

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 2022 Issue No.165

The HP Source – It's a bottler!

Richard's Rambles

Well, Easter has come and gone and Anzac Day was also upon us. I hope everyone had a pleasant time with family and friends over the break and did not consume too much in the way of chocolates. I'm sure grandkids would have been spoilt rotten though. Our two granddaughters are in Cairns so we did not have any immediate contact with them but FaceTime did help. Our six-year old grandson was visiting his other grandparents, aunt and uncles in America and we are so looking forward to his return to Brisbane.

While the holidays should not mean a lot to us retirees, our extended families are recovering from the school holidays and public holidays and getting ready to go back to school. I had to be reminded of school zones and nearly went through one at normal speed on Tuesday.

Spare a thought for those unfortunates who have been caught in the floods. While their homes may still be a mess I think they would appreciate the fact that schools are back up and running for their kids to attend.

I hope everyone is staying CovidSafe. This dreaded lurgy seems to pop its head up here, there and everywhere when least expected. Last month, while we were watching TV one evening, my wife felt a bit of a snuffle coming on with an occasional cough. We were planning to attend a funeral the following day so decided we had better check to see if she had possibly contracted Covid. We were sitting next to one another and I was helping her with the RA Test as neither of us had done it before and lo and behold she was a positive. My daughter (who works in the health industry) immediately took over and made Julie isolate in the bedroom while I slept in her bedroom and she slept on a mattress in the lounge room. We all did PCR Tests in the morning and Julie's came back positive and ours were negative and we remained that way for 10 days. Despite living in close quarters for those 10 days, but certainly taking precautions, we did not contract the virus. I still wear my mask when going to the shops but I can't help the feeling I will still catch it someday. At least restrictions have eased so we can choose when and where we can go.

That's all from me for now.

Richard

The latest Probus Global newsletter can be downloaded from [here](#).
Check it out!

**ODD
SPOT**

Seagulls swooping in to pick at meals at a bar which overlooks the Sydney Harbour, forced its administrators to enlist trained dogs to ensure patrons enjoy themselves at the venue. The General Manager of the bar said that when the dogs are patrolling, swooping is reduced by 80-85%. There are 13 of the Australian Kelpies and Border Collies whose job is to chase away seagulls. They are on rotation, rostered on every day with double shifts on the weekends.

Activities

Bus trips are back!

MAY 2022

Sunday 1st Coffee and chat 10.30 Pacific Golf Club

Wednesday 11th 11.45 am **Lunch** at **Lovewell Café** on the top of Mt Gravatt, with magnificent views of Brisbane. 185 Outlook Drive (off Logan Rd in Mt Gravatt Central)

Thursday 19th Monthly meeting 9.30am Newnham Hotel.

Thursday 26th Vend MarketPlace, 1768 Sandgate Rd Virginia. 10.30am Giant undercover market: plants, craft, fashion, cafes all under one roof. Plenty of parking and wheel chair friendly. If you need a lift, let us know.

Monday 30th. Bus Trip with the Sunnybank Club. 7.45am from Runcorn Tavern for a trip around the **Scenic Rim** including Lake Dyer Laidley, Gatton Transport Museum and Scotty's Barn & Garage Flagstone. \$69. Contact **Sue Kieboom** 0408 648 306 for flyer, payment details and booking.

JUNE 2022

Sunday 5th Coffee and chat 10.30 Pacific Golf Club.

Wednesday 8th 11.45 am **Lunch** at the Copper Keg, Holland Park Hotel in Logan Rd.

Saturday 11th Brisbane City Pops Orchestra, Church of Christ Kenmore, 41 Brookfield Rd Kenmore 2pm Cost \$26. Contact Brian.

Saturday 11th Bus trip: Scenic Rim Clydesdale spectacular. \$63 Pick up at Greenslopes shopping centre 8.35 am sharp. (Bus won't wait). Travel to the Boonah showgrounds for the Scenic Rim Clydesdale Spectacular which celebrates the traditions and heritage of 'the breed that built the nation'. It also showcases the Fassifern Highland Gathering, a stirring massing of pipes and drums, highland dance, caber tossing and more. Fare includes morning tea and entry. Lunch at own cost. Return after 4 pm depending on traffic. (8 seats reserved, but more can be arranged). Payment by May 3rd is required. Contact Mary W.

Thursday 16th Monthly meeting 9.30am Newnham Hotel.

Thursday 23rd Police Museum, Meet outside Police HQ, 10.30am 200 Roma St, City. **Lunch** Chez Nous 160 Roma St City.

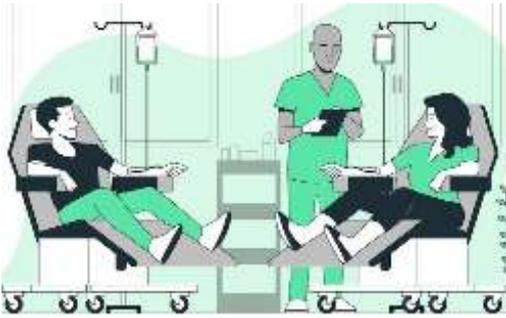
JULY 2022

Sunday 3rd Coffee and chat 10.30 Pacific Golf Club.

Wednesday 13th Lunch venue TBA

Thursday 21st Monthly meeting 9.30am Newnham Hotel.

More to come



Did you know that the first Australia-wide study of its kind in nearly 30 years found the population's blood types are changing? A larger proportion today has positive blood, and B and AB types increased by 2-4 per cent. These changes reflect migration and the influx of diverse genes that comes with it.

It is easy to understand the dilemma faced by Europe in sanctioning Russia. While neither we, nor USA and UK are significant markets for Russian oil, 12% of global oil exports come from Russia. It would take weeks for refineries to re-tool, because they are fine-tuned to work with specific types of oil found in specific regions. Then the EU purchases 40% of its gas from Russia. Together, Russia and Ukraine account for well over 25% of global wheat and barley exports and 14% of corn. And about a third of the world's ammonium nitrate (fertiliser) exports come from Russia. Add to this, transport routes have been disrupted to a high degree with no-fly zones and rail line closures. The war is threatening food security and is reshaping global supply chains, but for how long and by how much remains to be seen.

Newer members may not be aware that Probus South Pacific Ltd. (PSPL) has joined with several organisations to provide discounts for Probiants. If you hop on to the PSPL web site, under "member benefits" you will find discounts under four sections: Travel, Finance, Life Style/Entertainment and Health.

Woolworth's in WA is scrapping the sale of reusable shopping bags. The option of buying paper bags (which hold up to six kg) will be available for the 20% of customers who currently buy plastic ones. The paper bags are made of 70% recycled paper.



While drink-driving fatalities and injuries have declined in recent decades, it still remains a major problem on Australian roads. Blood alcohol concentration (BAC) limits were put in place over 25 years ago, but new technology may now be able to stop drink driving altogether. By 2027, all new cars in the US have to have BAC technology systems installed. These

can either monitor a driver's performance to detect if they are impaired, or test a driver's BAC. Similar efforts have been recommended in Australia, with Victoria reportedly being the only jurisdiction outside the US to trial the new technology. The EU and China are also looking at the systems.



Eleven of us visited Mayes Cottage. Sue from Logan City Council gave us a very informative talk about the Museum and The Mayes Family, whilst sitting under a 150 year old mango tree. Lesley from the local council Art Gallery, gave us a rundown on the

activities and exhibitions held there. John and Emily Mayes and their two small children arrived in Brisbane from England aboard the ship Indus on 21 July 1871. On 27 June 1873, John took up 321 acres of land in the area that was later to become Kingston. The Mayes made their income from selling timber on their land. They built a slab hut, planted fruit trees, pineapples and grapes, and kept bees. The produce was sold in Brisbane. By 1887, having prospered they built a new home, Mayes Cottage which survives today. The Cottage was to be demolished in the 1970s but people power blocked it. Some of the original furniture and chattels remain in the home. We finished the outing having lunch at the Butter Factory.



Lynne

The global angst against Putin has been so profound that sport itself has been compelled to come out behind its customary veil of "neutrality" in political matters. As such, sports organisations around the world have taken positions (with varying degrees of censure) on the participation of both Russian and Belarusian teams and athletes. In the middle of all this are the athletes who, like ordinary Russians, may become – perhaps unfairly – the target of sanctions. But war is the epitome of unfair.



In March, one of the most famous shipwrecks in history, Sir Ernest Shackleton's Endurance, was discovered 3km below the surface of the Weddell Sea – a part of Antarctica claimed by multiple nations. It was the vessel used during the British explorer's 1914-1916

Imperial Trans-Antarctic Expedition. It became stuck in the ice and eventually sunk. Remarkably, none of the men died during the ordeal, despite having to camp on the ice for months during an austral winter. At the time of signing the Antarctic Treaty, seven countries – Argentina, Australia, Chile, France, New Zealand, Norway and the United Kingdom – had territorial claims in the region. The Antarctic is governed via annual meetings, attended by signatories to the treaty. There are many complications as to whom the wreck belongs to, including Shackleton's heirs and its owners. Shipwrecks provide a way for countries to demonstrate their historical occupation of a region where traditional displays of territorial sovereignty are banned. So now the Endurance has been found, who owns it and who should look after it?

This time last month, the Probus Club of Uxbridge (Canada), with 219 members, were planning an Easter egg hunt whereby car-loads of participants had to meet at a central point. Each car was to be given an Easter egg with a clue as to where each could find another egg with a clue. They were to gather at a designated time and place for lunch, and the number of eggs found indicated the winning car group. Sounds like a fun way to socialise!



Since its debut in 2009, Bitcoin and other cryptocurrencies have seen explosive growth and some dramatic downturns. Bitcoin alone is said to use 0.5% of all electricity used globally and seven times Google's total usage. That's more annual electricity use than all of Finland, which is a country of 5.5 million people or all of the annual use of the state of Washington. The energy used is due to a process that involves solving complex mathematical problems that help verify digital currency transactions. With increased competition, bitcoin has become an industry of its own, requiring specialized machines, servers, and huge data centres with enough cooling capacity to keep the computers from overheating. Iran was rocked by power outages earlier this year that were partly blamed on bitcoin. Crypto's sustainability issues are beginning to worry governments.

With coffee prices rising, café owners are warning that a regular cup could cost \$7 by the end of the year. 10 years ago, coffee experts were saying do not freeze your coffee, because it imparts a bad flavour. There was no science behind it. Now, however, it has been found that providing the coffee is kept airtight, in vacuum sealed containers, there is no

discernible difference if it has been frozen and will last years. So buy up in bulk and freeze it with confidence, preferably in portion controlled sized air tight containers.

Members are asked to pass their apologies to Bill, our Membership Officer, if they cannot make a meeting.



Year-round daylight saving is on the table in the US, but experts say it's a bad idea. There is plenty of research on the health

effects of daylight saving time which "meddles" with our biological clock. A body contains a bunch of "clocks" of sorts, scattered through our organs, which switch genes on and off (and get each organ doing different things) at certain times of the day. It resets every 24 hours. And that's where daylight comes in because daylight exposure triggers the start. In summer, getting up an hour earlier due to daylight saving time isn't so bad, because the sun comes up earlier too, so the circadian conductor still gets that early dose of light. But getting up an hour earlier during the shorter days of winter when it is still dark (especially nearer the poles) is a different story. It interrupts the circadian rhythm of the body. It causes sleep deprivation, and has many biological effects such as altering glucose metabolism and insulin levels. Living, even a little bit out of phase with the natural rhythm of the body has long-term negative effects. Russia changed back in 2014 after enduring three full years of daylight saving time.

PSPL has reintroduced travel insurance. There was a time years ago when PSPL's insurance was one of the most reasonable on the market for older people. More recently, not so much. So it is worthwhile shopping around. Here is what PSPL has to say:

Probus Travel Insurance provides a range of options for both domestic and international travel from Australia. Depending upon your age, where you are travelling to and the length of your trip, Probus Club members may be offered one, two or three different plans. Of course terms, conditions, limits and exclusions apply, and members should refer to the [Product Disclosure Statement](#) to compare the plans in more detail. Probus Club members can apply for Probus Travel Insurance online at https://www.probussouthpacific.org/pages/travel_insurance_landing_au For those members who prefer the personal approach or are unable to access the internet, the Allianz Global Assistance Team can take travel insurance applications over the phone. For more information about

Probus Travel Insurance, please visit our website at https://www.probusouthpacific.org/pages/travel_insurance_landing_au or call 1800 125 234.

NZ has developed a tool for town planners whereby they can ascertain on a map, how health-wise is a city area. The positives are green spaces, access to accessible outdoor water environments, physical activity facilities, fruit and vegetable outlets, and supermarkets, among others. The negatives are fast food outlets, alcohol outlets, gaming places, and convenience stores. Called The Healthy Index Locator, it can help policy makers consider how to shape more health-friendly cities by regulating or adding the right features.

Have you noticed how some product prices in the supermarket have remained the same, as have packaging sizes, but the contents weigh less? It pays to check the per 100gm price to work out the increase.



It has got so bad, that there is a name for it! Nomophobia – short for no mobile phobia – a word used to describe feelings of overwhelming anxiety, panic and fear of not having your phone or being able to use it. Some travel advice brochures note that travel is a privilege we have taken for granted until the pandemic hit, so holidaymakers should make the best of their travel time, live and enjoy the moment and avoid the distraction of mobile phones. Looking at maps, taking photos or using the language interpreter is aiding the travel experience, even sharing once in a while with family and friends, but make most of your holiday phone-free time by having it turned off.

Reminder: Membership fees (40) were due on April 30th.

Alcoholics and narcotics anonymous (AA) are 12-step peer support groups where people who have alcohol or other drug problems are supported by others who have had similar problems. It was started around the time of prohibition and the temperance movement when alcohol problems were considered a moral failing and therefore it has a strong religious base. Recent research has found that, there is a 40% drop-out rate, and 73-90% remaining participants relapse within a year with 87-95% rate of relapse within five years. This is compared to an estimated relapse rate of around 40-60% for more modern mainstream treatments with a drop-out rate of 34%. It is likely the key ingredient in 12-step AA groups is the peer support, rather than the 12 steps

themselves. There are now other peer support programs available which may better suit those who are not aligned to the originally established philosophies, but we are still not very successful at “curing” this illness.

PSPL’s last “special edition newsletter” is a misnomer. It wasn’t anything more than pages of travel ads – junk mail. Surely PSPL could do better? Don’t we get bombarded with enough ads as it is? Why not increase the *Active Retirees’* content (with interesting articles), so it can absorb these types of ads and keep the content/ads balance right? Then those of us who are offended by more junk mail, especially from organisations such as PSPL, can still access the ads and PSPL can still make the money it earns from it.



Making purchases using your phone instead of cash or card is now common, but how would you feel about buying things with your face? A new report from the Australian Retailers Association has identified facial recognition technology as an emerging trend in the retail payment space. The technology is already widely used in other parts of the world, particularly China, where around 61 million consumers regularly use their faces to make payments in stores. There are, understandably, concerns around privacy and exactly who will hold and have access to your facial data.



Young people are growing up in the shadow of a climate crisis and global conflict, amid sky-high housing costs and a precarious economy. For decades, government spending and policies have also been skewed in favour of older people. Yet in Australia, young people don’t get to vote until they are 18. While the idea of lowering the voting age has come up before, there is now renewed interest in allowing 16 and 17-year-olds to vote at the state and territory levels. In the ACT, a Greens-initiated bill to lower the voting age has significant community support. Most of the opposition is ageism against youth, but there is [plenty of research](#) showing 16 year-olds have sufficient ethical and cognitive capacities to form political judgements. They can do paid work, pay tax, enlist in the military, drive a car, consent to confidential health care and be charged with criminal offences. Democracies have always been strengthened when more people are allowed to vote. Maybe if we empower the youth of today, they will make better politicians of tomorrow, because they have the greatest at stake in the political process.

What a pleasant lunch! There were just nine of us at the café in the Plaza at Mt Gravatt, but the place was buzzing and the food was good. The conversation was lively and we left two and a half hours later, not because we wanted to, but the place was so busy that we felt guilty taking up the room after we had our fill. Next month's lunch will be at the top of Mt Gravatt, with Brisbane views.

The lengths to which some wild animals will go to obtain a mate or protect themselves is sometimes really gross. Female lobsters wee on their potential mates' face for an invitation into their lairs. Hippos have become YouTube sensations for their rather unpleasant "dung showering" behaviour. They spin their stumpy tails to propel a mixture of wee and poo up to ten metres to mark their territory, and they sometimes fling poo directly into their love interests' faces during courtship. The bird-dropping spider has evolved to protect itself from bird predators by looking like bird poo. Eurasian chicks vomit foul-smelling orange liquid all over their aggressor, and themselves, warning their parents of danger. Spew as an emergency beacon – who knew? Sperm whales' defensive strategy is even more revolting. They are known to defecate into the water for a startling length of time, which creates a "poo-nado" – a cloud of excrement that conceals them from perceived attackers (or unlucky snorkelers!). None of it nice to our sensibilities.

The Australian Competition and Consumer Commission says a new 'money recovery' scam mostly targets those who have been scammed before. People who have previously lost money to a scam are receiving unsolicited offers to recover that money in exchange for an up-front fee.



The negative effect of salt is well documented, but that of the other condiment of the cruet set is another story. Black pepper is said to be good for you. A senior nutrition scientist in the UK has written a paper on the many nutritional benefits of black pepper. However, she warns that to date, most of the benefits have been shown to be in cell cultures and animals which don't always translate to humans. But indications strongly suggest that "adding a few extra grinds of pepper to your food ... may well be beneficial".

Australia's highest mountain, was named after Tadeusz Kościuszko (1746-1817) who was a revolutionary thinker and Commander in Chief of

the Polish-Lithuanian armed forces. Strzelecki, an explorer and geologist, named Mount Kosciuszko in memory of his friend in 1840.



The success of Netflix's *Bridgerton* is owed to many factors, including an incredibly sexy story line. But how sexy would *Bridgerton* have been in real life? Count Anthony Bridgerton is portrayed as having a libertine history who regularly employed sex workers to help him blow off a little steam. The show is set in the early years of the 19th century. Around this time, it is estimated [one in five Londoners](#) would have had syphilis (or "the Pox") by the age of 35. If this number isn't already shocking enough, historians also estimate the number who contracted gonorrhoea or chlamydia was far higher. According to historian [Professor Simon Szreter](#): *"The city had an astonishingly high incidence of STIs at that time. It no longer seems unreasonable to suggest that a majority of those living in London while young adults in this period contracted an STI at some point in their lives"*. No effective cure was found until early in the 20th Century. Before that, the treatment was mercury-based which was often worse than the disease. While condoms did exist, they were not widely accessible, encouraged, or effective and were prone to break. Of course, *Bridgerton* is not limited by the often strangulating bounds of historical accuracy.

May Duty Roster: Chair: **Bill**; 5 Min Spot: **Richard R**, Fellowship: **Rosemary and Leah**, Door: **Leo and Ron**

Alarm bells are ringing. Microplastics have been [detected in human blood](#) for the first time. It is not yet known what effect this has on human health, but scientists need to find out fast, and also work on ways to filter it out.



22 Years ago, when the Aboriginal rock site of Yirra in WA's eastern Pilbara region, the site was carbon dated as 23,000 years old, but the Yinhawangka people who live in the region thought it was older than that. Now, with new dating methods that took 20 years to develop, they have been proved right.

The optically stimulated luminescence dating system is far more accurate than radiocarbon dating and has shown the site to be more than 50,000 years old. In the next few months, they will be able to show how much

older. Aboriginal people used this site repeatedly during the height of the last Ice Age ... there are no other sites around in the Pilbara that have this degree of evidence and it is now thought to be one of the oldest sites in Australia.

The Australian Bureau of Statistics estimates that the life expectancy of an Australian male is 81 years and 85 years for a female. While these figures are correct, they include the deaths of people who die young from accidents or illness and can therefore be misleading when calculating life expectancies for retirees. Adjusting for this, if you are a "survivor" at 65+ years, the figures change. Half of today's 66-year-old men will live to at least 88, for women that age is 90. Many of us underestimate how long we'll live, and 10 years on, our life expectancy will be even longer.

The Council Cabs service organises shared taxis at scheduled times for residents who find it difficult to get to their local shops.

You can use Council Cabs if you are:

- over 60 years old, or
- mobility impaired, or
- a Pensioner Concession Card or Centrelink Seniors Card holder.

If you are eligible to use this service, you may be accompanied by a carer or a child under your care.

The Council Cab operates weekly in most Brisbane suburbs. In some areas, services are offered twice a week. The service picks you up from your home and takes you to your local shopping centre. Your suburb will determine which day and shopping centre location. Please contact my Ward Office on 3403 7791 if you would like a brochure sent to you.

Each one-way trip costs between \$1 and \$3. This fare is paid to the driver as you board.

To book a Council cabs service, phone 07 3403 2227. Reserve your seat up until 12 noon the day prior to using the service or request that your booking be made permanent. Wheelchair accessible vehicles are available on request.

Left from Krista Adams.

Physics is in crisis. For the past century or so, we have explained the universe with two wildly successful physical theories: general relativity and quantum mechanics.

Quantum mechanics describes how things work in the incredibly tiny world of particles and particle interactions. General relativity describes the big picture of gravity and how objects move. But the two theories are thought to conflict with one another. Though the exact nature of the conflict is controversial, scientists generally agree

both theories need to be replaced with a new, more general theory. Unfortunately, several new general theories which work, remove time as a fundamental aspect of reality. Would it follow that time *does not exist*? It's complicated, and it depends what we mean by *exist*. Theories of physics don't include any tables, chairs, or people, and yet we still accept that tables, chairs and people exist. But while we have a pretty good sense of how a table might be made out of fundamental particles, we have no idea how time might be "made out of" something more fundamental. The discovery that time does not "exist" may have no direct impact on our lives, even while it propels physics into a totally new era.

2022/23 Committee

President: Richard M

VP: Vacant

IPP and Newsletter) Mary W

Secretary: Margaret

Treasurer: Ron

Activities: Lorelei

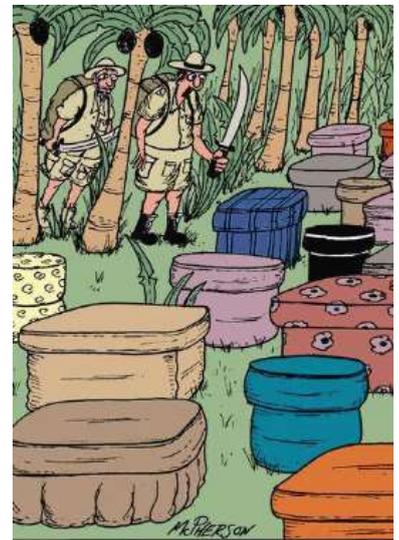
Speakers: Judith

Committee: Richard R

Not on committee

Membership; Bill

Welfare: Lynne



"Great Scott, Ingrey, it's the Ottoman Empire!"



The SCOTTISH VARIANT.
At least you can hear it coming.



Two Hydrogen atoms meet. One says "I've lost my electron" "Are you sure?" the other replies. "Yes, I'm positive."

Did you hear about the man who refused novocain for his tooth extraction? His said his goal was Transcend dental mecication.

Three brothers age 92, 94 and 96 live in a house together.

One night the 96 year old draws a bath, puts his foot in and pauses. He yells down the stairs, "Was I getting in or out of the bath?"

The 94 year old yells back, "I don't know, I'll come up and see." He starts up the stairs and pauses, then he yells, "Was I going up the stairs or coming down?"

The 92 year old was sitting at the kitchen table having coffee listening to his brothers. He shakes his head and says, "I sure hope I never get that forgetful." He knocks on wood for good luck. He then yells, "I'll come up and help both of you as soon as I see who's at the door."

A person sent ten puns to his mate to make him laugh. No pun in ten did.

A vulture boards an aircraft carrying two dead racoons. The Hostess said "sorry sir, only one carrion allowed".

If you jumped off a bridge in Paris you would be in Seine.

When cannibals ate a missionary they got a taste of religion.