Previous Guest Speakers 2021 - 2026

October 2026 – Brian Stewart, Australia's Greatest Survivors

Brian Stewart is a retired Company Director and Chairman as well as being the former Principal of his own consulting company, Power-Up Consulting. He has extensive experience as a Chief Executive of private corporations and government entities as well as being the chairman or director of a range of for-profit and not-for-profit companies. His most recent roles were as Chairman of Legal Aid Queensland and Director of Brisbane Housing Company Ltd and Gladstone Housing Company Ltd. His interests include gardening, genealogy, history and Australian politics.

In his younger years he served in the Royal Australian Navy as a Midshipman and was subsequently qualified as a Major in the Australian Army Legal Corps Active Reserve, giving some context to his interest in Survival and the stories of Australia's Greatest Survivors, including many Australian Veterans.

Brian is also a former President of PCKG.

Brian spoke to us on Australia's Greatest Heroes. To this he spoke highly of Vice-Admiral William Bligh, Sir Douglas Mawson, Sir Edward "Weary" Dunlop, Chief Petty Officer Ray Parkin, Kay Cottee, Sir Hubert Wilkins, Corporal Leslie "Bull" Allen, Eddie Jaku, Abram Goldberg, and Guta Goldstein along with the Sandakan Six and others. We all wait eagerly to read his upcoming book on the subject. Pictured above our vice-president Allan thanking Brian and Brian between our president Shirley and our speaker officer Kaye.

September 2026 Speaker - Nancy Cloake, QIMR Berghofer

Website: https://www.qimrb.edu.au/

August guest speaker - Chris Grice, CEO National Seniors

Our member, Ewan, thanking Chris Grice for a very informative and entertaining talk about National Seniors and highlighting their Advocacy priorities.

Chris Grice has been with National Seniors Australia (NSA) for nearly 12 years, having held various roles including Chief Operating Officer and General Manager. His extensive experience within the organization has equipped him with a deep understanding of its operations, advocacy work, and the needs of older Australians

As CEO, Chris is responsible for leading NSA's advocacy efforts, media relations, and business operations. His role includes overseeing research, membership, revenue activities, and partnerships. He actively engages with government departments and stakeholders to ensure that the voices of older Australians are heard in discussions about aged care, retirement income, and related issues.

Chris is committed to addressing the challenges faced by older Australians, such as ageism, housing affordability, and access to quality aged care. He emphasizes the importance of collaboration among parliamentarians, governments, and the community to create positive outcomes for older citizens. His mantra, "experience matters," reflects his dedication to changing the narrative around older Australians and highlighting their contributions to society.

July guest speaker - Jacki Huestis, Mercy Ships

Kaye thanking Jacki for her very informative insight into the role Mercy Ships plays in getting health care to our poorer countries. Jacki herself has volunteered her time and expertise as a Nurse, 8 times, each time varying from 2 to 5 months. They have over 2500 annual volunteers from all walks of life.

Since 1978, Mercy Ships have provided hope and healing to some of the world's poorest people. Their VISION is to provide first class medical care and support, and build health capacity in local communities.

Visit their website for additional information: https://mercyships.org.au/

Our June speakers were Karen Crook - Centenary Bridge Upgrade Project

The BMD Constructions and Georgiou Group JV are delivering a second crossing of the Brisbane River at Jindalee, to double the Centenary Motorway's capacity.

The project includes constructing a new three-lane northbound bridge over the Brisbane River, rehabilitation of the existing bridge to three lanes southbound and providing opportunities for improved active transport connections.

This extra capacity will mean greater efficiency and reduced travel-time between Brisbane's CBD and the western suburbs for Centenary Motorway users.

Our May 2026 Guest Speaker was the Honourable Milton Dick

Milton Dick's Facebook post

The Honourable Milton Dick, our May 2026 guest speaker - prepared by Marian and Chris

On Wednesday the 6th of May we were delighted to welcome the Honourable Milton Dick, the speaker of the House of Representatives, as our guest speaker. Milton Dick has served as Speaker of the House of Representatives since July 2022 and represents the Queensland electorate of Oxley in Federal Parliament. Before entering federal politics, he served in local government on Brisbane City Council and worked within the Queensland Labor Party organisation.

Milton gave us great insights into the role of Speaker. The Speaker is responsible for directing and moderating proceedings in the House of Representatives. This includes dictating the order of business and ensuring debate is conducted in a robust but respectful manner. Besides their procedural role, the Speaker is also responsible for managing the day-to-day operations of the Parliament and holds exclusive jurisdiction over its premises. The Speaker also has other important duties including: taking part in important ceremonial events; hosting foreign heads of state; and representing the House of Representatives in dealings with the Governor-General, the Senate and other parliaments.

Milton spoke on the history of the Speaker since Federation. The Speaker dates back to the early history of the House of Commons in the Parliament of the United Kingdom, its use first being recorded in 1377. The first Speaker of the House of Representatives was Sir Frederick Holder from 1901 to 1909. Milton also spoke of the role of women as speaker through history. Only three of the 32 Speakers, to date, have been female: Joan Child (1986-1989), Anna Burke (2008-2010 and 2011-2012), and Bronwyn Bishop (2013-2015).

Milton talked about his time working with former Speaker Tony Smith who influenced him by establishing a high-standard, bipartisan model of fairness and decorum which Milton has sought to emulate.

Milton has shown a strong interest in encouraging young Australians to understand democracy and parliamentary processes. Since becoming Speaker, he has visited over 160 schools around the country and supported mock parliamentary programs designed to help students appreciate how laws are made and how elected representatives serve the public. He has established the **Parliament in Schools Program:** A bi-partisan initiative taking parliamentary education on the road to students who cannot travel to Canberra, covering topics like federation and active citizenship.

On a personal note Milton gave us insights into his family and his background education which set him on the path of hard work and service to the community.

As speaker Milton needs to take a bipartisan role aiming to be fair and consistent to both sides of the house, keeping the parliamentarians accountable and civil no matter which party they are from.

As usual it ended with Question Time! Thankyou Milton for an enlightening and informative talk.

Our May 2026 Guest Speaker was Hugh Hamilton

His topic "Australian Grocery Retailers - Villains or Political Footballs" was an insight into grocery retailers in Australia.

Hugh compared the big two, Coles and Woolworths, to other domestic and international retailers where the profits go overseas.

He talked about the suppliers of these chains and how prices are set and the lead in times to effect price changes and this is one of the causes of size shrinkage – it is easier to shrink the size of the contents rather than increase prices.

Our Guest Speaker for February 2026 - JACK RONEY

Jack Roney is a Queensland crime fiction author and former detective. He draws on 33 years' experience as a police officer to immerse his readers in fast-paced gritty crime thrillers and mysteries. His novel '**The Ghost Train & The Scarlet Moon'** was runner-up in the Hawkeye Publishing Prize. Book 1 of his Detective Jarrod O'Connor series '**The Angels Wept'** was shortlisted in the Watpad Awards. His upcoming novel '**Black Gully'** was shortlisted in the Plaza Crime Prize (UK) and the Hawkeye Prize. His short stories have been published in various anthologies and magazines. He co-hosts the Genre Fiction Podcast and is studying a Masters in Writing Editing Publishing at University of Queensland.

Jack had a display of his currently published books. Our members listening to Jack's story of his life in the Police force and how he became an author. Our guest speaker officer, Kaye, thanking Jack for his fascinating story with our President, Shirley, looking on, and his latest books to be published shortly showing on the projector screen.

Jack's website is https://www.jackroney.com.au/

3rd November 2025 – Debbie Brittain

Topic: 'Museums as Places for Human Flourishing: Sustaining Wellbeing of People Living With Dementia'.

Debbie Brittain is a Project Officer in the Learning team at the Queensland Art Gallery | Gallery of Modern Art (QAGOMA) in Brisbane and QAGOMA's Art and Dementia Program Lead. Debbie is interested in life-long learning and regularly sees first-hand how the Arts play a contributing factor in enhancing psychosocial wellbeing for all ages and abilities.

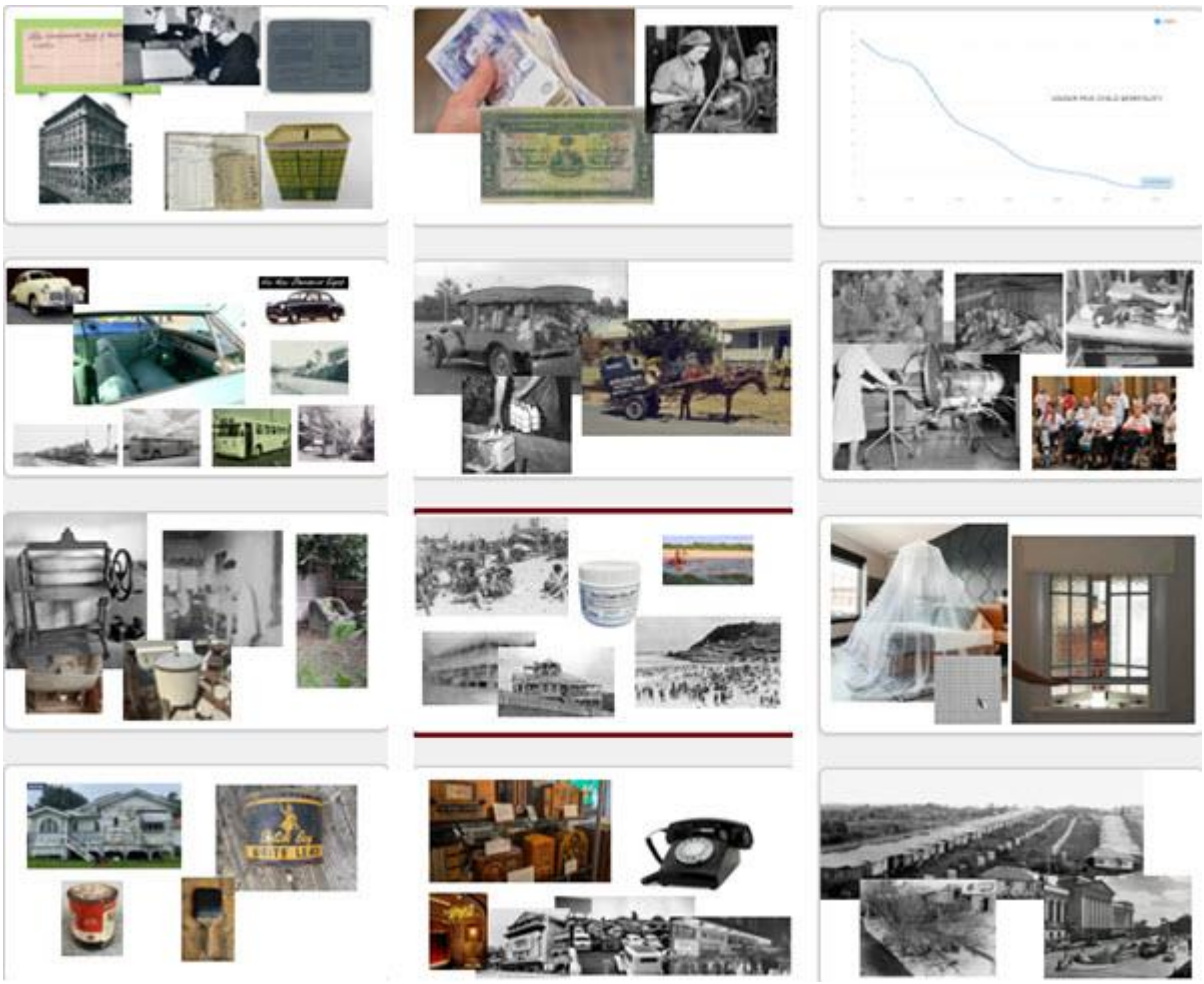
Debbie developed QAGOMA's award-winning Art and Dementia Program more than twelve years ago. The program has gained global recognition as an evidence-based model that intersects contemporary dementia care practice with participatory arts and wellbeing approaches. The program's multi-modal format includes visual, auditory and tactile elements to enhance wellbeing within the therapeutic gallery setting.

Since completing a Bachelor of Dementia Care at the University of Tasmania, Debbie's interest in non-pharmacological intervention for people with dementia and the role of neuroaesthetics to engage cognitive function have seen the QAGOMA program broaden its scope.

In 2023, Debbie was awarded a prestigious Churchill Fellowship by the Churchill Trust Australia which is independent of her QAGOMA role. Debbie's research project investigated global best practice in museum programming to sustain wellbeing of people with dementia. This topic explores 'museums on prescription' type approaches to complement clinical care.

Debbie travelled to the USA, Canada, Ireland, United Kingdom and Denmark in late 2024 to undertake her Fellowship across 8 weeks, which culminated in a report that has been published and disseminated by the Churchill Fellowship Trust (Australia).

1st October 2025 - Ian Douglas – Good ol' days- nostalgia deep dive



Ian shared his nostalgic reflections of growing up in Brisbane after WWII. To accompany his memories, he shared some interesting archival photos from the time. All very emotionally evocative and this was followed by a roving mic session where members could share their memories of Life in Brisbane and elsewhere.

List of old days memories- Please record how many of these you remember
1. The old days laundry with the copper- a tub where you boiled dirty clothes.
2. Rickets Blue for whiteness.
3. Wooden clothes props for the clothes line.
4. The movies- news reel before the movies, black and white movies. No movie ratings, compared with today's age restrictions 'mature adults' 16-18.
5. Telephones- party lines, phone operators.
6. Home delivery- no pizzas, but milk in glass bottles.
7. Doctor mum- mother's home remedies, Vicks vapor rub, Bonnington's Irish moss, Chemist Roush and his formulas, the Saturday castor oil ritual.
8. Vehicles' running boards'- headlight dip switches on the floor of the car
9. School- bullying, capital punishment and canes for discipline.
10. House maintenance- 'the ice man cometh' (way back)/garbage collectors and there obligatory Christmas present of a dozen tallies of beer, rat catchers with their fox terrier dogs
11. Transport- stream trains and trams to a suburban terminal
12. Brisbane towns- Finneys, McDonnell and East, Allen and Stark
13. Greek cafes with ice cold milkshakes in stainless steel metal containers
14. House calls by GP's
15. Christmas holidays at the dentist- before fluoride

If you remembered 0-5 = you are still young.
If you remembered 5-10 = you are getting old.
If you remembered 10-15 = you're positively ancient!

What memories do you have of these times? The roving microphone will come to you!

1st September 2025 - Queensland Sentencing Advisory Council.

Topic: Judge for Yourself

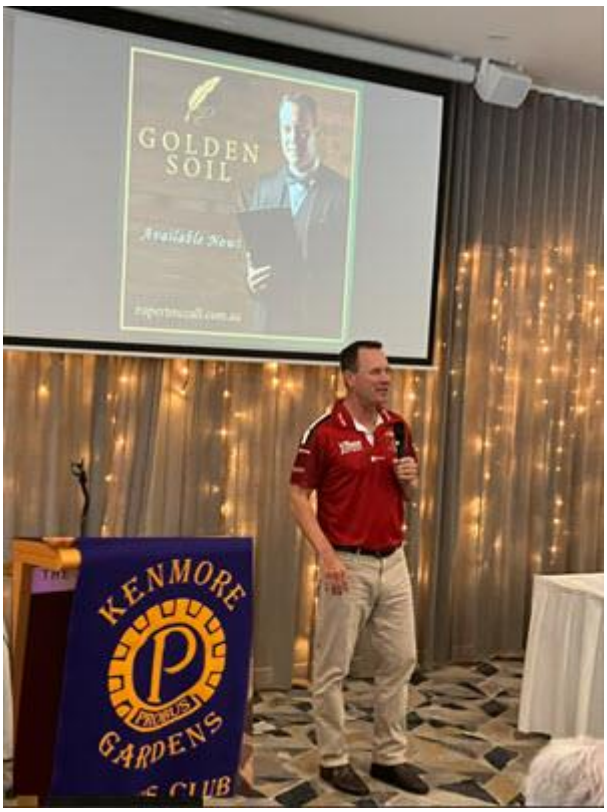
sentencingcouncil.qld.gov.au
facebook.com/qldsac
@qldsac
info@sentencingcouncil.qld.gov.au
(07) 3738 9499

4th August 2025 – Professor Kerrie Mengersen

Topic: "Looking at our World Through a data lens".

Professor Kerrie Mengersen's expertise is in statistical and AI methods, computational algorithms, the modelling of complex systems, big data analytics, Bayesian statistics, responsible data science and translation with impact in health, environment, sport, business and industry. She has recently been appointed Founding Director of the QUT Centre for Data Science, is also the Chair in Statistics and Distinguished Professor, QUT, Department of Statistics as well as an Oxford University Associate Member. Professor Mengersen's many scientific achievements have been recognised world-wide.

7th July 2025 – Rupert McCall



Rupert McCall is an Australian poet of international renown who has presented on stages from Anzac Cove in Gallipoli to Ground Zero in New York.

From Roger Federer & Steve Irwin to Shane Warne & Winx, his tributes to our heroes and special occasions, have become highly sought-after for the indelible mark they have left on audiences everywhere. He is the author of seven

anthologies of verse that have collectively sold over 120 000 copies. In 2013 as part of the Queen's Birthday Honours list, Rupert received a Medal of the Order of Australia (OAM) for his services to the community, particularly as a port.

2nd June 2025 - David Hamilton

David Hamilton has been entertaining audiences nationally and internationally with his unique blend of cabaret puppetry, music, and song for over three decades and is regarded as Australia's leading exponent of marionettes.

His unique ***Solo Marionette Variety Act*** has performed worldwide at major theatres, festivals corporate shows, casinos, and special events to critical acclaim.

This muti-award winning entertainer is recipient of the ***Mobil Quest Singing Competition,*** Australian ***BP Quiet Achiever of the Year Award,*** 3 times voted ***"Queensland Variety Act of the Year"*** before being inducted into the "***Entertainer of the Year Hall of Fame".***

Appointed ***Entertainment Producer*** for the ***Piazza Venue at World Expo 88*** and was responsible for the production of over 1,842 national and international acts for world-renowned special events director Ric Birch also producing and programming computer audio animatronics variety productions for Dreamworld and Seaworld.

He has been guest artist at ***"Out of the Box"*** QPAC, ***Dubai, Singapore, Hong Kong, New Zealand***, "***Brisbane Night of Stars"*** Festivals, "***World Festival of Magic"*** and a ***Royal Command Performance*** in the presence of the Duke and Duchess of Kent.

David's vocal training at the Qld Conservatorium of Music under world–renowned Opera Tenor Sir Donald Smith OBE resulted in performances with Opera Qld and eventually led to the combination of both talents: **Singing** and **Puppetry.**

7th May - David Hansen

Our guest speaker for May was David Hansen, **CEO of Crime Stoppers Qld**. Crime Stoppers Queensland is a registered charity and community volunteer organisation with a vision of a safer community, a safer Queensland, a safer Australia and a purpose to empower the community to provide information anonymously that supports the solving and prevention of crime.

He enlightened us to the fact that Crime Stoppers is a not for profit organization run independently from the QLD Police, but working very closely with police, media and the community to help solve, reduce and prevent crime by collecting information and passing on those details to police and other law enforcement agencies to help keep communities and families safe.

David produced data indicating that the trends for various crimes are on a downward trend since 2000, except for assaults, drug offences, and sexual offences. He advised that youth crime is also on a downward trend; however the number of serious repeat youth offenders is increasing. Crime Stoppers is working on engaging youth in creating a safe place for young people to report what they know.

Website: https://www.crimestoppersqld.com.au Report non-urgent crime and suspicious activity to Crime Stoppers via this site.

7th April – Ms Loan Chow

She is Director of Wills and Estates at YHC Lawyers, and presents sessions about Wills and Estates at retirement villages, for community groups and in partnership with education organisations. Loan will share her insights about: Wills gone wrong - or no Will at all – what happens next? Tips and Traps about Enduring Powers of Attorney, the Importance of Advance Health Directives, How to protect yourself and the people you're meant to be looking after and What Happens When Someone Passes Away.

3rd February 2025 – David Upperdine, Department of Transport and Main Roads

David Upperdine is a Road Safety Officer in the SEQ North Region of the Department of Transport and Main Roads, in Buderim on the Sunshine Coast. The subject of his presentation on Monday, 3rd of February on Road Safety and included: The Fatal Five: Key contributory factors in road crashes and specific considerations for older drivers to enhance safety, Safe Driving Tips, Medical Requirements for Driving, Medical Condition Reporting, Queensland Road Rules: Commonly misunderstood rules, Transition from Driving and Motorised Wheelchairs/Mobility Scooters.

4th November 2024 - Richard Kinnon - Outback Pioneers

Richard Kinnon's bio – https://mailchi.mp/outbackpioneers.com.au/enews-february

Outback Pioneers video - https://vimeo.com/697244683

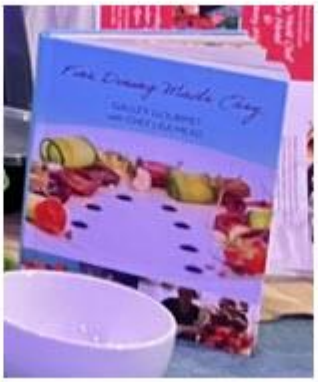
2nd September 2024: Lisa Mead - Life of a Luxury Yacht Chef

Website: https://lisamead.com/

- 3o years cheffing on luxury yachts, in 5 star private estates and restaurants in the Caribbean, Mediterranean, Fiji and Australia for celebrities, Royalty and loads of fascinating people
- Host of tv cooking show - Galley Gourmet With Chef Lisa, filmed on location in the British Virgin Islands for 7 seasons
- Host of popular podcast - Tales from A Luxury Yacht Chef (listed in the top 10% globally) available on all streaming platforms
- Host of a regular radio segment on Radio 92.3FM and 90.9FM in the Caribbean
- Host of Radio Segment "52 Ingredients With Lisa Mead" on Radio 4BC in Australia
- Cookbook Author - Fine Dining Made Easy, Galley Gourmet With Chef Lisa Mead - available on most online bookstores in hard cover or digital
- Public speaker - I have done many public speaking events about the life of a luxury yacht chef and live cooking demonstrations in Australia
- Available for Cooking Workshops and private Chef services in your home
- I am also an exhibiting artist and have my own lifestyle brand - Lisa Mead Designs - available to view on Instagram - Lisa Mead Designs

Contact Details: Email - lisajuicyfruit@yahoo.com.au Phone - 0407779373 (Australia)

The Lisa Mead Mascarpone and Berry Flowers Recipe – submitted by Marian



Chef, Lisa MEAD and assistant, Kaye, demonstrated how to make Lisa's prize winning Mascarpone and Berry Flowers. This recipe and many other gourmet dishes are published in Lisa's book: Fine Dining Made Easy: Galley Gourmet with Chef Lisa Mead available through Amazon.

Recipe abridged from Lisa Mead's cooking demonstration.

Prepare oven tray by spraying with oil or brushing with butter. Preheat oven to 200 degrees.

Prepare filo pastry by cutting into squares – cover with a damp tea towel until ready to use.

Layer filo pastry squares into muffin tray, rotating each square to form a flower. Brush each layer with butter and sprinkle with cinnamon sugar. Bake 8 – 10 minutes. Cool.

Combine a tub of Mascarpone Cream, a dessertspoon of vanilla bean paste, 2 tablespoons of golden syrup in a bowl and mix well. Spoon mixture into cooled flowers, decorate with berries, add a swirl of golden syrup and dust with icing sugar to serve.

5th August - Peter Dunn OAM – Brisbane @ War – Military locations in Brisbane during WWII

Peter Dunn OAM is a retired electrical engineer who worked in the electricity industry in Queensland for 45 years.

He is the Webmaster of the popular "Australia @ War" web site at www.ozatwar.com which contains everything you would want to know about military activities in Australia during WWII. Peter's research has made him realise that very few authors and historians have covered much detail about events that occurred on the home front during WWII. Peter has published 7 E-books on WWII in Australia.

Peter was awarded a Medal of the Order of Australia in January 2020 "for service to community history". Peter is the Secretary of the Aviation Historical Society of Australia (Qld) Inc. which meets monthly at Archerfield Airport.

Peter grew up in Townsville and played in the bunkers and hangars left over from WWII. He went on to join the Air Training Corps and then the RAAF Reserve at Garbutt Airfield in Townsville in the mid to late 1960s. He relocated to Brisbane in January 1970 to continue his engineering degree at the QIT.

1st July 2024 - Dr Christopher Reynolds - Australian History as you've never heard it

Dr Christopher Reynolds, his new Book in hand. Rob thanking Dr Reynolds

Dr. Christopher Reynolds completed his Ph.D. and Masters degrees at Claremont Graduate University, one of America's most prestigious universities, where he was heavily influenced by leading academics, Peter Drucker and Alvin Toffler.

Dr Reynolds has held appointments with both the United States Senate and House of Representatives. As Senior Professional Staff with the US Senate Committee on the Judiciary, he worked under Senators Teddy Kennedy and Mitch McConnell. Dr Reynolds worked on several projects with White House staff receiving a Commendation from President Ronald Reagan for his 'excellent work. He was first listed in the International Who's Who Historical Society in 2006.

Having launched his new Book - **What a Capital Idea - Australia 1770-1901,** with the Hon. Tony Abbott, in Sydney in May, Dr. Reynolds brings an exciting and fresh look at Australian history - with all its wonderful stories, revealing information that will surprise you. Indeed, he lifts the lid off Australian history like never before and confronts the myths and misinformation that the media and academics have come to rely on.

Christopher* is *a charismatic speaker and draws from his global experience and knowledge* to *make him truly exciting* to *hear.

Contact: 0422 467 842 Website: https://drchristopherreynolds.com/

3rd June 2024 – Rick Maher - Tinker, Tailor, Soldier, Dancer

Rick has served in the Australian Army for more than three decades and is also an enthusiastic, yet ungainly, ballet danseur. Up until a few years ago Rick's regular soldiery gig included standing around looking cool as a Combat Aviation Officer. During this time, Rick served in a number of roles that included Regimental Command, operational deployments to East Timor, overseas service to both Singapore and Israel, and an ADF appointment to the Australian Senate. In 2019, whilst otherwise minding his own business, his career made an unexpected turn, and he was posted to Joint Health Command as a research officer. In what Rick describes as a cosmic level act of kismet, Rick's two

worlds of the military, and of dance, collided and he commenced his PhD research at QUT with a focus on designing dance-based quality-of-life enhancements for war veterans with trauma based mental health injuries.

1st May – Bec Redsell – Associate Producer, QPAC

Bec is an Associate Producer in the Curatorial Team at QPAC. Her primary focus is in managing the projects for Digital Stage, QPAC's digital platform aimed at making art accessible to all. But she also works on other live events presented by QPAC such as creative developments of new shows and Friends of QPAC special events.

Bec shared information about Digital Stage and some exciting highlights coming up in QPAC's 2024 program. She was joined by QPAC's Philanthropy Manager, Sara-Jane Dean, who shared information on QPAC's new theatre.

Digital Stage
QPAC's Digital Stage provides a platform for a diverse range of performances, bringing the arts beyond the theatre walls. With an ever-increasing array of content ranging from exclusive recorded performances, behind-the-scenes footage, and educational workshops for students and teachers, there are hours of diverse content available.

QPAC Philanthropy
A common misconception about QPAC is that they are predominantly government funded. Whilst they are very grateful for the support the government provides, it makes up less than 15% of annual revenue. The remainder comes from their commercial stream, including venue hire, production services, food and beverage outlets. QPAC has recently committed to growing philanthropic support.

They are calling on their community to help grow this support so that QPAC can continue as a thriving arts centre for everyone - well into the future.

QPAC's fifth theatre will be the jewel in QPAC's crown and its construction is well underway. The new 1500 seat theatre will elevate Queensland's reputation, positioning them as the largest performing arts centre in Australia.

To support the new theatre, there is an upcoming philanthropic opportunity where you can have your name, a loved one's name, or even a club or organisation name and message engraved on a plaque on a seat in this new theatre, where it will remain for the next ten years. You may wish to use the opportunity to highlight your support of the arts, mark a milestone in your life, honour the memory of a loved one or give a memorable gift to a loved one.â€‹ Please get in touch with the QPAC Philanthropy team to learn more.

Please visit the Digital Stage website to browse the catalogue and sign up for a free account to start watching: Browse - Digital Stage (qpac.com.au)

3rd April - Dr James Lergessner - Ageing Down Under: Is 70 the New 50?

Dr James G. Lergessner is one of Queensland's most distinguished historians, biographers and memoir writers. Formerly a university professor of education and an academic consultant within Australia and Canada, James is also a passionate observer and recorder of life and events in Brisbane. He has published twenty-four books – fiction and non-fiction - related to early Queensland. He says his presentation to our Club will be humorous and appropriate to our membership, that we will all go away "pumped" for the interesting senior years ahead.

5th February 2024: Shae Miller. Topic: MyCare, MyChoices

Shae Miller is an Advanced Care Planning (ACP) Clinical Nurse for Metro South Health (QLD). With 12 years' experience as an orthopedic surgical nurse and 5 years working in ACP, Shae has a special interest in providing high quality care for people specific to their personal needs. In her 5 years with the State Office of Advanced Care Planning Shae has dedicated her knowledge and experience to informing the community about how they should prepare for the future as they age. Her presentation at our club was very interesting and informative.

Visit https://metrosouth.health.qld.gov.au/acp

6th November, 2023: Kate Richards.

Topic: A Female Construction Management Expert in a Man's World

4th October, 2023: Milly Blakely: Topic: Music in Silent Movies.

Milly, who came to Australia in 1965, will be talking about her father's life as a musician in the US.

Monday 4th September - Mark and Wilna from the Cross River Rail Project

Kaye introduced our guest speakers from The Experience Centre of Cross River Rail, Mark and Wilna. Mark gave a very informative overview of the Cross River Rail Project with visuals and answered questions which were many and varied. The project is expected to be finished in 2025 and operational in 2026. This lead in time will allow security and fire systems to be thoroughly checked before opening to the Public.

A Vote of thanks was given by Darryl Rossberg.

For additional information check out the Cross River Rail webste: https://crossriverrail.qld.gov.au/

A great experience for the whole family (lots of activities for the young and the young of heart) is to visit the Cross River Rail Experience Centre. For details visit: https://crossriverrailexperiencecentre.qld.gov.au/

Monday 7th August 2023 - Bec O'Connell, Manager BOQ Kenmore

Topic: Scam awareness.

BOQ Kenmore is headed up by Owner-Manager Bec O'Connell who has owned and operated the business for the past 5 years. Bec works alongside a dedicated, long-serving team that many of you may know Jenny, Katherine, Kym & Grant who between them have over 100 years of banking experience to support the banking needs of the Kenmore community. The team at BOQ Kenmore has grown welcoming Peta, Anita & Byron over the past 12 months. They are close knit team who genuinely care about creating long-term relationships with their customers. Not just passionate about banking, Bec and her team created the idea to share their knowledge around how to protect yourself as a direct impact of more and more of their clients being the victims of fraud. The opportunity to present their Scam Awareness Presentation to the members is a way to share their knowledge, inform and support more members of the community.

Monday 12th June - Brad McGregor

Clinical and Operations Manager, UQHealthy Living (for Seniors) - Topic: STRENGTH TRAINING AND THE OLDER ADULT: HOW TO IMPROVE FUNCTION & BUILD BONE MASS

https://www.uqhealthyliving.org.au/

8th May 2023 - Robyn Gattera

Regional Coordinator (South) and Team Leader (Corinda Library). Robyn has worked for Brisbane City Council libraries for over 30 years. She has worked in a variety of different role including Team Leader, First 5 Forever Outreach Officer and her most recent role as Regional Coordinator, South Region.

Topic: Brisbane Libraries – a place to discover new worlds, learn new skills and enjoy social connection.

6th February 2023 - Paul Hobbs

Paul Hobbs is Business Development and Operations Manager for Meals on Wheels North West.

The objective of Paul's presentation to the Probus Club of Kenmore Gardens was to focus on the critical role home delivered meal services plays in supporting older Australians to live independently.

- Most older Australians aspire to lead independent lives in their own home
- Home delivered meal services help older Australians achieve independent living
- Understanding the options may be useful for Probus Club members in supporting friends or family who have such needs
- Some Probus Club members may wish to consider volunteering

Paul provided us with sample muffins cooked by the Meals On Wheels Chef. These were well received and delicious.

7th November 2022 - Philip Castle

Philip Castle, is an Historian and his topic is *The Stinson.*

Philip in the middle of his talk. Our own retired pilot, Bob, thanking Philip.

You may be interested in watching a previous lecture he gave on the topic "Why Did the Seven Fly on the Stinson That Day?" in 2021:

https://www.youtube.com/watch?v=2AFDwwHW9sY

10th October 2022 - Greg McGahan

Greg has a Masters in Mental Health Nursing and qualifications in Health Management. He has worked extensively in mental health for over 25 years. He has managed Adolescent Mental Health units in Queensland and has also had project and policy roles focusing on mental health. For the past 7 years he has been planning commissioning and managing Mater Young Adult Health Centre Brisbane which provides a range of health, mental health, restorative justice, alcohol and other drug services to young people aged 16-25. Greg also manages Maters mental health services and has been key in planning Maters newest service - Catherine's House for Mothers, Babies and Families, due to open in early 2023.

Greg McGahan, Head of Adolescent Health at the Mater, spoke on *Youth Health and Care*.

5th September 2022 - Rod Preston

https://www.rodpreston.com.au/

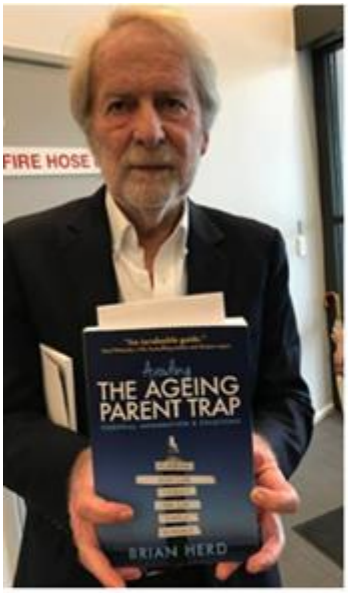
Rod Preston on *Mysteries of the Mail*. We were entertained by Rod as he told us about the early years of Mail deliveries. Rod has had experience in the Public arena as: "Executive Manager Communications, Australia Post"; "Former trouble shooter for members of Parliament"; "Assisting with various bodies - Transport, Energy, Justice, Local Government, Consumer Affairs & environment"; "Lecturer at University of Technology, TAFE, School of South Pacific Administration"; "As member of the Australian Institute of Management & Public Relations Institute of Australia". He has made presentations at Corporate Seminars and as a guest speaker on board Cruise Ships.

1st August 2022 - Annalies Nutley

Annalies Nutley is a Genealogist and Founder of Bygone Days Genealogy, https://www.familyhistory.net.au/, and her topic was *Who do you think you are*?

An informative talk about researching family history. I am sure that this talk will inspire all members to research and document family history for future generations.

4th July 2022 - Brian Herd



Brian Herd. Topic: *A new twist on family planning*. Brian is recognised as one of Australia's leading experts in the areas of elder law, retirement, disability and aged care. Brian has extensive experience in life planning for older people including making Wills, administering estates, disputes over Wills, superannuation, social security, retirement villages and aged care, incapacity, the Guardianship Regime, the loss of a spouse or the 'suddenly single syndrome', planning for disabled children, elder abuse, enduring powers of attorney, advance health directives, family agreements and disputes and mediation. Brian is the author of *Avoiding the Ageing Parent Trap*, released in March 2021 to critical acclaim. For his effort, he was awarded the 2021 Australasian Journal on Ageing (AJA) Book Award.

Brian entertained us all for a full 45 minutes with his THING theme with most people doing noTHING to plan fully for finality.

6th June 2022 - Amanda Harvey from Queensland Rail

Amanda spoke on rail travel in QLD. An informative and interesting talk on all the major Queensland Rail holiday packages. This includes the **Tilt Train**, which runs between Brisbane and Rockhampton, the **Spirit of Queensland** running between Brisbane and Cairns in 25 hours, **Spirit of the Outback** which runs between Brisbane and Longreach, with Railbus connections to Winton, the **Gulflander** running between Normanton to Croyden, the **Inlander** between Townsville to Mt Isa, and the **Kuranda Scenic Railway.**

Visit QLD rail website: https://www.queenslandrailtravel.com.au/

4th April 2022 - Allan and his dog, Alya, from the Guide Dogs Association.

Allan kept us engaged with his lifecycle description of a guide dog, from the moment they are born, to when they are retired.

1st November 2021 - Diane Carter CPCS

Topic: “Events That Happened To Me In Africa, including an attack by a hyena”.

Diane is an internationally recognised speaker and author. She has spent most of her life in Africa and is a ‘gutsy’, ‘never say die’ woman who has achieved success by embracing adversity and winning against all odds.

She looks at herself as a survivor and thriver. She has led an exciting and varied life on four continents, experiencing many adventures has canoed on the Zambezi River, been on safari in Africa, crossed the Tanami Desert, raced saloon cars, climbed glaciers, was an instructor at Outward Bound, swum with dolphins, been deep-sea diving, climbed the Chimanimani Mountains, arrested in Mexico, married and brought up two children. She has survived a wild animal attack, has lived with tyrannical persecution within the oppressive Zimbabwean regime, coping with political harassment, brutality and bullying by Mugabe’s henchmen. She followed her heart and ‘eloped’ with her first love whom she hadn’t seen for over forty years.

Diane uses many of her life’s stories in her talks. Audiences love to hear what comes from the heart and from personal experience. In her own passionate way, Diane weaves her strong message about the power of positive Mindset Energy in between these real-life stories, with a generous sprinkling of humour to keep her audiences enthralled with laughter and totally spellbound. Her presentations are entertaining and inspirational. Diane engages and entertains her audiences to show them how to use Mindset Energy – the Diane uses many of her life’s stories in her talks. Audiences love to hear what comes from the heart and from personal experience. in her own passionate way, Diane weaves her strong Message about the power of positive Mindset Energy in between these real-life stories, with a generous sprinkling of humour to keep her audiences enthralled with laughter and totally spellbound. Her presentations are entertaining and inspirational. Diane engages and entertains her audiences to show them how to use Mindset Energy – the attitude to propel their life and their business forward.

Diane's keynote speeches demonstrate how a positive attitude leads to happiness and success that can change personal and business life and also demonstrates how a positive attitude affects not only them and the way they look at the world but also their whole environment and the people around them.

Diane's energy, passion, humour, and ‘can-do’ attitude show audiences how to live a successful life and build successful family and business relationships.

Diane will illustrate: how to turn problems into challenges; how to focus on solutions; how to make the most of any situation; and that attitude is the essence for ultimate success

Diane challenges her audiences to be who they really are and dares them to succeed in all that they do.

6th September 2021 - Dr Kailas Roberts.

Topic: Mind Your Brain and his subject was about dementia. His book, Mind Your Brain, can be purchased from Dymocks and Queensland Book Store. Amazon sells it on line. Visit his website: https://www.yourbraininmind.com.au/

The main takeaway was: dementia is not curable, but it may be delayed if people do simple things like socialize, eat well, exercise and try to get enough sleep. Dr Kailas Roberts has developed an acronym called **BRIANSCAN** about key points to preserve brain function:

Be calm and happy. **R**estorative sleep. **A**ctive body. **I**nvestigate vascular health. **N**urture friendships and socialise. **S**ay what? Correct hearing loss. **C**omplex mental activity. **A**lcohol awareness. **N**ourishing food.

5th July 2021 Nicky Niemandt

Our guest speaker for the July meeting was **Nicky Niemandt**, on the Topic “My Experiences of Living in Kazakhstan”. We will remember Nicky as the speaker wearing many hats:

7th June 2021 - Ted Duhs

Our guest speaker for the June meeting was **Ted Duhs**, Author of “Crucial Errors in Murder Investigations” and “I Know Who Killed Betty Shanks” who spoke on “People Who Have Been Wrongly Jailed for Crimes they didn't commit”. Ted covered many historic world-wide cases dating back to the 1800’s and then talked about some more recent Australian solved cases such as Lindy Chamberlain. He finished off talking about some current running investigations such as the Max Sica and the Singh children murders.

Visit Ted’s website: http://www.miscarriagesofjustice.com.au/index.html