

# NEWSLETTER

## TEWANTIN NOOSA PROBUS CLUB



### PRESIDENT'S MESSAGE FOR FEBRUARY 2026

Hi Everyone,

Welcome to another year of happy outcomes in our monthly Newsletter. This year promises to be one of change and growth. Already we are starting off with a new member known to many as Chris' Partner, Robin. We enjoyed his life tales at his Induction on 27 Jan. Our flock is set to enlarge with Sally,

Val and Pam soon to be inducted. We reach out to the Noosa Probus 2010 Club which is sadly folding at their AGM and offer a taste of Tewantin Club hospitality, for up to 6 members, at our 24 Feb meeting at the RSL, 10 am. \$6pp. includes morning tea and speaker, Gabrielle Reilly, Ambassador of Mercy Ships. Her stories of suffering saved by amazing medics will be enthralling.

We wave farewell to our excellent Speaker- Seeker Mary, who is moving to Buderim, having arranged speakers for months in advance, a Godsend. Thank you, Mary. Our VP, Joan has moved to Rosemount but will still be able to help us online and in a Mentorship role. Madame VP Joan, with her skill and fervour, as Functions Co Ordinator, has created numerous fabulous functions marked by their attention to detail, with venue checks, bookings, payments, publicity and reminders, all of which is patiently planned months in advance for our enjoyment. This not only includes lunches but also outings and Getaways. Think about that for a moment! We all admire Joan's ability to see potential in our ranks to help form Committees from wobbly- kneed novices (yes, me!) to give us the impetus to learn to fly with a soft landing.

#### **This is where I shout HELP. How do we fill those shoes? We Need YOU.**

How good is it to have support as we learn new tasks. Considering the jobs that Joan would like to jettison perhaps we could start a buddy system as Dorothy and Robyn are doing with the Health and Welfare role. If one is not available there is always backup. Lyn has taken the initiative to assist Joan, in recent years, by running the Monthly Morning tea gatherings and the Theatre outings with lunch at Izzy Chai restaurant. Our super Secretary, Barbara, previously assisted Joan, learning much about the Probus protocols.

Chris H. has undertaken the roles of Membership and Website management for some years, including Probus PSPL, following her roles as President, VP, and Guru of all things Probus. It would be not only sensible but a blessing for her to have an apprentice with computer skills willing to learn Excel.

This is the Chinese Year of the Fire Horse. Not the willing Horse nor the over laden one. CHANGE must happen! We MUST take our Share of the load and enjoy the Fun, Friendship and Fellowship which comes with the jobs. Helping each other boosts our Feel-Good Hormones. Good for the complexion. Good for Morale. Keeps us mentally active and useful. Hurrah!

March 24 will be our AGM. This is when we select our Management Committee and farewell those retiring. Our \$45 Membership Fees become due at that time.

We send our caring thoughts to those not well and recovering gently. We miss you. How lucky are we to have chosen life in Noosa shire.

Happy Days, Joy.

## Weekly and Bi Weekly Happenings

**Tuesdays and Thursdays**

**Walks by the River** followed by morning tea/coffee.  
Meet near the Yacht Club at 8.00 a.m. from now until the end of summer.  
Walk at your own pace. If you don't feel like walking, you are welcome to join the group for morning tea and a chat  
Co-ordinators: Rhoda 0429 997 651 & Pam 0400 798 730

**Fridays**

**Mah-Jong** for experienced players at 24 Talara Court, Tewantin. Co-ordinator: Kathleen 0432 692 381  
**9.30 to 12.30** \$3 includes morning tea/coffee/protein bars/biscuits.

**Wednesdays**  
**1.00 to 3.30**

**Mah-jong and Rummikub.** Beginners are welcome. Free Lessons available. All equipment supplied.

Mah-Jong and Rummikub games are currently seeking a new venue and new co-ordinator. In the meantime, please phone Joy 0408 450 874.

## Monthly Happenings

**2<sup>nd</sup> Tuesdays**

**Movie Mornings**

Co-ordinators: June 0413 002 647 and Brenda 0406 639 274.



**4<sup>th</sup> Tuesdays**  
**10 for 10.30**

**Probus General Meetings** at the RSL, Tewantin  
\$6.00 covers morning tea, room hire, insurance etc.  
Most members stay on for lunch in Flame Bistro.  
Seniors Meals from \$15.50.

 **Bendigo Bank**



Our Club gratefully acknowledges the generous support of the Bendigo Bank and the Cooroy RSL

## **FEBRUARY 2026 HAPPENINGS**

**As approved by the Management Committee via emails. All venues have been vetted for suitability, cost and safety. Carpooling available to all venues.**

<b>Sunday 1<sup>st</sup> 12 o'clock</b>  <b>Bookings essential</b>	Our first lunch of the New Year will be at Barefoot Bar and Grill, 269 Gympie Terrace, Noosaville. Owner/Chef, Dave never disappoints with his Mediterranean style meals, many less than \$30. Joan 0419 670 771.
<b>Thursday 5<sup>th</sup> 9.30 a.m.</b>	Grenny's Restaurant, 197 Gympie Terrace has been selected for our first coffee morning of the New Year. Full breakfasts or coffee and raisin toast or a croissant. Lyn 0409 006 769.
<b>Sunday 8<sup>th</sup> 12 o'clock</b>	Lunch at The Villa Noosa, 19 Mary Street, Noosaville, next door to Dan Murphy's. Easy parking. Extensive menu with prices to suit everyone. Joan 0419 670 771.
<b>Tuesday 10<sup>th</sup> Time TBA</b>	Movie Morning. Movies and session times will be advised one week prior. June 0413 002 647 or Brenda 0406 639 274.
<b>Saturday 14<sup>th</sup> 12 o'clock</b>  <b>Bookings essential</b>	Fine Dining at Gusto Restaurant, 257 Gympie Terrace, Noosaville to celebrate Valentine's Day or maybe memories of former Valentine's Days. Gusto's is an all-time favourite with modern Australian cuisine with a Mediterranean twist. Expensive, but worth it. Joan 0419 670 771.
<b>Thursday 19<sup>th</sup> 12 o'clock</b>	Lunar New Year Lunch at Izzy Chai Modern Asian Cuisine in the South Pacific Resort. Delicious food (very mild too hot – your choice) with many meals under \$20. Joan 0419 670 771.
<b>Tuesday 24<sup>th</sup> 10 for 10.30</b>	Probus General Meeting at The Tewantin Noosa RSL. Morning tea starts at 10 o'clock followed by the Guest Speaker at 10.30. A short meeting follows and we adjourn to lunch (optional) in Flame Bistro. Senior Meals Available are \$15.50. Meeting apologies to Judy 0417 349. 682.



## March 2026 HAPPENINGS

As approved by the Management Committee at its meeting on February 3<sup>rd</sup>. Venues have been vetted for suitability, cost and safety. Car-pooling available. If you need a lift, contact Joan on 0419 670 771.

<b>Sunday 1<sup>st</sup> 12 o'clock</b>	Lunch at the Noosa Golf Club, 46 Noosa Road, Tewantin. Extensive menu to suit all tastes. Big serves for under \$30. Joan 0419 670 771.
<b>Thursday 5<sup>th</sup> 9.30 a.m.</b>	Coffee Morning at The Little Boaty on the front deck of Noosa Boathouse, 194 Gympie Terrace. Lots of tasty treats. Lyn 0409 006 769.
<b>Sunday 8<sup>th</sup> 12 o'clock</b>	Lunch at Zachary's 271 Gympie Terrace, Noosaville. Lots of delicious Pizzas and Pasta for under \$30. Joan 0419 670 771.
<b>Tuesday 10<sup>th</sup> TBA</b>	Movie Morning at the Noosa 5 Cinemas. Movies to be advised one week prior. June 0413 002 647 or Brenda 0406 639 274.
<b>Thursday 12<sup>th</sup> 12 O'clock</b>	Lunch at Alfresco Garden Café, 1381 Eumundi Noosa Road, Eumundi. New all-day menu with Mediterranean inspired dishes under \$30. No BYO. Joan 0419 670 771.
<b>Saturday 21<sup>st</sup> 12.15 2 o'clock</b>	Lunch at Izzy Chai in the South Pacific Resort Everyone welcome. Lunch specials under \$20. Matinee of "Steel Magnolias" at the Noosa Arts Theatre. Lyn 0409 006 769.
<b>Tuesday 24<sup>th</sup> 10 for 10.30</b>	Probus Meetings at Tewantin Noosa RSL. Morning tea at 10 o'clock, then a short general meeting followed by the AGM. Optional lunch in Flame Bistro. Senior's meals \$15.50. Meeting apologies to Judy 0417 349 682.
<b>Saturday 28<sup>th</sup> 12 o'clock</b>	Lunch at Nguyen Bros Vietnamese Restaurant, 3 Hilton Terrace, Tewantin. Lots of tasty dishes for under \$25. Joan 0419 670 771.

## THEATRE REPORT

### Noosa Arts Theatre - 2026 Programme

**21st March** - Steel Magnolias

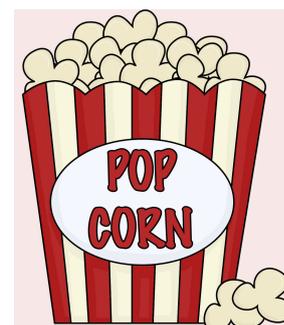
**18th April** - Shorts on Stage

**23rd May** - Vanya and Sonia and Masha and Spike

**11th July** - One Act Play Festival

**12th Sept** - Charlie Brown, the Musical

**21st Nov** - Witness for the Prosecution (Agatha Christie)



All theatre bookings are for 2pm Matinees (Saturdays)

A discounted price for bookings of ten or more may be available.  
Early payment is recommended.

Lunch, prior to performances is booked for Probus members at "Izzy Chai". The restaurant is not only for the movie goers, all are welcome, approximately 12.15pm. Co-ordinator: Lyn 0409 006 769

A big welcome to our new member Rob.

### GRIFFITH UNIVERSITY SURVEY



7:48 pm Fri 23 Jan



**GRIFFITH UNIVERSITY**  
QUEENSLAND AUSTRALIA



**Shape the Future: Help Us Design a Mindfulness Intervention!**

Are you aged over 60 and have noticed decline in your thinking and memory? Would you like to help design a mindfulness intervention?



**What does the study involve?**  
We are creating a new mindfulness intervention for people aged over 60 who have noticed decline in their thinking and memory, or been informed by a health professional that they have memory or cognitive difficulties. We are looking for assistance from you to share your ideas through an online survey about the content and length of the mindfulness program, and potential modifications for it.

**This study is a part of a PhD project at Griffith University**  
GU ref no: 2025/916

**Interested?**  
Email us: [ranil.acharige@griffithuni.edu.au](mailto:ranil.acharige@griffithuni.edu.au) or  
Phone or text: 044 900 6363  
We will send you the link

Scan here the QR Code  
(Open your phone camera and click on the link shown)



or  
If you are reading on a computer or mobile screen, click this link :- <https://www151.griffith.edu.au/redcap/surveys/?s=WH37EKHDY77MKPYZ>

Photo credit to "meditation" by sashameel is marked with CC0 1.0

Photo credit to "meditation" by sashameel is marked with CC0 1.0



## BIRTHDAYS

### January

Kathleen

June

David S.

Jean

### February

Dolly

Rhoda

Carol

Tim

Joan P.

### RECIPE

#### **Mashed Sweet Potatoes**

- 500g sweet potatoes, peeled and chopped
- 1 1/2 tbs. maple syrup
- 1/4 tsp. ground ginger
- 1/4 tsp. ground cinnamon

#### Method

Put sweet potatoes in a microwave safe dish, on high for approximately 5 minutes. Drain, mash with syrup and spices.



Our Club gratefully acknowledges the generous support of the Bendigo Bank and the Cooroy RSL

# CALENDAR EVENTS

CALENDAR OF EVENTS				FEBRUARY 2026		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
12.00pm Lunch Barefoot Bar and Grill 269 Gympie Terrace		8.00am Walks by the River 10.00am Committee Meeting		8.00am Walks by the River 9.30am Coffee Morning Grenny's Restaurant 197 Gympie Terrace	9.30am Mah-jong	
8	9	10	11	12	13	14
12.00pm Lunch The Villa Noosa 19 Mary Street		8.00am Walks by the River Movie Morning	1.00pm Mah-jong & Rummikb	8.00am Walks by the River	9.30am Mah-jong	12.00pm Lunch Gusto Restaurant 257 Gympie Terrace
15	16	17	18	19	20	21
		8.00am Walks by the River	1.00pm Mah-jong & Rummikb	8.00am Walks by the River 12.00pm Lunar New Year Lunch Izzy Chai South Pacific Resort	9.30am Mah-jong	
22	23	24	25	26	27	28
		8.00am Walks by the River 10.00 for 10.30am General Meeting	1.00pm Mah-jong & Rummikb	8.00am Walks by the River	9.30am Mah-jong	

CALENDAR OF EVENTS				MARCH 2026		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
12.00pm Lunch Noosa Golf Club		8.00am Walks by the River 10.00am Committee Meeting	1.00pm Mah-jong & Rummikub	8.00am Walks by the River 9.30am Coffee Morning Little Boaty Noosa Boathouse 194 Gympie Terrace	9.30am Mah-jong	
8	9	10	11	12	13	14
12.00pm Lunch Zachary's 271 Gympie Terrace		8.00am Walks by the River Movie Morning	1.00pm Mah-jong & Rummikub	8.00am Walks by the River 12.00pm Lunch Alfresco Garden Café 1381 Eumundi Noosa Road	9.30am Mah-jong	
15	16	17	18	19	20	21
		8.00am Walks by the River	1.00pm Mah-jong & Rummikub	8.00am Walks by the River	9.30am Mah-jong	12.15pm Lunch Izzy Chai 2.00pm Theatre Sweet Magnolias
22	23	24	25	26	27	28
		8.00am Walks by the River 10.00 for 10.30am General Meeting 11.00am Annual General Meeting	1.00pm Mah-jong & Rummikub	8.00am Walks by the River	9.30am Mah-jong	12.00pm Lunch Nguyen Bros Vietnamese Rest. 3 Hilton Terrace
29	30	31				
		8.00am Walks by the River				



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