



Celebrating Probus Month October 2021



PROBUS ASSOCIATION OF QUEENSLAND SPECIAL ISSUE

CAPALABA

So what's it really all about?

The inaugural Probus Day was celebrated on 1st October 2020. This was in line with the United Nations Day of Older Persons which is recognised across the world. International days are frequently used to raise awareness and for our community in Australia and New Zealand, 1st October is now known as Probus Day. It is also the first day of Seniors' month in Queensland.

Membership of a Probus club is an opportunity for active retirees to overcome social isolation. Probus is well recognised as an association of retired

and semi-retired people who join together in clubs, with the basic purpose of providing regular opportunities for them to keep their minds active, expand their interests and to enjoy the fellowship of new friends.

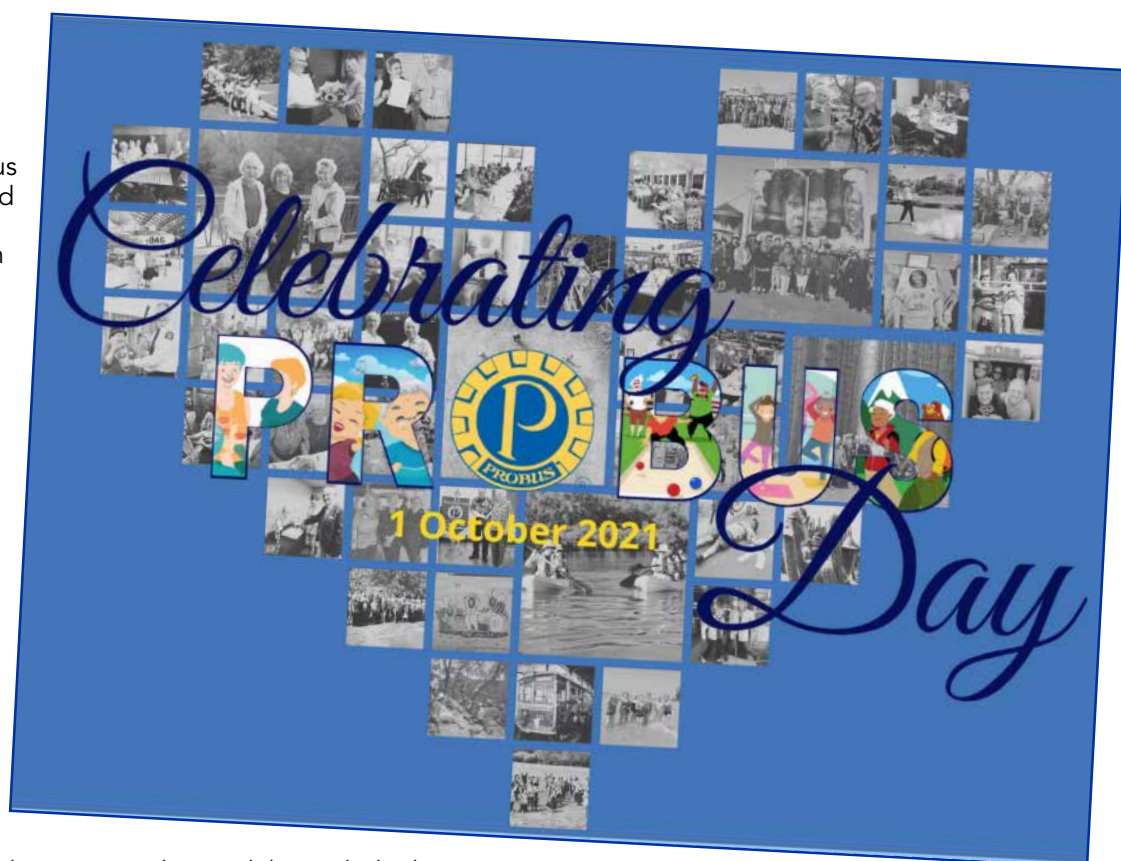
Similarly, Probus Day represents an opportunity to remind the wider community of the ongoing importance and relevance of retaining social connections and support. Overcoming the risk of increased loneliness and social isolation at this time has been very challenging. Throughout the COVID pandemic, many have stayed active and connected through Probus.

To highlight the importance of staying connected - it is appropriate that this year's Probus Day theme "CELEBRATE PROBUS - DO A FRIEND A FAVOUR" centred on the positive social connections that Probus provides.

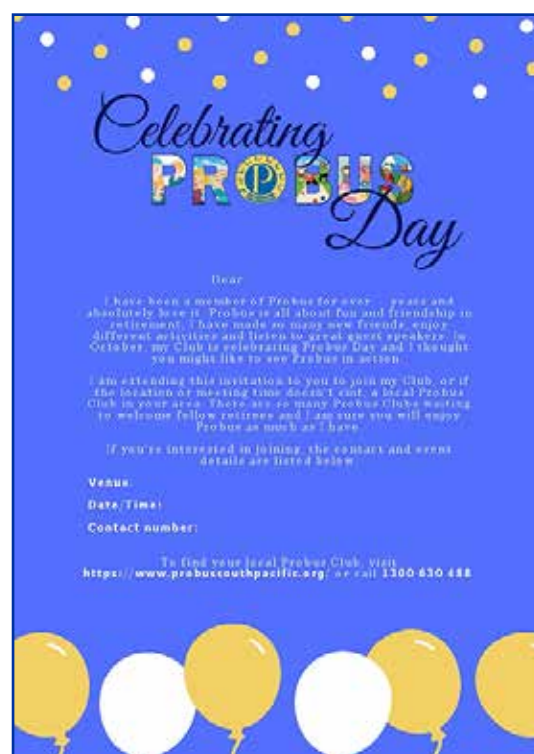
What can we all do towards enhancing positive social connections in the days after Probus Day to continue the good work? Well, what about:

1. Invite friends, neighbours or family members in the local community to stay engaged and active and connected through a Probus Club and
2. Encourage retired and semi-retired people to join Probus and experience FUN, FRIENDSHIP and FELLOWSHIP for starters?

Col Sutcliffe



PSPL support materials for clubs. A Certificate of Appreciation and an Invitation to send to a friend to support the "Celebrate probus - Do a friend a favour" theme for the 2021 Probus Month celebrations



Celebrating Probus Day in the Lockyer Valley

It was a bright and early start for our outing to the Lockyer Valley with forty-two members on board our coach. Lake Dyer, at Laidley, was our first stop and time to celebrate "PROBUS DAY" with a cuppa and a blueberry muffin. The weather was perfect and the countryside was lush and green.

Next stop was the Lockyer Valley Cultural Centre located at Apex Park in Gatton. Our guide took us on a very informative tour of the history of the Transport Museum and the beautifully restored vehicles on display.

Back on the coach, we travelled via Grantham to Flagstone and Scotty's Barn and Garage. Everywhere you looked on the property were items of historical interest, all arranged to add to the beauty of this collector's dream. A delicious lunch was served in the Barn, also adorned with such as billycarts, meat safes, all hanging from the barn's rafters. Scotty led us into his famous Garage. The front section was filled with fully restored cars, motorbikes and all things to do with motor vehicles. Scotty is a wealth of information on the motor vehicle industry and is passionate about his collection.

Now to the WOW!! Factor – Scotty's American Diner. Elvis and Marilyn Monroe were there to greet us along with the Juke Box, polished dance floor, arcade games and even artificial sundaes on the counter. It was the perfect location for a group photo with our "Happy Probus Day" signs in the diner which was reminiscent of the TV show "Happy Days".

What a great way to end Probus Day, a day of fun and friendship with our fellow Probus Club members.



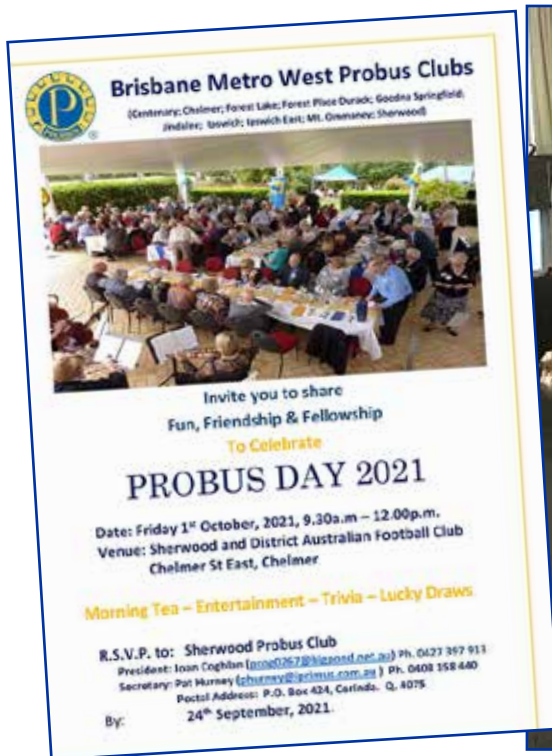
The whole gang gathered to enjoy Friendship. Fun and Fellowship.



Two faces expressing the full flavour of Probus Day.



Here we are together to enjoy ourselves on an important day.



To celebrate Probud Day, Sherwood Probud Club hosted a Morning Tea at the Sherwood & District AFL Club, for Members of Probud Clubs from the Brisbane West (South) and (North) Regions under the leadership of Barry Read, RLO. Members were present from Mt.Ommaney, Sherwood, Forest Lake, Chelmer, Goodna Springfield, Centenary, Indooroopilly, Chapel Hill, and Kenmore Village clubs. Through social media, local councillors and libraries, our committee invited members of the community who were considering joining a probud club to join the celebration. We were delighted when 3 new potential members joined us.

Barry Read, the RLO for the region welcomed 106 persons including all members and special guests, Councillors Nicole Johnston (Tennyson); Sarah Hutton (Jindalee) and Jess Pugh MP, (Mt. Ommaney), and our entertainers, members of the Springfield Sparklers and Julia Bates. Barry spoke on the formation of Probud and the part it plays in the community and why we were today celebrating Probud and also thanked Councillors Nicole Johnston, Sarah Hutton and Charles Strunk for their grants towards the celebration through the Lord Mayors Community Fund.

Joan Coghlan OAM, President of Sherwood Club, presented Barry Reid with a special Probud Day Member Certificate for his leadership of the Western Districts Regions.

Barbara Grant, President of Forest Lake Club moved a vote of thanks to the members of the organising committee and in so doing highlighted the work done by these members in organising such an enjoyable fun filled day. The morning program adequately met the Fun, Friendship and Fellowship expected from a Probud activity and fitted well with the theme of Probud Day – "Celebrate Probud: Do a friend a favour".



*Celebrate Probud:
Do a friend a favour*





Donations from Judith Maestracci (PSPL Chairperson), local Councillors and State and Federal MPs provided Lucky Draw Prizes. Each representative spoke about their interest in Probus and enjoying relating with members of their local Clubs.



TOOWOOMBA CITY

We do enjoy getting together up here in Toowoomba.



Wayne Roddom (Highfields) (right) addresses the group with Gary Fraser looking on.

Daphne Clark (Garden City Toowoomba) (left) cuts cake with Toowoomba City's oldest member.



Toowoomba City has been enthusiastic in celebrating Probus Week. The Toowoomba Council have once again been very obliging in flying our flag from the City Hall and illuminating Victoria Bridge in the Probus colours. Both these were in place for four days due to the long weekend.

We also had a celebratory Probus Luncheon with the Highfields Club and the newly inducted President (Daphne Clark) of the new Garden City Toowoomba Club. This was well attended by eighty-six members of both Toowoomba City and Highfields.

Celia Waldron

HIGHFIELDS

Above the Waist Olympics – A Test of Brains rather Than Brawn!

To celebrate Probus Day in October, our meeting practised the Probus theme of active retirees by holding an *Above the Waist Olympics!* Teams competed in a series of activities based on brain rather than brawn, on dexterity with their hands, on creativity with limited resources. Lots of laughter, everyone looked foolish at some stage and keen competitiveness displayed by all!

Building the tallest, strongest tower from 10 newspaper sheets proved very challenging for some teams! Using two large black garbage bags and ribbon to create and clothe a team member had a number of male members reveal their hidden mannequin talents. Identifying as many items as possible in the team beginning with P for Probus involved much negotiation with the team judge, President Wayne Roddom. A final event with paddle pop sticks and small balls in constant motion on the team table kept members keenly focussed. The winning team then received their gold medals to some applause and lingering arbitration!

Jeni Neary, Olympics Rule Convenor





This was a great turn-out of members and visitors.



We're right into the spirit!

DALBY

Blue and yellow were very popular

Dalby Probus Club celebrated Probus Day with the theme "blue and yellow" highlighting the colours of Probus. Members were encouraged to promote Probus by inviting prospective new members to the meeting and wearing blue and yellow clothes or accessories. There were prizes for the most innovative. Entry to the meeting was free and many raffles were provided for the lucky door prizes. Morning tea included a special cake with blue and yellow icing of course. The cake was made by one of our members. After morning tea, we assembled for a group photo.

Mary Coggan



This visitor seems to enjoy the company of the Secretary.

IPSWICH EAST

We enjoyed ourselves thoroughly

Members and guests of Probus Club of Ipswich East held a memorable Probus Day meeting with Ipswich Mayor Teresa Harding as the special guest speaker. A twenty-minute break allowing for members and visitors to enjoy morning tea or coffee with Danish cakes and lots of laughter and a chitchat before continuing the meeting. The venue was filled with Probus balloons and pots of blue and yellow flowers which were later given out as lucky door prizes.



Getting ready for the meeting



*Celebrate Probus:
Do a friend a favour*

WIDE BAY REGION

We Celebrate Probus Day to the full

Clubs throughout the Region celebrated Probus Day with great gusto.

The Bundaberg and Bargarra Clubs combined for a Picnic and Games Day at the popular Baldwin's Swamp.

Blue and Yellow balloons and members decked out in blue and yellow outfits was the setting for the two Hervey Bay Clubs who also combined for a picnic lunch on the picturesque esplanade.

Cooloola Coast shared their morning tea with the dolphins and penguins on the water's edge at Tin Can Bay and Maryborough Combined club were on a tour to Queensland's largest wind farm outside Kingaroy.

The Maryborough City Ladies Club hosted a "High Tea" with a view over the city's cricket ground.

A large crowd gathered to view the changing of the City's lights to blue in Gympie's main business area before heading out for an evening meal and this was Gympie's Probus Club celebration.

Probus flags flew throughout the Region from City Halls and RSL flagpoles and elsewhere.

A very artistic member from Maryborough Combined Club decorated an empty shop window in one of the City's main streets promoting Probus.

What a wonderful celebration of Probus Day, 2021.

Maurie Wright

Our Program Officer, Di, had also organized an interesting display in a shop window in Maryborough to celebrate Probus Day and to show off what Probus is about.



We're here in full force amid the lights of Smithfield Street



Probus Flags streams proudly.

PROBUS ASSOCIATION OF GOLD COAST AND NORTHERN RIVERS

We did it with a Morning Tea

On Thursday 7th October, The Probus Association of Gold Coast and Northern Rivers celebrated Probus Day by holding a Friendship Morning Tea. It was held at the Gold Coast Sports & Leisure Centre, Carrara. Various Clubs from the Gold Coast attended. Unfortunately, with the NSW Border still closed Clubs from Northern NSW could not participate. We had just over one hundred and sixty members enjoying Friendship Morning Tea for unlimited Fun, Fellowship and Friendship. The scones with jam and cream and sandwiches proved to be the most popular. The venue was decorated with PSPL blue and yellow balloons and Club banners. Trade Travel and Sea World Cruises were represented. Our guests were entertained by Jack Watson who sang songs of our era. Overall, members enjoyed the Friendship Morning Tea and the chance to socialise with members from different Clubs. Phil Matthews was the coordinator with help of a Subcommittee for the Friendship Morning Tea.

Nina Hardie



Scenes from our day out with Trade Travel and Sea World Cruises personnel on hand to suggest trips and outings to members.



INNISFAIL Swimming Games

During October Innisfail Probus Club hosted a dry version of Swimming Games at Warrina Lakes, Innisfail. Blue and yellow colours were proudly promoted. Seventy Probus Club members from Innisfail, Ingham, Mission Beach-El Arish and Cairns attended.

There were four aquatic teams - Angel Fish, Dolphins, Orcas and Turtles each with a Team Captains - and five heats: Breast Stroke, Backstroke, Butterfly, Freestyle and Relay. Your imagination can run wild as to the way our aged members swam a short distance in rope marked lanes from mainly an upright position without water. It was hilarious. The applause and reaction from participants and those watching had to be seen to be believed. An entertaining performance of the day was a rendition of "Esther Williams's Water Babes" performed by members Jean McMillan, Wendy Sheils, Jan Archer and Carolyn Broom. Simply brilliant!

Special guests were PM Morrison (Col Ritchie), Dawn Fraser (Marianne Pearce) and Ian Thorpe (Geoff Duffield). Morning tea and lunch were certainly appealing to the taste-buds. A special thanks must go to Jean McMillan and Wendy Sheils for organising this great day and to Innisfail Probus ladies and to "Designer Dawgs" for keeping our appetites satisfied.

The final Heat Winners were awarded Gold, Silver and Bronze Shell Medallions presented by no less than the Prime Minister. Congratulations



Where would we have been without the Water Babes - Jean McMillan, Wendy Sheils, Carolyn Broom and Jan Archer.



A great cheer for the Medal Winners with four Clubs represented.



Wendy Shields shows how it is done.



Geoff Duffield (Ian Thorpe) at the finishing line.



And here comes Carole Willoughby of Ingham, and Bruce Jones and Jill Sorensen from Innisfail in the Breastroke.

are due not only to all Medal Winners but to all participants. Thanks to Eddie and Maureen Dimech for providing the PA system and background music.



And these are the Gold, Silver and Bronze shell medals up for winning.



Probos Cake, beautifully decorated by Oonoonba Bakery.

THURINGOWA

Probos Day Celebrations with Fish and Chips on the Strand

Thuringowa Combined Probos Club celebrated Probos Day on Monday 18th October when thirty-eight members attended their Fish and Chips luncheon at the Kiosk on The Strand. The staff did an amazing job getting our meals to us as quickly as possible and the seafood was excellent. The Seagulls kept us entertained waiting for stray chips, but they certainly were not allowed any of our Probos Cake, beautifully decorated by our local Oonoonba Bakery.

Peter McIndoe stole the show when he spoke about how wonderful it is to be part of Probos, hat it is a great way to make new friends but mostly, he said, Probos is about bringing Active Retirees together for Fun, Friendship and Fellowship.



Castle Hill provided a stunning backdrop for our Probians relaxing in the shade.

CHERMSIDE

Our Probus Day

With storms brewing and having to change venue without much notice, it wasn't a good start to our celebrations for Probus Day.



Councillor Fiona Hammond, Russell Freier together with Bob and Kath Nielsen make a happy group.



Kevin McGrory (Chermside) & John Heim (Albany Creek Club) getting a cuppa



The weather, however, did improve, the new venue was successfully decorated with blue and yellow balloons and streamers, tables were organised and BBQ's set up. So, all looked good for a great day and so it proved to be.

We were very happy to welcome Probus members from the Brisbane and Albany Creek Clubs together with our very own Liaison Officer, the indefatigable Lorelle Pacello. Lorelle has been encouraging interaction with neighbouring clubs and I hope it is something that will continue.

We also received a visit from the Marchant Ward Councillor, Fiona Hammond, who donated a beautiful hamper, this being was won by a lucky member from Chermside. We all enjoyed Morning Tea, some played quoits and skill games - while others gave friendly advice. It was then time to enjoy a BBQ lunch.

Thank you to all who contributed to make this a great social day. It was a day of fun, lots of laughter and fellowship, all in the true spirit of Probus.

Noela Ellis

ALBANY CREEK

We celebrate Probus Day our way!

Our Club's policy is to celebrate Probus Day by having a cake cut by those members who have turned ninety prior to, or soon after the Day. Members Everald Compton and Allen Spilsbury cut the cake at our 7 October 2021 meeting. We also celebrated Everald being made an Officer of the Order of Australia (AO).

Greg Early



*Celebrate Probus:
Do a friend a favour*

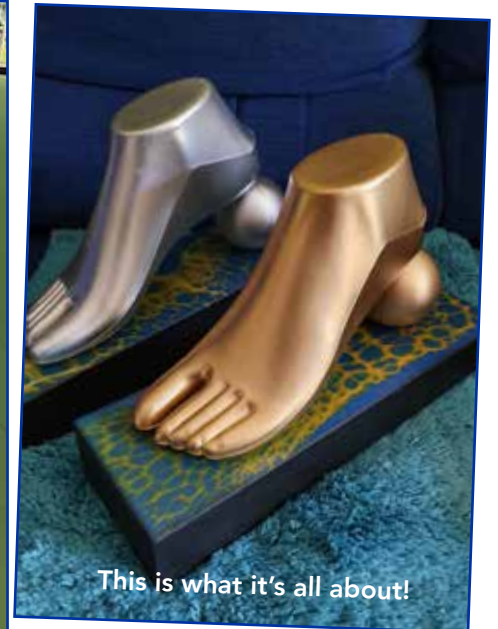
Now, here's a good job
being done with due
deference to the occasion



Two old timers looking very spruce.



Winners and runners-up – everyone who played ultimately got a reward.



This is what it's all about!

METRO SOUTH REGION

Our Challenge

As my RLO challenge for clubs of the South Region, we had the first of the Barefoot Bowls Days for Probus Month Arun at the Mt Gravatt Bowls Club.

We had a small group but that didn't stop the fun and fellowship that we enjoyed all morning and the unique trophies went down well. A couple of the players enjoyed the experience so much that they are in the process of organising to go to the Algester Day on 28th to have another go at playing barefoot. The four who play Lawn Bowls as a regular game assure me that it is a totally different experience when on artificial turf.

We had a point-scoring system and any one whose bowl touched the kitty received a chocolate - not many chocolates were left at the end of two hours. We have even gained a prospective new member from being out there and on show. The idea for the trophy was a little out there but my trophy maker managed to put my ideas all together and with the paint pour of yellow/gold and blue for the base it all came together quite well.

Carwyn Arnold

YERONGA PC

Here's to Probus Day!

Thirty Yeronga Probians came together for a picnic on the banks of the Brisbane River, for a dose of fun and fellowship. It was obvious on all sides at least that six of our members know how to celebrate with lots of tasty food and scintillating conversation – and a certain style.

One of the competitions that we ran was to see who could throw four rolls of toilet paper into a bucket – from a tantalising distance away. The winner was Aafje Staal who made it look easy. You can see one of the rolls just going into the bucket.

Bronwen Mitchell



Six gents of style!



But this is how it's done – it needs a woman to do it!



SUNSHINE COAST REGION

Probud Month on the Sunshine Coast

October is Probud Month. The Sunshine Coast Probud Clubs decided this was a great time to promote Probud and its underlying aim of well being for seniors by having Fun, Friendship and Fellowship. We did this by having a Probud stand at an Over 55 Age Well Expo at the Nambour Showgrounds on 13th October. The stand was manned by a roster of local Probudians. We had maps and details of the location and meeting dates and times of all the Probud Clubs on the sunshine Coast and had forms for any interested prospective members to provide their details for contact by the various clubs. It was a lot of fun, not much work, and we may have gained a few new members for Probud.

We found people were very interested in what we had on display.

NOOSA 2010

This was for us a very special time – we enjoyed ourselves and learned a lot

October has been a busy time for many clubs celebrating Probud Day and Probud Month.

Several members of our Club attended the special Sunshine Coast Probud Day hosted by Kawana Waters, earlier in the month, even though we had decided to hold a BBQ and Picnic event as well on the 26th October, beside the Noosa River as our way of celebrating this time of year. Despite this being a very entertaining day, there was a serious side to it: we all came away feeling we had learnt a lot by being able to mix with members from other clubs. Thanks, Kawana for organising.

Despite the threats of severe thunder storms on this our Club day, preparations went ahead, and members came dressed in blue and gold. Our new pull-up banner was on display advertising this as a Probud event, sponsored by Noosa 2010. This came about thanks to information we learnt at the Kawana event. Before lunch, we played some games which was a lot of fun. It was then time then to start the BBQ and lunch. A number of the public stopped to compliment us and enquire about Probud. That made it even more worthwhile.



People were interested in learning more about our Club and Probud in general.

We're proud of our Club and its colours.



Now that's a nice follow-through!



What a Probus Day Cake should look like.

PELICAN WATERS

Probus Day on the Sunshine Coast

A special joint celebration for all Probus Clubs on the Sunshine Coast was held as a luncheon at the Kawana Surf Club on 5th October, hosted by Pelican Waters. There were seventy-two Probians from twelve separate Probus clubs in attendance. Probians were issued with a lanyard depicting a famous character on arrival. Their challenge was to find the partner of that famous character such as Superman and Lois Lane, and then sit with them at lunch and exchange stories about themselves and their club. This got them out of their comfort zone and mixing well with other Probians. We cut a special Probus cake for dessert.

A great day was had by all with much laughter and enjoyment.



Alexandra Headlands came in full force – Bob, Des, Kae, Jan, Lorraine, Chis and Cheryl – all out to enjoy themselves!



Let's join forces to solve this puzzle.



NAMBOUR PROBUS 90

Probus Day in the Park

Our Club observed Probus Day with a gathering of sixty-three members and affiliates in the Park at the Wappa Dam for a BYO morning tea, and a club provided sausage sizzle for lunch.

Members arrived from 9.30am onwards keen to catch up for an enjoyable morning of fun and lively chatter. By lunchtime, our intrepid chefs had a feast of sausages, onions, bread and sauces ready to feed the masses.

Earlier in the month, members joined with other Sunshine Coast Probus Clubs for a combined lunch at Kawana Waters Surf Club. Another great exercise in friendship and fellowship.

Bill MacKenzie



Despite drizzling rain and foggy conditions, the intrepid folk from Nambour 90 arrived on schedule attired in wet weather gear for a walk in Mary Cairncross Park. Over morning tea, we met with the six volunteer guides, who split us into groups to take us through the fifty-five hectare Cairncross Reserve. As we toured this magnificent reserve, we learned that the area houses a diverse range of plant, bird, mammal, and butterfly species. The weather cleared, appetites were stimulated by the fresh air and a hearty lunch and great fellowship was enjoyed at the cafeteria. It was acclaimed as a great way to celebrate Probus Day – active and in the open-air

Bill MacKenzie



Brisbane City Council lit the Victoria Bridge (above) and the Story Bridge (below) in blue & gold lights on 27th October

