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The Proston Post

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APR/MAY 2020

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**Lake
Boondooma
Current
Capacity
37.48%**

**In the
Rain
Gauge**

**At Proston
Post Office**

**Feb
161.2mm
Mar
90mm**

**2020 Total
383mm**



The #StayHome Edition

As this issue of The Proston Post is published, Australians are dealing with the outbreak of COVID-19 and the changes it is making to their daily lives. Our little village is not immune to this threat. We are having to adapt to a new "normal" which many of us are finding difficult - social distancing, no handshaking or hugging and sudden shortages in our shops. Many are missing the social interaction of their weekly coffee date at the Tearooms or a beer and a meal at the Golden Spurs, the Men's Shed and CWA gatherings.

However, our focus must remain on slowing the spread of the virus - "flattening the curve". We can all do our bit by staying in our own homes as much as possible, only going out for work or to buy essentials and keeping our distance from others while we are out.

A big shout out to our local businesses who are working so hard to support us through this very difficult time. When the health crisis is over and some normality returns to our lives, let's ensure we continue to support these businesses who have been there for us when we've needed them most.

Inside this issue you will find the latest information in regard to changes our businesses have made in order to continue to serve the community. Also included are ideas for activities to keep the kids busy, a recipe and suggestions for getting your daily exercise.

Stay safe, take one day at a time, be kind to others and don't forget to be kind to yourself.



Labyrinth Celebration

A special gathering, attended by about 50 people, was held on Saturday 15th February to mark the completion of the Proston Community Labyrinth.

The labyrinth, which was the vision of our Community Health Nurse, Kathy Crane, became a reality through the provision of a South Burnett Regional Council Community grant. The grant was auspiced by the Proston Lions Club.

Kathy expressed her thanks to Heath Sander from Sander's Bobcat Hire for preparing the site and Terry Mayne from Murgon Rotary for his donation of the pavers.

A small group of volunteers, under the expert guidance of 2020 South Burnett Volunteer of the Year John Power, spent many hours working to lay the pavers in the correct formation.



The result is a pathway wide enough to accommodate wheelie walkers, wheelchairs and prams, making the labyrinth accessible to all.

Speakers at the event were Mayor Keith Campbell, Deputy Mayor Kathy Duff, Lions Club representative Jan Barsby, Catholic Parish priest Fr Bryan Pipin and Community Nurse Kathy Crane.

All were invited to walk the labyrinth and place a candle in the

centre. The morning concluded with a cuppa under the trees.

The labyrinth is open to everyone and is the perfect place to take some time out for peaceful reflection and relaxation. Perhaps this might be a good option for some gentle exercise during this time of self isolation. A timber bench seat under the shade of the trees has been provided if you need to rest.

The labyrinth is located just below Lions Park in Proston.

Councillor Kathy's Comments



Cr Kathy Duff

Corona Virus

I hope everyone is coping with the challenges that the Corona Virus is bringing to our region. We are all in this together and we need now, more than ever, to support each other and if you can, support our local businesses that are still open.

Council Election

I would like to take this opportunity to thank everyone who supported me during the election. I look forward to working with the team that you, the community, have elected to represent the South Burnett over

the next four years. It is a challenging time but we have lots to be thankful for in this beautiful region that we call our home.

Online Community Prayers

I have worked with Damien Martoo from the Martoo Review and the Barambah Ministers Association to organise community online prayers. These can be viewed on the Martoo Review by going onto their Facebook Page and following the prompts. The prayers are for the whole of our region and hopefully will send a strong message of support and unity during these

challenging times.

Easter Blessings

I would also like to wish everyone all the blessings of Easter. My wish for you is that you can enjoy some special time at home during this period. I hope that you make the most of this opportunity to maybe do things a little differently and be innovative about the way you spend this precious time.

Please feel free to contact me at any time. I am keen to hear your concerns and to work closely with you. * I can be contacted on 0437 020 705.



A huge shout out to the Proston Local Ambulance Committee who have fundraised over a long period to purchase a special life-size manikin, valued at \$12,000. Amazingly, the Proston committee of 15 is the largest within the Darling Downs LASN of 26 Local Ambulance Committees, including Toowoomba. President Mr David Hunter said that some members would undergo training in the use of the manikin and would then be available to instruct others in the community to feel confident in giving CPR. How fortunate we are to have such an active LAC and a permanent station staffed by highly qualified officers.

IMPORTANT HEALTH MESSAGES



Community Health Nurse, Kathy Crane

“Stay active - movement is medicine. Try to get outdoors to exercise at least once a day.”

Community Health Nurse Kathy Crane has been pleased with the local response to the new health regulations. “People are generally respecting the new measures put in place to help stop the spread of COVID-19. **However, I would like to remind everyone that it is important for our physical, mental and emotional health that we exercise daily, preferably outdoors where possible. We are allowed out to exercise, and to have one other person with us**” Kathy explained.

If you have health concerns you can contact the Clinic on 4168 9288 or the mobile number is 0407 091 019.

Darling Downs Health

Stop the spread of germs

You can help to stop the spread of coronaviruses

Wash your hands regularly

Cover your coughs and sneezes

Stay home if you are unwell

Help us keep everyone safe

Please remember to:

1 Keep 1.5m away from others

2 Wash your hands regularly with soap and water

3 Don't touch your face (eyes, nose and mouth)

4 Cover coughs and sneezes

5 If you are unwell, call your doctor or call 13 HEALTH (13 432 584)

Metro North Hospital and Health Service | Queensland Government



A very Happy Birthday to the lovely Nicole Urban who celebrated her 21st Birthday on the 16th March. Nicole is the sweet face you see when you collect your early morning coffee from Jacaranda Tearooms.

Library News

All South Burnett Libraries closed their doors on Wednesday 25th March due to COVID-19. South Burnett Regional Council customer contact centres remain operable but are only accessible by telephone or email.

For all enquiries contact: 4189 9100 by telephone or info@southburnett.qld.gov.au by email. These arrangements are in place until further notice.

Julie Manning, Librarian.

We have made the difficult decision to close the community pop up shop, until further notice.

Thank you all, for your support over the last few months. We are wishing you all the best of health during this time and look forward to 'catching up' when these restrictions are no longer required.

If any vulnerable community members require assistance with shopping or to attend local medical appointments, please contact Carmel and John on 0412 763 736.

This is a free service, offered to our community in tough times.

Proston QLD Ltd

* The Proston community has been saddened to hear of the sudden passing of Russell Graham on the 26th March. Russell and Coral have resided in Proston for many years, but recently moved to Memerambi to be closer to family. Our thoughts are with Coral and their family at this sad time. A memorial service for Russell will be held at a future date.

* Congratulations to **Pam Roughan**, who is the winner of the **Proston QCWA Easter Raffle**. The branch has now closed their rooms until further notice.

* The **Proston & District Heritage Assn** have also drawn their **Easter Raffle**. Results are:
1st prize - Lynda Cecil (Basket of Easter eggs)
2nd prize - Kaye Gustafson (Giant egg)
3rd prize - Rita Conroy (Lindt Chocolate tray)
4th prize - Lloyd Schulz (Wine and Hot cross buns)

Thanks to everyone who supported the raffle by donating items or buying tickets.

A peaceful scene taken in Reinke Scrub during a walk recently. A great place to get out in the fresh air and get some exercise. Be sure to wear closed in shoes and a hat and take some water.



Proston Show Society were very fortunate to stage their 62nd Annual Show before the COVID-19 pandemic restrictions came into force. The Proston Show has always epitomised all that is great about a country show and this year was no exception. Dogs, cattle, horses, poultry, post ripping, entertainment, food and fireworks; the Show had it all and more. Well done to all volunteers who worked so hard to present a great event.



Pictured is long time show sponsor Mr Ken Mills (Ken Mills Toyota) who was invited to officially open the Show.

Get to Know a Local!



Name: Jan Kennedy

Nickname: Jany

Lived in Proston: 15 years

Occupation: Shop Assistant

Favourite Pastime: Listening to music

Favourite Food: Chicken

Favourite Music: Music from the 60's

Favourite Sport: Footy

I can't live without: My kids

My secret talent is: I don't have any

Best Quality: Hard worker

Proston needs: A fuel outlet and a butcher.

What I like most about Proston: The peace and quiet.



These two wonderful ladies are on the front line during the COVID-19 pandemic. Jan Kennedy (left) and Joy Horne (right) are the friendly faces at the Spar Supermarket in Proston. They are seen here observing social distancing rules and would like to remind you to do the same. Please be nice to these hard-working girls!

Name: Jennifer Joy Horne

Nickname: Joybell

Lived in Proston: 17 years

Occupation: Checkout Chick

Favourite Pastime: Golf

Favourite Food: Chicken

Favourite Music: Rock music from the 70's and 80's

Favourite Sport: Golf

I can't live without: Happy hour

My secret talent is: Never giving up on life

Best Quality: Honesty

Worst Quality: Impatience

Proston needs: Fuel outlet

What I like most about Proston: Quiet open spaces.

GOLDEN SPURS HOTEL UPDATE

The pub has announced new operating hours and they need your support.

Monday to Saturday: 12pm to 2pm, 4pm to 7.30pm - Bottle Shop open. Takeaway Lunch & Dinner available. Daily specials.

Sunday: 3pm to 7pm - Bottle Shop open only. NO meals available.

Check out the new Takeaway Menu and Daily specials on Facebook or at the front of the pub. **Please feel free to call on 4168 9069 to pre-order your meal and nominate a time for pickup.**

If you require something during licensed hours and the pub is shut, please knock on the door and you will be served.

We would like to take this opportunity to thank you for your continued support. Please take care and be safe.

Andy, Di, Dalton & Staff.



Run out of bread?
Make Beer Bread (also called 1 2 3 Bread)
1 can of beer
2 cups flour
3 tablespoons sugar

Mix well. Put in greased pan. Bake at 180 deg C for 30-45 minutes.

**You can substitute lemon lime soda or seltzer water for the beer.

***You can spruce it up a bit as well. Brush the top with garlic. Mix in cheese and/or bacon bits. Add herbs.

Alternative Recipe - Drink the beer and forget about the bread!



Australia Post, Proston Temporary change to trading hours.

Effective Monday 30th March 2020, trading hours at this Post

Office will temporarily change to:

**Monday to Friday: 9am to 3pm
Saturday: Closed**

Importantly, the same range of products and services will be available during these reduced hours.

We apologise for any inconvenience these changes may cause and look forward to continuing to serve you.



Please support these Proston businesses who are striving to ensure we can access all of our daily needs right here in our own community. They need our support and we need them to be here when this is all over. Shop locally, and of course please ensure you observe all COVID-19 restrictions while shopping to help keep everyone safe.

* **Jacaranda Tearooms** - full menu available as takeaway only. Coffee brewing Monday to Saturday. Give Nicole a call or text on 0428 895 119 so your order is ready to pick up when you arrive.

* **Spar Supermarket** - your one-stop shop for groceries (even toilet paper), newspapers, fresh food and takeaways. Open 7 days.

* **NB Department Store** - plenty of games, jigsaw puzzles, books etc to keep the kids entertained. Great gift options too.

* **Proston Health & Beauty** - drop your prescriptions in to Glenys and she will arrange to have them filled. A good range of health needs available, including tissues.

* **Proston Rural Supplies** - all your animal feed and health needs are covered here. Gas and hardware supplies as well.

FREE AUDIO STORIES Did you know kids and students of all ages can now instantly stream an incredible collection of stories from Audible? All stories are free to stream on your desktop, laptop, phone or tablet. Just go to <https://stories.audible.com/start-listen>.



With Anzac Day Services cancelled this year, we need to find other ways to honour the Anzac tradition of mateship and show our Anzac Spirit. Why not make one of these wreaths and hang it on your front fence? Or dress up your windows or mailbox with poppies? Or use whatever symbol is meaningful to you to honour our service personnel, both past and present. During this difficult time let's be creative and find a way of honouring the Anzac spirit. **Lest We Forget.**



We have many special people in our community going out of their way to show kindness during these unusual times. One of these is Sonia McMahon, who is delivering Murgon Bakery bread to Proston on Tuesdays and Thursdays. Just phone the Bakery on 4168 1314 to order and arrange payment and Sonia will deliver. Thank you lovely lady!

Cloud Dough

It's like play dough, but softer!
Smells amazing and it feels like soft clouds in your hands

750g of cornflour
500ml cheap scented conditioner
Mix together! That's it.

Raspberry/Lime and Coconut/Apple

*yes you can add essential oils

**yes you can add additional colour

***use with play dough stampers, cutters, and rolling pins

****store in an airtight container

Ask children to wash their hands before playing with the dough. How long it lasts depends on how long it is out for, how often it is played with and hygiene!



This is a fun activity for children (and adults). On your phone, type one of the animals listed below into Google and then press "View in 3D". It brings up your camera and then 30 seconds later you have a tiger in your house - or in my case, a Lion roaring in my backyard! Try these animals: Lion, Tiger, Cheetah, Shark, Hedgehog, Duck, Emperor Penguin, Wolf, Angler Fish, Goat, Rottweiler, Snakes, Eagle and Brown Bear.

Read "The Proston Post" online at 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 Department Store or Jacaranda Tearooms or alternatively email it to grea6@bigpond.com for possible inclusion in the newsletter.