

THE PROSTON  
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TEAROOMS



VOLUME 2, ISSUE 6

OCT/NOV 2018

**IN THIS  
ISSUE:**

- **A spring health check**
- **Golf Club progress**
- **Heritage Assn formed**
- **QCWA upcoming events**

**Lake Boondooma Current Capacity 33.25%**

**In the Rain Gauge**

**At Proston Post Office Sept 43.3mm**

**Yearly Total 388mm**



# Healthy Living Forum

Proston was host to a very successful "Healthy Living Forum" on Saturday 15 September. Approximately 150 people attended the Forum which focussed mainly on understanding and living with diabetes.

The day began with an Opening Ceremony by Proston Scouts and Welcome to Country by Mr Eric Law. Some excellent guest speakers followed including Dr Graham McAllister, Optometrist Malcolm Lee See, Podiatrist Rachel Stone, Ambulance Officer Nolan Jones and diabetes educator Allison Merton.

A cooking demonstration by QCWA Country Kitchens Fiona McKenzie, ably assisted by local QCWA members Judith Marek and Eileen Vos, promoted healthy food choices.

Compere for the day was Tess Huffman, the Darling Downs

Health chronic disease nurse navigator.

Many of those present availed themselves of the healthy lunch choices available for purchase while enjoying Tai Chi, Free Dance and Line Dancing demonstrations.



QCWA Country Kitchens State Program Manager, Fiona McKenzie with the muffins made during the cooking demonstration.



The organising committee for the Healthy Living Forum Eileen Vos, Judith Marek, Kathy Crane, Irene McDonald, Jan Barsby & Del Blanch.

There were many static displays by community groups and other health professionals.

Community Health Nurse Kathy Crane thanked the health information representatives, stallholders and presenters who took part in the event.

Lions Club Secretary Mrs Jan Barsby said "Thank you to our local and surrounding communities for your attendance and support. We have all learned so much more about understanding diabetes".

# Congratulations Kathy!

A special presentation was made to Proston's hard-working Community Health Nurse Kathy Crane, at the conclusion of the recent Healthy Living Forum.

Kathy was presented with the Prof. Ian Frazer Humanitarian Award by Proston Lions Club President Mr Les Blanch. The Award is given for outstanding services to the community in the field of medicine.

Kathy is involved in and leads many community activities including mindfulness meditation, tai chi, Friends of Reinke Scrub, movie nights in the park, the



current photo competition and the Heritage Association to name just a few. A special project which Kathy is leading is the building of a Labyrinth which will commence soon. She was part of the organising committee which brought the very successful "Healthy Living Forum" to Proston.

The Proston community and the wider South Burnett community have been thrilled to see Kathy's commitment, community spirit, enthusiasm and leadership acknowledged with this prestigious Award.

**Congratulations Kathy!**

## Councillor Kathy's Comments



Cr Kathy Duff

### Australia Day Awards Now Open

I was inspired by the generosity of the Mapleton Men's Shed group who came to Proston to help out at the Golf Club. Twelve men worked tirelessly for a week and did an amazing job painting and repairing the facilities. It was fantastic the way others came on board to help and at the 'Volunteers Thank You' evening accolades were given to Irene Edwards for

her role in organising and helping to cook meals for the volunteers. We have some wonderful volunteers in our community and some fantastic community organisations. Now is the time to fill out a nomination form and make sure those individuals and organisations are recognised for their contribution. The nominations close on Friday 9 November and forms are available at Council Offices

or on the Council website.

### Council Listening Tours

The Council Listening Tour is coming to Proston on Tuesday 23 October. It will be in the Proston Town Hall at 5.30pm for a 6.00pm start so please make sure you save the date and come along.

**\* Please contact me at any time if you wish to catch up on Council matters on 0437020705.**

## Golf Club Facelift Begins



Cr Kathy Duff pictured with members of the Mapleton Men's Shed at the 'Volunteer Thank You' BBQ on Saturday evening at the Golf Club.

Great progress is happening at the Proston District Golf Club. The Club has been very fortunate to have the Mapleton Men's Shed volunteering their time and expertise for a week.

The exterior of the building has been repaired and received a fresh coat of paint while the interior has also been painted. A new bar was installed and a beautiful piece of hoop pine now forms the bar top.

Work has also begun on the entrance/gateway to allow easier access for RVs staying at the free camp.

A kitchen renovation is also planned in the coming weeks.

**Great work everyone!!**

### HERITAGE GROUP FORMED

A group of interested community members attended a meeting on 20 September 2018 at the Proston Cultural Centre and formed the Proston and District Heritage Association.

Nick Blanch was elected President, Kathy Crane accepted the position of Secretary and Linda Rea is Treasurer. Membership was set at \$10 per year and is open to all.

The next meeting will be held at the Cultural Centre on Tuesday 13 November commencing at 6.15pm.

## Round Table News

A brief overview of the last Round Table Forum held on Thursday 27 September.

- \* Kathy Crane was congratulated on her Humanitarian Award.
- \* Report on successful Healthy Living Forum.
- \* Formation of Proston & District Heritage Assn.
- \* Kathy Duff reported on the status of the former Anglican Church. Now up for sale and interest being shown. Letter to Bishop Venables tabled

regarding the desire to have the building returned to the community.

- \* Update on Movie Night and Photo Competition.
- \* Re-invent Proston is progressing with meetings being held weekly.
- \* Garin Muirhead spoke on plans for Regatta in the Park 2019—Regatta D'Elegance.
- \* Mapleton Men's Shed assisting with work at Proston Golf Club and Reinke Scrub.
- \* Very positive feedback

shared from Wikicamps re Proston and the Overnight Camp area.

- \* Bowls Club Social 6 October.
- \* Men's Shed providing ice creams and lollies for Lions Christmas Carnival.
- \* Council Listening Tour Tuesday 23 October 5.30pm at Community Hall.
- Next meeting will be held at the Cultural Centre on Thursday 25 October. Men's Shed will be providing a sausage sizzle from 6pm.**



Six members of the Mapleton Men's Shed volunteered a morning in Reinke Scrub to work on a track so that mobility assisted walkers can experience the scrub. Thanks fellas!

## Social Snippets



An enthusiastic group of ladies hard at work on their mosaic creations at a workshop held in Proston on 28 & 29 September.



A good crowd turned out on a lovely spring evening in Railway Park to enjoy the screening of "Red Dog".

The night wouldn't have been possible without the support and cooperation of several locals and clubs. Thanks to Phil Powell for the loan of his truck and Bob & Mary Danson who provided the power for the movie.

Proston Scouts provided yummy popcorn and the P&C cooked hot dogs and a sausage sizzle.

Thanks to Proston Men's Shed for sponsoring the movie and the Murgon PCYC for the loan of the big screen and equipment. It was a great night.



## Melbourne Cup Lunch

QCWA Proston  
Tuesday 6 November  
Proston Community Hall

*\$20 per hd for a 2 course meal*  
*Best dressed Male and Female*  
*Lucky Door Prize*  
*Entertainment*  
*Fashion parade by*  
*NB Inspirations*  
*Multi-Draw Raffle Sweeps*

*Bookings:*  
*Coral Graham 0429 689 558*  
*Judith Marek 4168 9540*

The Proston Regatta in the Park crew are delighted to announce the main beneficiary for the Regatta in the Park 2019 series of events is ...

**PROSTON  
MEN'S SHED**

## Welcome!

A warm welcome to Proston is extended to David and Laine and family, the new proprietors of Proston Country Bus Service. We hope you are settling in and enjoying life in our community.



**MONDAY 15 OCTOBER 2018**  
**INTERNATIONAL RURAL WOMEN'S DAY**

**YOUR'RE INVITED**  
**TO JOIN US AT THE CWA ROOMS IN**  
**RODNEY STREET, PROSTON,**  
**FROM 9.30 UNTIL MID-DAY,**  
**TO HELP US CELEBRATE THIS DAY.**

**GUEST SPEAKER**

**MORNING TEA**

**THIS DAY WILL STILL BE A REGULAR CRAFT**  
**DAY FOR EVERYONE.**

**CONTACT:**

**CORAL GRAHAM (PRES) 0429689558**

**JUDITH MAREK (SEC) PH 41689540**

Proston QCWA and Proston State  
School P & C present a

## SOUTH PACIFIC TRIVIA NIGHT

**PROSTON TOWN HALL**

**SATURDAY 13 OCTOBER**

Doors open at 5.30pm for a  
6.30pm start. Teams of 8.

Cost \$25 per head.

**BAR RAFFLE**

**LUCKY DOOR PRIZE**

Book at the school by  
phoning 4169 4333



## Get to Know a Local!

Bill Gair is our friendly local grocer who runs the Spar Supermarket and serves our needs 7 days a week. Take-aways and newspapers are available too.

Name: **Bill Gair**

Lived in Proston: **13 years**

Nickname: **Billie, Willie and various others**

Occupation: **Grocer**

Favourite Pastime: **Playing Golf and raising Cattle**

Favourite Food: **Italian**

Favourite Music: **Carol King, James Taylor**



*and Led Zeppelin*

Favourite Sport: **Golf**

I can't live without: **My wife and family**

My secret talent is: **Putting (golf)**

Best Quality: **My sense of humour - I laugh at my own jokes!**

Worst Quality: **My poor office practices i.e. bookkeeping**

Proston needs: **A road diversion and a fuel outlet**

What I like most about Proston: **The peace and quiet and the small town hospitality.**

# Dates for your Diary

*Proston QCWA and P&C Trivia Night Saturday 13 October*

*International Rural Women's Day at Proston QCWA Monday 15 October*

*Council Listening Tour Tuesday 23 October 5.30pm Community Hall*

*Hivesville Country Market Sunday 28 October & Sunday 25 November*

*Proston QCWA Melbourne Cup Lunch Tuesday 6 November*

*Remembrance Day Sunday 11 November*

## Church Service Times:

*Catholic 8am Mass every Saturday*

*South Burnett Ministries 9.30am every Sunday*

*Baptist 10am on the 2nd & 4th Sundays, 2pm Bible Study on the 3rd Sunday*

## LOOKING FOR SOMETHING TO DO?

\* *Singing with Sonia at the Old*

*Uniting Church each Thursday*

*evening 6.30pm to 8pm.*

\* *Line Dancing every Monday night in the Proston Community Hall.*

*Beginners 5.30pm, Advanced 6.30pm Cost \$5.*

\* *Meditation each Tuesday evening at the Cultural Centre 5pm to 6pm. Sessions are free.*



## WHAT DOES LIFE IN PROSTON MEAN TO YOU?

Jacaranda Time by Kate Tallar is just one of the beautiful photos entered in the "Livin' the Dream" in Proston Photo Competition.

You can see more photo entries on display in the old Newsagent window in Blake Street.

It's easy to enter—just email your photo of what life in Proston means to you to [livingthedream.proston.photos@gmail.com](mailto:livingthedream.proston.photos@gmail.com). Entries close 20 October.

## Those were the days.....



September in the sixties was always Spring Fair time, which was a major fundraiser for the local Ambulance. The Spring Fair was similar to the Show and even had its own flower show in the pavilion.

Spring Fair Princess entrants were nominated by local businesses and were judged on day wear at the Fair, where they were required to pose on the bonnet of a car while they were driven around the ring at the Showgrounds. They were then judged on evening wear at the Ball that night. Pictured is Miss Sue Buchanan (later Mrs Keith Schulz), Spring Fair Princess entrant circa 1964.



Have you thought about joining and supporting Lions? New member enquiries are always welcome. "One more member gives us two more hands to do service in our community - join us today". Ph Jan on 0438 681 840.



## Open Weaving Workshop

Friday 16 November  
9am for a 9.30am start

Please byo morning tea and lunch.

Create your own basket, dream catcher or bird's nest using cat's claw vine.

Bookings essential. Please phone Kathy on 0407 091 019 for more information.

Read "The Proston Post" online at [www.prostononline.info](http://www.prostononline.info) or "Like" and "Follow" the Proston Connection Facebook page.

If you have an item or photograph that you think may be of interest to your community it can be left at either NB Inspirations or Jacaranda Tearooms or alternatively email it to [glrea6@bigpond.com](mailto:glrea6@bigpond.com) for possible inclusion in the newsletter.