



**PROBUS CLUB  
OF  
KAWANA  
WATERS**



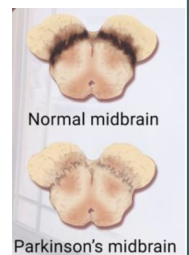
# Newsletter May 2018

“Parkinson’s disease is a disorder of the nervous system. There is not much known about it and in layman’s term it is a chronic, degenerative disease of the brain. The cause is unknown and there is no cure at the present time.” This was the opening statement by member Graeme Love when he was the Guest Speaker at the April meeting. Most people think it is a rare disease but it is more common than breast and prostate cancer. Over 80, 000 people in Australia suffer with the disease.



Parkinson’s Queensland supports patients, carers, families, etc. and rely on funds from the public. They have no Glenn McGrath to create a major vocal point for fund-raising. As more is learned about the disease and more people are diagnosed with it, the costs of supporting those affected, grows. The symptoms vary widely so it has been very difficult to diagnose. In some cases patients have suffered for many years with treatments for a wide range of perceived illnesses until – if they are lucky – they come in touch with a practitioner with a wide experience in brain diseases.

Parkinson’s is not a killer. The body shuts down very gradually in some cases and the patient dies of pneumonia or such. It results from damage to the nerve cells in a region of the brain that produces Dopamine, a chemical that is vital for the smooth control of muscles and movement. Not unlike the oil in a vehicle.



The main symptoms of Parkinson’s are:

- tremor or shaking, which usually begins in one arm or hand
- muscle rigidity or stiffness
- slowing of movement
- stooped posture
- balance problems.

Graeme mentioned he had a friend who was diagnosed with Rheumatoid Arthritis and was treated for a long period for this – with no change but a slow deterioration – before being correctly diagnosed.

Treatment currently is with a combination of the following:

- medicines to increase or substitute for dopamine
- a healthy diet with regular exercise
- modifications to the physical environment at home and work
- brain surgery.

Currently there are 20% new cases in the 30-60 age group and 10-15% increase in the teens each year. These statistics lead to an increase in questions along the lines: should they have children, etc. When a sufferer is considered “Pub Drunk” life for the person, their family and work mates is very difficult.

Theories such as genetic, electro-magnetism (from power lines), environment have all been disproved to be a causative factor.

Early intervention with medication slows the progression.

The following well known people have suffered or do suffer from Parkinson’s: MJ Fox (after suffering for 20 years, has undergone surgery on his spine and hopes to be back at golf in the summer!); Robin Williams, Mohamed Ali; Johnny Cash; Billy Graham; Linda Ronstadt – diagnosed 2012; Donald Chip; Sir Zelman Cowan and recently Neil Diamond.

**A \$15 donation to Parkinson’s Qld. Will get a copy of “Tall Tales and True” by Ian Cutler.**

Illustration: Mayo Clinic.

**MEETINGS** are held on the 2<sup>nd</sup> Tuesday monthly (except December) at the Lake Kawana Community Centre, Sportsman’s Parade, Bokarina, commencing at 10am. **APOLOGIES** for non-attendance should be notified to Registrar **Jan Rowe** 5491 9287 or Email: **cats4ever7@bigpond.com** before the day of the meeting to assist with catering.

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**PROBUS CLUB OF KAWANA WATERS, INC**

P.O. Box 398, Buddina, Qld 4575

[www.probuskawanawaters.com](http://www.probuskawanawaters.com)

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Newsletter Editor:

Anna Firmin : [ammf42@gmail.com](mailto:ammf42@gmail.com)

0427 611174

**Welfare & Support**

**Lorraine Gladigau**  
54 93 24 54

Any members who are ailing or needing support please ensure that **Lorraine** knows about it so that the Club is able to provide whatever assistance it can.

*Best wishes for a speedy recovery to those who are not well or maybe just down in the dumps.*

**Birthdays in May**

Joe Leaman	Robyn Clair
Phylis Gerhardt	Paul Cockshaw
Gordon Latimer	Margaret Mair
Pat Blakeman	Laurel Beaumont
Sue Goodman	John Reardon



**Treasurer's Report at the April General Meeting**

Opening Balance:	\$4716.53
Income:	\$1733.84
Expenditure:	\$1650.39
Balance at Bank: 31.03.18	\$4799.98

**Internet Banking details:**

**BSB: 638 070      A/c: 8576386**  
**Ref: Your name and event.**

**From the President's Desk**

As Dorothy is back from her surgery I hope to be back in full flight very soon.

Firstly, many thanks from Dorothy and I to those members who have rung us, phoned us, offered help and assistance and sent their best wishes and get well cards during what has been a very worrying time.

A particular thank you for the beautiful flowers that were received at the Hospital, from the Members of the Probus Club of Kawana Waters, which I understand were organised by Julie and Lorraine.

Secondly, my thanks to our Senior VP, Mike who has stepped in and has proven to be a very competent and professional performer. Many thanks Mike.

Your Committee have not been idle; membership numbers had slipped back a little but we will have two new Members inducted at our next business meeting and a further three new Members at our June meeting.

Let's all have more Fun, Friendship, (Food?) and Fellowship in the year ahead. **Allan Taylor**



**Personal Profile: Ruth McDonald**

Ruth was born in Switzerland, near the Austrian border. After her mother's divorce she decided to join her sister in Sydney. They arrived 14th March 1950 and school was at Double Bay public school. The sea air did not suit her mother so they moved to the Bowral district. Living on a farm Ruth learned to milk cows, make butter, etc. At school she also learned book keeping, typing, cooking and sewing. All proved to be essential to her life which included nursing at 8 pounds a week (4 of which went to board!)

With husband, Graham, they moved to Wollongong (for football); a job in the mines and the local hospital—Admin. From here to hospitality—hotels—for 15 years of hard work, mixing with the racing fraternity, owning race horses etc. Interest rates were 18%!! The advantage was no cooking for years!

In 1988 they moved to Bribie but the sandflies drove them away! Then 14 years of Real Estate in Burpengary. Ruth was involved with the Progress Assoc. including starting the Christmas Fun Day—now a huge Spectacular! After 29 years it was time to downsize and move. Now on the Sunshine Coast she and Graham volunteer in various associations.

We look forward to having Ruth involved in the Club.

Thank you, Ruth.

**PAQ Web Site: enter the web site at [www.paqnetwork.com.au](http://www.paqnetwork.com.au)**

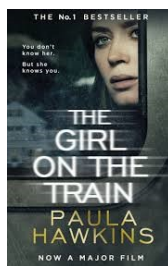
**Secretary: [mail@paqnetwork.com.au](mailto:mail@paqnetwork.com.au)**

**President: [president@paqnetwork.com.au](mailto:president@paqnetwork.com.au)**

**Activities and Interest Groups**

**Book Club: Ann Beaufoy**

Our book for April was "the Girl on the train" by Paula Hawkins. This psychological thriller was a world-wide best seller and was made into a film. It proved to be a captivating read and was rated highly by most members of the group. The story is told through three narrators all of whom are flawed unlikable characters. Rachel, the main character is deeply troubled and an alcoholic whose efforts to help cause more damage than good. The plot of the book is clever as it keeps the reader in suspense until almost the end.



Thanks to Jenny for this report.

**Armchair Travel Anna Firmin Jeff and Wendy Gunns:**

**Senior Gap Year in the South of France.**

It is always interesting to have visiting speakers present to our group. They give us a different perspective on travel and this talk was a great example.

It seems, a number of Probians are interested in or dreaming of dropping out, going overseas to live for a while – not just visit a place for a few days. We had the largest membership turn up on Friday!



Jeff and Wendy used [houseswap.com](http://houseswap.com) for their six month stay in Albi, a small town in the Lot area in France. Their

base was a very simple home with all the necessary equipment including a very efficient central heating system – they arrived into the area at the start of winter. The first part of their talk was about the immediate area and the many and varied drives they took. It was amazing just what they found within a 50km drive. Wendy did the driving and Jeff the navigating. The presentation was by way of a very professional PowerPoint with great music running in the background.

Albi is on the Tarn River in southern France. Dominating the skyline is the 13<sup>th</sup> Century, red-brick Sainte-Cecile Cathedral. It is here that they heard the famous organ, said to be in the top three in France, being played.



Most of the touring was done on the D roads as Jeff and Wendy found these presented a very much more interesting view of the district. It was by way of

these roads they came across Saint-Cirq-Lapopie. A beautifully preserved medieval village which hugs the rocky wall 100 metres above the river Lot. This village is a listed site and home to many artists, poets, markets, cafes and restaurants.



The second part of their talk centred on the Festivals and events which took place in the area during their six-month stay. Albi had a festival of the usual colourful, joyous style. One stood out which was at Castres. The theme was Grace, Dignity



and Silence! All the costumes – and they were exquisite – had to be handmade!. And all was quiet!

I have been unable to contact Jeff and Wendy – they have gone to China! So I am hoping this has done justice to their very interesting presentation.



**DIRECTORY**

**President:** Allan Taylor  
5493 2738 0404 666 081

**Secretary:** Julie Knight  
5452 6558 0421 637 682

**Treasurer:** Brian Knight  
5452 6558 0414 538 560

**Registrar:** Jan Rowe  
5491 9287 0450 717 447

**Welfare:** Lorraine Gladigau  
5493 2454

**Facilities Officer:**  
Ray Moore 0427 091 600

**Assistant Facilities Officer:**  
Graeme Love 0409 087 157

**INTEREST GROUPS**

**Armchair Travel:**  
Anna Firmin 0427 611 174

**Book Club:** Ann Beaufoy  
5491 8674 0423 210 209

**Bridge Club:**  
Fran Moore 0427 091 600

**Dining:**  
Fran Moore 0427 091 600  
Lorraine Gladigau 5493 2454

**Guest Speakers:**  
Peter and Di Huthnance  
0400 756 773

**Local Theatre:**  
Diana Armstrong 5444 5047

**Mahjong:** Jenny Nelson  
5437 9076 0400 151 933

**Morning Tea:** Margaret Mair  
5390 9659 0421 023 032

**Newsletter & Media**  
Anna Firmin 0427 611 174

**Picnics:** Trev & Carmen Teys  
0438 305 489

**Trips:** Wendy Tame  
5445 6757 0409 625 150

**Ukulele:** Trevor Teys  
0438 305 489

**Walking:** Allan Taylor  
5493 2738 0404 666 081

**PAQ Web Site: enter the web site at [www.paqnetwork.com.au](http://www.paqnetwork.com.au)**

**Secretary: [mail@paqnetwork.com.au](mailto:mail@paqnetwork.com.au)**

**President: [president@paqnetwork.com.au](mailto:president@paqnetwork.com.au)**

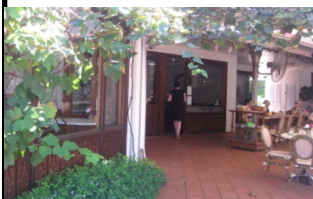
**Morning Tea:**

**Margaret Mair**

**Morning Tea Venue: May 17th 10a.m.**  
Sunny's at Moffat,  
10 Seaview Terrace, Moffat Beach



**June 21st 10am**  
**Funky Frog Cafe**  
2 Main Street,  
Buderim



Members at Dutchy's Bakehouse in April.

**Dining**

**Fran Moore & Lorraine Gladigau**



**Wednesday, 2nd May, 6.00 pm.**  
**All'Antica Licensed Italian Restaurant.**  
3/115 Point Cartwright Drive, Buddina.

Cost: \$55.00 per couple seated together—You will need to arrange this yourselves prior to Dining night.

**Menu:** 2 Course Special—\$55 includes choice of Breads and Mains or Mains and Dessert, plus a bottle of Red or White wine per couple.

**OR**

Select from the Menu (wine not included) and cost as per selection.

**Cancellation: 24 hours notice of cancellation is required**

**Local Theatre**

**Diana Armstrong**

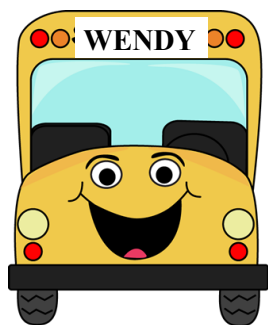


**Friday, 20th July, commencing at 7.30p.m.**  
**Tickets are \$26 each.**

This is a very funny show and those of you who know the story will thoroughly enjoy it ..... Those of you who do not know the story will have a few great laughs!

Diana has a limited number of tickets so please put your names down ASAP.

**Wendy Tame's Famous Trip**



Thursday May 24th  
Pick up The Groves 7:30am Caloundra 8:00am  
No Mystery this time!  
Berghofer Medical Research Institute  
Lunch at Kedron Wavell RSL  
Visit to the Taoist Temple  
Cost: \$50. Payment due at the May meeting.

**Closed in shoes essential for this trip. No thongs or sandals**

**IMPORTANT NOTICE TO ALL**

**Please note that all members should sign their name when attending any activity. This is to make sure they are covered by insurance.**

**Julie Knight**

May			
Tuesday 1	<b>Ukulele: Audrey &amp; Leigh Wynne's home.</b>	<b>9.00am</b>	Trevor Teys
Wednesday 2	<b>Dining: All'Antica Italian Restaurant.</b> 3/115 Pt. Cartwright Dr. Buddina. (See Advert.)	<b>6.00pm</b>	Fran Moore
Monday 7	<b>Mahjong: Kawana Bowls Club</b>	<b>9.30am</b>	Jenny Nelson
Tuesday 8	<b>General Meeting:L2 Lake Kawana Community Centre</b> <b>Guest Speaker: Jamie Dunn with Agro</b>	<b>10.00am</b>	Jan Rowe Peter & Di Huthnance
Friday 11	<b>Armchair Travel: Nathan Taiaroa: Tanzania/Killimanjaro</b>	<b>9.15am</b>	Anna Firmin
Thursday 17	<b>Morning Tea: Sunny's at Moffat, 10 Seaview Terr. Moffat</b>	<b>10.00am</b>	Margaret Mair
Monday 21	<b>Mahjong: Kawana Bowls Club</b>	<b>9.30am</b>	Jenny Nelson
Tuesday 22	<b>Ukulele: Audrey &amp; Leigh Wynne's home.</b> <b>Picnic: Mooloolaba Spit, Parkyn Prd. M'loo</b>	<b>9.00am</b> <b>12 noon</b>	Trevor Teys Trev. & Carmen
Thursday 24	<b>Bus Trip: (See Advert) Groves 7.30am Caloundra 8.00am</b>		Wendy Tame
Monday 28	<b>Book Club: Meeting Room #1, Kawana Library, Nanyima St. Buddina</b>	<b>9.30am</b>	Ann Beaufoy
Wednesday 30	<b>Management Committee Meeting</b>		Allan Taylor
June			
Monday 4	<b>Mahjong: Kawana Bowls Club</b>	<b>9.30am</b>	Jenny Nelson
Tuesday 5	<b>Ukulele: Audrey &amp; Leigh Wynne's home.</b>	<b>9.00am</b>	Trevor Teys
Wednesday 6	<b>Dining: The Curry Bowl, 115 Pt. Cartwright Dr. Buddina.</b>	<b>6.00pm</b>	Fran Moore
Friday 8	<b>Armchair Travel: Ann Wood "In the Path of the Mayans"</b>	<b>9.15am</b>	Anna Firmin
Tuesday 12	<b>General Meeting:L2 Lake Kawana Community Centre</b> <b>Guest Speaker: Geoff Smith: Queensland Air Museum</b>	<b>10.00am</b>	Jan Rowe Peter & Di Huthnance
Monday 18	<b>Mahjong: Kawana Bowls Club</b>	<b>9.30am</b>	Jenny Nelson
Thursday 21	<b>Morning Tea: Funky Frog Café, 2 Main St. Buderim</b>	<b>10.00am</b>	Margaret Mair
Monday 25	<b>Book Club: Meeting Room #1, Kawana Library, Nanyima St. Buddina</b>	<b>9.30am</b>	Joe & Margaret Leaman Hosts
Tuesday 26	<b>Ukulele: Audrey &amp; Leigh Wynne's home.</b> <b>9.00am Picnic: Crumunda Park, Coongarra Esp. Wurtulla</b>	<b>12 noon</b>	Trevor Teys Trev. & Carmen
Wednesday 27	<b>Management Committee Meeting</b>		Allan Taylor
<b><u>CHANGES TO LISTS</u></b>	<b>Michael Matthews: Delete landline, use only mobile.</b>		

**An important message from the Management Committee to all Convenors:  
Please ensure you have a book suitable to use as an attendance book.  
Ensure that members attending your activity are duly signed in to each event.**



THE SUGGESTION BOX  
Any questions, ideas or suggestions..... This box is near the Registration table at each meeting.

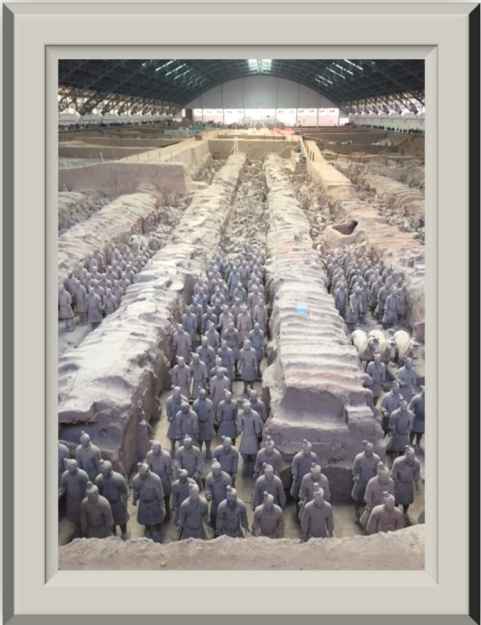
Fellowship in Action. - Somewhere.



The picnic at Brightwater Park on April 24 was well attended.

Thanks to Leigh for the photo.

Remember: I cannot attend all events soooooo if the convenor wants advertising for their event, I need photos!!



OK! So it's not local, nor a Club event but our members do get out and about !

Thank you Lyn and Sue for these photos from your trip to China. We look forward to hear all about it at one of our Armchair Travel meetings?

The terracotta warriors at Xian. Always a WOW factor!

