jeff and Jill had three sons – Scott (Samford), Michael (England), and Phil (Brisbane). Jill said Jeff was an exceptionally good husband and father. "And a good patient," she added. He was ill for some years with a heart condition that restricted blood circulation, particularly to his legs.



And Jill's final word: *We will miss him so much, but memories are the best next thing.*

It was more than OK at Oakey

(It was GREAT - Even though some of us were breathalysed on the way into town!)

Our last outing was at Oakey R.S.L. Club's Morning Melodies on Tuesday, September 8, 2026

The entertainment was superb . . . the lunch excellent . . . and the service friendly and efficient.



Katie Fleming, Mike Butt, Paul Barrett, Floyd Wilson, Carmel Barrett, George Gothe, Sandy Martin, Ross and Bev McCasker, Veronica Gordon, Peter Fleming, and Jean Manning all enjoyed Kathy Drummond's performance (in the background, between George and Sandy).



Thumbs up for a good meal from Mel Kong, Jill and Peter Cory, Max Wilshire, Jeffrey Martin, Ken Stephenson, Sandy Martin, Lyn Free, Loretto McGahan, Floyd Wilson, Noel Brampton and Karen Kong.

AT RIGHT: Singer Kathy Drummond and Bruce Hinchliffe

