

The Probus Club of Holland Park Central



PO Box 5151 Mt Gravatt East 4122

Meetings: 9.30 a.m. to 11.45 a.m. every third Thursday of the month.

Venue: Newnham Hotel, Newnham Rd, Upper Mt Gravatt

<https://www.probusouthpacific.org/microsites/hollandparkcentral/Home>
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May 2021 Issue No.153

The HP Source – It's a bottler!

Mary's Musings

I think most Probus Presidents get a degree of satisfaction when they induct new members into their clubs. It certainly gave me much pleasure inducting three last month - Una and Barrie, and Robyn. Welcome and enjoy!

It is my intention that during this term of office, with your help, I'll grow the club as much as I can. I actually have no desire to have so many new members that the intimacy is lost, but with more members we have the opportunity have bus trips instead of car-pooling and also to establish more interest groups such as gardening, books, movies etc. Growth will also ease our succession planning.

Some of the matters which the committee discussed last month are mentioned further in the newsletter, except for the changes to the rules of Incorporated Associations in Queensland, including the need for a Complaints Policy. We kicked this to PSPL which is, apparently, working on it. Thanks to Margaret O. who has volunteered to be involved and keep an eye on this issue.

I hope everyone had a happy Easter. Mine was quiet following a disappointing trip to Victoria. Four of my six days there was spent in self-isolation. No testing was available over the weekend within 50km of where I was, and then it took two days for the negative results to come through. Brisbanites, at the time, were treated as pariahs. I did catch up with my son and I isolated at my daughter's place, so all was not lost. On the day I flew home, nine of the scheduled 17 Qantas flights to Brisbane had been cancelled...and then, the aircraft I finally came home on was only half full. It must be a nightmare for the airlines to roster flights in such uncertain times.

To all the ladies who are mothers in the club, happy Mother's Day this month. And yes, the apostrophe is in the correct place because that's where Anna Jarvis asked to have it in 1908. She started it for each individual mother to be recognised for the positive contribution that she makes to society. It was not meant to be a commercial celebration. That began with the sale of the first Mother's

Day card in the early 1920's.

Take Care,

Mary W

**ODD
SPOT**

Taxes at work! When NASA started sending astronauts into space they quickly discovered that ball-point pens would not work in zero gravity. To combat this problem, Congress approved a program and NASA scientists spent a decade and over \$165 million developing a pen that writes in zero gravity, upside down, on almost any surface and at temperatures ranging from below freezing to over 300 C. The Russians used a pencil . . .

Activities

May 2021

***Sunday, 2nd 10.30am **Coffee & Chat** Pacific Golf Club.

***Wednesday 12th 11.30am **Coffee and/or lunch** at Club Southside, Mt Gravatt-Capalaba Rd Upper Mt Gravatt

***Sunday 16th 2pm **Concert:** Brisbane City Pops Orchestra, Schonell Theatre, UQ, St. Lucia \$26. (Payment should have been made at April meeting).

***Thursday 20th 9.30am **Monthly meeting** Newnham Hotel

***Thursday 27th 11.45 am **Lunch** at Fish Factory, 355 Lytton Road, Morningside.

June 2021

*** Sunday, 6th 10.30am **Coffee & Chat** Pacific Golf Club.

***Wednesday 9th 11.30am **Coffee and/or lunch** at Club Southside, Mt Gravatt-Capalaba Rd Upper Mt Gravatt

***Thursday 20th 9.30am **Monthly meeting** Newnham Hotel

More activities to come: (New committee working on it)!

Date claimer: Wednesday 15th September - Redlands Performing Arts Centre - A morning with Gilbert and Sullivan. \$22pp limited tickets available



Leaving the forces: Since the beginning of the Afghanistan War in 2001, 41 Australian military personnel have been killed in combat, while more than 600 veterans have taken their own lives. There are the obvious causes, such as dealing with the trauma of past battlefield experiences. However, there are more nuanced drivers, to do with the very nature and culture of military life where men and women are trained to be effective fighting forces. The challenge of transitioning from military to civilian life is difficult even for well-adjusted people. They talk about the culture shock of finding a new job and working in the "selfish" civilian world. They speak of feeling anxious without the tight camaraderie, of not understanding others' motives and behaviours where it is each for themselves and not "one for all and all for one", of feeling misunderstood; of struggling to translate their military service to civilian jobs; of being cut off from their previous support networks; and of feeling, at times, very alone. If this is the experience of

healthy, well-adjusted veterans, it seems hardly surprising that those with mental health issues could be pushed to breaking point. Their training is designed to encourage thinking and acting alike. It emphasises values such as loyalty, courage, commitment for the collective good, and discipline. They suffer, particularly from loss of identity; military work wasn't what they did, it was who they were. We need to learn to better understand veterans.

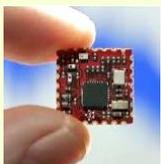


The screenshot left is of six of the seven "Probus Global Ladies" who met for a video chat about a month ago. Three were from the UK, one from Ireland, and the rest of us from Down Under. The President of Probus Global, Shirley

Roberts, is centre bottom and your editor bottom right. Joining Probus Global is free for Probian. Just Google it. At the beginning of April, Probus Global had its 500th member join!

Did you know? Australia [ranks last](#) among the globe's top 50 economies for green spending. The Oxford University Economic Recovery Project (OUERP) reported that while our stimulus spending was ranked fourth, only two per cent of it was devoted to green recovery measures. Worldwide, that figure is at 18 per cent. For example: Australia's construction-focused stimulus, featuring the \$2 billion HomeBuilder grant scheme came with no green construction caveats. Why are we so reticent in environmental improvement? Some programs would not cost much, yet they could put us on sustainable green trajectories.

Amazingly, in the long term, the recent blockage of the Suez Canal may be a good thing. If it offers a nudge to shorten supply chains, the benefits to the global economy and environment will surely outweigh the cost to the insurers. Meantime, consequent shortages will cause manufacturers to look at how to reduce their dependency on specific sources, particularly those that are distant and rely on container shipping. It may spur local suppliers' businesses to bloom.



Are you aware that there is a global shortage of computer chips? Computer chips are made in only a handful of factories, also known as foundries, around the world. A single computer chip requires up to 8,000 litres of water to produce, and the big foundries use thousands of tonnes a day. The process of etching billions of circuits onto a single wafer of silicon for a car, for example, can take up to six months. As a result, we are facing months of wait times for new motor vehicles and could have months to wait for consumer electronics

such as televisions, gaming consoles and smartphones. The shortage is due to record COVID-related demand combined with drought, fires and snowstorms in different parts of the world, slowing production.

Canadian Probus clubs have been spectacularly successful in holding Zoom meetings during the height of their Covid shutdown. This is due, in part, because Probus Canada (a body marginally similar to PSPL) established a free Zoom Support Program to which half the clubs in Canada subscribed. They established a system of mentoring which resulted in clubs having guest speakers, Trivia Nights, Wine Tastings, Bingo, Knitting Groups, Cooking Classes, Christmas parties and numerous other activities, keeping members involved. The Probus Club of North Shore in Vancouver, still has "pop-up" Zoom meetings (chat rooms) sometimes with set discussion topics, several times a month. With the amount we pay in capitation fees, PSPL could have done much, much more for us too. It now complains of overall loss of members!



Floods: Humans can live on floodplains, but the way we do that has to change. Think about this: Floodplains aren't separate to a river — they're an extension of it. If we removed humans from flood plains we would see a natural process of river expansion and contraction, of rivers doing exactly what they're supposed to do

from time to time. We'd see them depositing sediment across their floodplains. We'd see reproductive opportunities for fish, frogs, birds and trees. The floods would also enrich the soils. Why don't we use our know-how to build to accommodate nature so we don't experience human catastrophes?

PSPL had some success in promoting Probus on its inaugural Probus Day last year. It chose October 1st, it being the International Day for Older Persons. PAQ was involved by contacting 77 local government councils, 97 Queensland parliamentarians and 38 regional newspapers promoting Probus. We dressed in blue and gold at our October meeting. This year Jill and Brenda (being in charge of activities) will form a small sub-committee to plan something more exciting. If you have any ideas, either talk to them or drop a note in Ida.

Hemp and marijuana are two forms of the cannabis plant, which are actually quite distinct in their chemical make-up. The Australian Hemp Industry lobbied for 15 years to persuade the government to follow countries such as the UK, US and Canada and pass the legislation that

legalises the use of hemp in food products. It finally became legal in 2017, and the hemp industry exploded; we saw everything from hemp muesli to hemp flour appear on the supermarket shelves. And it seems hemp is a true superfood. The plant is a good source of protein and exceptionally rich in two essential fatty acids, omega-3 and omega-6. Hemp seeds are also a great source of vitamin E and minerals, such as phosphorus, potassium, sodium, magnesium, sulphur, calcium, iron and zinc. Hemp is also a mould proof and breathable fire, and pest-resistant. It can be used for clothing and as building materials.

Fact: Antibacterial and antimicrobial hand washes and soaps do more harm than good. They work no better than those without these additives but promote resistance to superbug controls. They are only good as marketing tools, and the US has banned 16 such products with more to come.

Membership Fees

These were due by the end of April. So anyone who has not yet paid, please deposit \$40 into the club's account noting your name. BSB 064 112 a/c 10186858: Probus Club of Holland Park Central. No invoices will be issued, but if you require a receipt, please ask Treasurer Ron.



Your Editor encouraged a couple of prospective members, (Charlie and Pam), to come to our coffee and chat morning because "it is a small, intimate group and there will be a better chance to get to know people". So they came. But the "intimate" group turned out to be 26 of us.



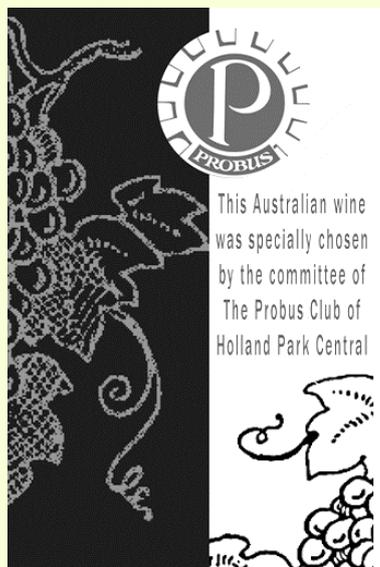
Well done! Almost a record. The most we have ever had attending was 27, with the average being somewhere between 12 and 15. Many of us circulated and mingled throughout. At around midday, when we were



preparing to leave, staff reminded us that because of Covid, we needed to remain seated at our places. Ooops, too late!

Facebook: In early 2020 a vulnerability that enabled seeing the phone number linked to every Facebook account was exploited, creating a database containing the information 533 million users across all countries. Just after Easter this year, more than 500 million Facebook

users' details were published online on an underground website used by cyber criminals. Criminals can mine Facebook's systems for users' personal information by using techniques which automate the process of harvesting data. The records include various combinations of name, email, gender, date of birth, location, relationship status and employer. If you really want a scare, you can always download a copy of all the [data Facebook has on you](#). This is useful if you're considering leaving the platform and want a copy of your data before closing your account.



As mentioned at the last meeting, pictured left is a small version of the wine label we stick on the back of the red and white bottles of wine which we give to our speakers. Unfortunately, gone are the days when the committee had the finances to have a bit of a wine tasting to establish the best choice of wine to give. However, given that the speakers give of their time and use their own fuel to get to us, most of the time for little personal gain, it was decided that we would continue to present them with the two bottles. Also the label is a quiet promotion of our club.

Donald Trump has launched a new website marking his time in office and has manipulated history in that he created "*the most extraordinary political movement in history, dethroning political dynasties, defeating the Washington Establishment, and becoming the first true outsider elected as President of the United States*". And that he "*ushered in a period of unprecedented economic growth, job creation, soaring wages, and booming incomes. When the coronavirus plague arrived from China, afflicting every nation around the globe, President Trump acted early and decisively*". Unsurprisingly, it doesn't mention the two impeachments.

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Duty Roster for May

Chair: **Mary B** Five Min Spot: **Lowleen** Fellowship 1: **Judith**
Fellowship 2: **Grace** Door: **Brian and Ron**

Did you know that Dementia is the seventh leading cause of death worldwide, and the second leading cause of death in Australia? Different causes and conditions that make up the umbrella term of dementia mean the experiences of people living with it — and their loved ones — can

differ widely. The median time from dementia diagnosis to death is five years. We need to have empathy for both the afflicted and their families.

Until now, Air New Zealand was the only airline visiting our Norfolk Island. Qantas is launching new flights between Norfolk Island and Sydney, Brisbane and Melbourne. Yet another destination we can consider for holidays. Fares from Brisbane start at \$780 return, for the 2.25 hour flight.



Julie felt really honoured last month when she was invited to participate in the Sydney Anzac Day parade, to represent her father. Her Dad, "Bobby" Gibbes earned his wings in 1940, and flew throughout the war, serving in the Pacific (Morotai) and in the

Middle East. He was shot down in 1943, but managed to avoid capture. In April 1945 he was Wing Commander in the RAAF's 457 Squadron commanding in two different squadrons. While serving, he was accredited to a final score of 12 (10 plus two shared) destroyed, five probables and 16 damaged enemy aircraft. He ranks twelfth in the Aussie ace ranking (tied with eight other aces), flying P40 Tomahawks. Julie's dad was awarded the Distinguished Service Order, Distinguished Flying Cross and Bar and the Medal of the Order of Australia. He passed away at aged 90 in 2007. In March this year he was mentioned on TV (with his voiceover) when the RAAF celebrated its 100th anniversary. Two of his aircraft, Spitfires Mk VIII painted in his colours (see above) are held by The RAAF and fly, regularly to this day, at various air displays. They were donated to the RAAF last year by well-known warbird collector and enthusiast David Lowy at Temora (NSW) and Julie will be going there later this year for another air show.



Back in 2013, about three million migrating short-tailed shearwater birds died along the east coast of Australia. This was a tragic event, and it's only now that scientists have established what caused it. Researchers found the seabirds had been eating a lot of non-food materials, including floating pumice stone from an underwater volcanic eruption, and plastics. They starved because they couldn't access enough prey to complete their journey along their 8,000 km path. Seabirds are widely considered to be indicators of the health of a marine ecosystem.



Treethane: That trees produce methane was first reported in 1909 but was largely ignored. Methane is a greenhouse gas about 45 times more potent than carbon dioxide and researchers are scrambling to find out more about tree methane. In their scramble, they recently also discovered unique methane-eating communities of bacteria living within the paperbark tree. The discovery will change the way we view the role of trees within the global methane cycle. Trees are in no way shape or form bad for our climate and provide a swath of other priceless ecosystem benefits. And the amount of methane emitted from trees is generally dwarfed by the amount of carbon dioxide they will take in over their lifetime. However, knowledge surrounding methane emitting trees is critical, as is the emerging research on the bacteria colonies which absorb methane.

Our May speaker is **Janice Ellson** who will be presenting members with helpful tips for living at home longer. Janice, an Occupational Therapist, helps those wanting to remain living at home rather than going to care. Expanding on her recent book, 'Age well at home', Janice talks of the considerable assistance, services and resources that are offered and where to find them. Surprisingly, some of these resources are not well known.



When Marilyn Monroe was asked, "What do you wear to bed?" she famously replied, "Just a few drops of No. 5". Since it was launched by Coco Chanel on May 5, 1921, Chanel No.5 has endured in popularity. Indeed, in 2019 an estimated 1.92 million women purchased a bottle in Great Britain alone. Already a successful fashion designer and businesswoman, Chanel became an icon at a time when women were mostly employed in agricultural or domestic duties. She trained as a seamstress, later working as a shop girl and cafe singer, and in 1910, opened her hat shop [Chanel Modes](#). Having been raised by nuns in an orphanage, the perfume she went on to create was inspired by their cleanliness and stark simplicity. Today, the company, Chanel, which started as a small hat shop is ranked 52 in the world on Forbes' list of most valuable brands, valued at US\$12.8 billion. Through it all, No. 5 has lived on.

Suggestions were made at the AGM that instead of a door prize, the club hold raffles at each meeting. Given that all attendees have a chance to

win the door prize, but not everyone likes buying raffle tickets, the committee decided that we shall continue with the door prizes, but that we'll hold raffles intermittently throughout the year.



It is unfortunate that the Chinese population does not realise just how controlled they are. Take communication, for example: It was recently stated by *Reporters Without Borders's* East Asian bureau that "China has the world's most extensive and sophisticated censorship apparatus.

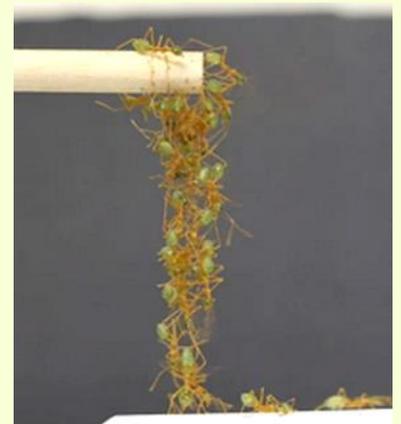
Since 2017, no website or social media account is allowed to provide a news service on the internet without China's permission. Internet users are blocked from foreign search engines, news websites, and social media platforms ... Foreign social media platforms such as Twitter, Facebook and YouTube are banned". And then, by the end of 2020, there were 626 million surveillance cameras on the Chinese mainland.

Jill is to be commended for re-vitalising our walking group. She plans for walkers to meet once a month at different venues. The first one, will probably be at the city Botanic Gardens. For more details, contact Jill.



Army ants are known for their vast foraging raids. Hundreds of thousands of ants flow like a river from their nest site, scouring the jungle as they prey on anything unable to escape the swarm. These raids are enormous undertakings. A single raid can be 20 metres wide and 100 metres long, comprising more than 200,000 ants, running at 13 centimetres per second, and gathering up to 3,000 prey objects per hour. To ensure traffic flows efficiently, army ants construct

highways and bridges along the rough forest floor. These structures are built entirely out of worker ants that join their bodies together. How these tiny, blind ants manage to coordinate these dynamic constructions remains largely unknown, but it is now being studied so that it can be emulated with AI robotics. For example, in a disaster scenario, a swarm of robots could self-assemble into structures



that may help it bridge large gaps, or shore up a crumbling building – all the while locating and rescuing survivors. How the robots should interact with each other, allowing the swarm to adapt to new environments would need to be programmed into the robots' behavioural repertoire.



Pictured are (left to right) President Mary with three newly inducted members, Una, Robyn and Barrie. The Club warmly welcomes them and hopes they will enjoy their new friends, the meetings and the fun activities.



In north-western SA, held under title by Traditional Owners, the landscape is as beautiful as it is harsh, arid, but it is also deceiving. Research over 10 years has unearthed water-bearing palaeovalleys systems below the surface, which are tens of millions of years old. They hold ancient aquifers which hold potential water resources for local communities.



The iconic Parkes radio telescope will be providing ground station support for the first commercial Moon landings, under a new five-year agreement with NASA. Our old, reliable and upgraded dish is able to do this because of its large surface. It is mostly used for spacecraft tracking and advanced data acquisition systems, which are primarily for astronomy research.

Three well-known philosophers have launched a new academic outlet, the Journal of Controversial Ideas, as a safe space for unpopular views. An "open access, peer-reviewed, interdisciplinary journal specifically created to promote free inquiry on controversial topics," it will give authors the option to publish their work under a pseudonym "in order to protect themselves from threats to their careers or physical safety." The journal is neutral with respect to moral, political, philosophical, religious, and social views. Pseudonymity is not an inherently bad thing and the authors can claim authorship at any time. However, despite a rigorous peer review system, the fear is that while protecting themselves, authors could shirk responsibility for the moral liability they take promoting unpopular ideas, such as happens in social media.

Once you understand why a pizza is made round, packed in a square box and served in triangles, you will start understanding women.

Geriatric Olympics: What a day that was! On a mild Autumn day members gathered for this Olympic event in Tillack Park. Fortunately every single member who attended, participated in the spirited sporting event, because spectators would have laughed themselves silly watching them - even more than the participants laughed themselves! Everyone of us learnt something new. One sportsman playing croquet said he had increased his vocabulary with some new colourful words. Another, while playing finska, said he had "come of age" when he knelt down to straighten up the "skittles" and couldn't get up without help. Yet another of us playing boule, learnt what it means to "throw a curve ball" when her dead-on-course ball hit rough grass and curved right around the target like a graceful question mark. Even the visiting canine member had a great time, constantly being petted and sharing the delicious gourmet pizzas afterwards. Everyone was a winner because it was a great day of fresh air, having fun and enjoying convivial company. That's what Probus is meant to be.



Last month was AZAC Day. While we celebrate it, we have neglected the 605 Avenues of Honour, spread across most states and territories. Trees were planted in the late 1910's to honour both individual and mass fallen during WWI. Most of these avenues are now in tatters, some have disappeared all together. Last year, a privately funded project to save the Avenues of Honour was launched, but unfortunately State Governments are giving the project little support.

2021-22 Committee

President: Mary W

Vice President: Margaret O'D

Immediate Past President: Jill

Secretary: Barbara

Treasurer: Ron

Activities: Jill and Brenda

Membership: Bill

Welfare: Lynne

Speaker organiser: David (not on the committee)

After a tiring day, a commuter settled down in his seat and closed his eyes. As the train rolled out of the station, the young woman sitting next to him started talking on her mobile in a loud voice: "Hi sweetheart, I'm on the train ...Yes, I know I'm late, but I had a long meeting... No honey, not with that Kevin from the accounting

but with the boss. No sweetheart, you're the only one in my life. Yes, I'm sure, cross my heart! ..." Fifteen minutes later, she was still talking loudly. When the man sitting next to her had enough, he leaned over and said into the phone, "Hang up the phone and come back to bed." ***She doesn't use her mobile in public any longer.***



Two little old ladies, Connie & Evelyn, were sitting on a park bench outside the local town hall where a flower show was in progress. Connie, leaned over and said, 'Life is so boring. We never have any fun anymore. For \$10 I'd take my clothes off and streak through that stupid, boring flower show!' 'You're on!' said Evelyn, holding up a \$10 note.

So Connie slowly fumbled her way out of her clothes, grabbed a dried flower from a nearby display and held it between her teeth. Then, completely naked, streaked (as fast as an old lady can) through the front door into the flower show. Waiting outside, her friend soon heard a huge commotion followed by loud applause and shrill whistling. Finally, the smiling Connie came through the exit door surrounded by a cheering, clapping crowd. 'What happened?' asked Evelyn. 'I won \$1,000 as 1st prize for 'Best Dried Arrangement!'

