

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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The HP Source – It's a bottler!

Richard's Rambles

With the passing of HRH Queen Elizabeth II, it was amazing to see the incredible amount of love and support from the UK public as well as from around the world. She was a special person to so many and even many non-monarchists respected her political neutrality and poise through thick and thin. I do hope that King Charles III manages the high position he has been put in with similar grace and accomplishment. Good luck to him in these turbulent times.

Further news of the Tawny Frogmouth nesting on our back veranda. Before we left for Sydney we discovered that there were two eggs in the nest. Our neighbour is keeping an eye on it but has not reported any babies appearing yet. We are eagerly awaiting the arrival of twins.

Our time in Sydney has been very busy and very cold. It rained heavily yesterday but today they are predicting 24 degrees so it should be a pleasant day.

I must thank Mary W for standing in for me while I have been away and hopefully we will be back in Brisbane more permanently soon.

I hope everyone gets to enjoy "Probus Month" in October.

That's all from me for now.

Richard

ODD
SPOT

We have the Big Banana, the Big Pie, the Big Strawberry. Lots of BIG tourist attractions. The RAAF is set to decommission an air traffic control radar in Gippsland (Victoria). Locals want the device, which resembles a golf ball, to become a tourist attraction by promoting it as the Big Golf Ball.



Activities

OCTOBER

Sunday 2nd Coffee and chat 10.30 Pacific Golf Club.

Tuesday 4th Meet and Greet lunch in the park with **Eastern Suburbs Club**, to celebrate Probus Day. Broadwater Park. 11.30 am. Bring your own drinks and chairs. Lunch provided \$10.00. Pay by September meeting.

Wednesday 12th Ethnic lunch. 11.45 am. Tabbouli 1/196 Wishart Rd Wishart. Mediterranean and Turkish meals. Parking under the building off Newnham Rd.

Thursday 20th Monthly meeting 9.30 Newnham Hotel.

Thursday 27th River City Cruise to lunch. Board at 10.15 am for morning tea at City Botanic Hub and cruise to Newstead. Walk to Breakfast Creek Hotel for set menu lunch. (Menu available). Cruise back to South Bank with commentary. Arrive 2pm. \$71. Payment by September meeting.

NOVEMBER

Sunday 6th Coffee and Chat 10.30am Pacific Golf Club

Wednesday 9th Ethnic Lunch Wil's Resto, 4/148 Chatsworth Rd Coorparoo. 11.30am Mexican and Filipino Cuisine. Some parking behind and in side-street.

Thursday 17th Monthly meeting 9.30am Newnham Hotel.

24th November at 10.30am. **Visit Ching Tien Temple**, 1034 Underwood Rd, Priestdale. Followed by **lunch** at Coffee Club, 2/63 Springwood Rd, Springwood.

DECEMBER

Sunday 4th Coffee and chat, 10.30 am at Pacific Golf Club

Wednesday 7th at 9.00am **Lord Mayor's Christmas Carols**, Brisbane City Hall. \$5.00. Names and payment ASAP. Of those who have booked and paid, six names will be randomly selected and refunded.

Wednesday 14th NO Ethnic Lunch this month.

Thursday 15th at 10.30 am **Christmas Lunch** at Newnham Hotel. Entertainment: Ian Maurice 11-12 noon. Numbers and payment by November meeting. Price TBA.

Australia can expect to see the new king's face on our coins from 2023. As per tradition, Charles will be facing left, as the direction in which the monarch looks is reversed with each new reign.

A pair of demographers from the University of Melbourne has just released an interesting data projection based on results from the 2021 census. The number of Aussies aged 65 and over is projected to grow by 54 per cent, from around 4.31 million now to 6.66 million, by 2041. Meanwhile, those aged 85 and over are expected to increase by an even more impressive 140 per cent by 2041, with numbers rising from 534,000 in 2021 to 1.28 million. However, the fastest growing cohort is the 100-plus bracket. The number of Australians receiving letters from the then King or Queen will increase by 200 per cent by 2041.

Did you know that as of next year, a private school will open in Melbourne, which will teach years 5-12 on-line only? It will cost \$18,000 per year in fees, and parents will have to supervise their child the whole time they are "at school". This comes as new data shows there has been a 44% rise in students homeschooling in Victoria since 2019. While there are cheaper alternatives to homeschool children, it will be interesting to see how this new private school venture succeeds.

DUTY ROSTER
Chair: Richard R, Five
Minute Spot: Andy,
Fellowship: Janice and
Maggie
Door: David and Ron



The Civil Aviation Safety Authority has announced plans to change general flight and operating rules that will come into effect in December. The rules, which currently ban any animal other than designated service dogs from flying in the cabin will be relaxed, and airlines will be able to decide whether pets can sit with their owners or will still need to be transported in the cargo hold. Many overseas airlines allow pets to accompany their humans in the cabin for a fee, subject to weight restrictions. Qantas and Jetstar have already ruled out allowing pets in the cabin, but Virgin Australia and Regional Express (Rex) are not ruling anything out, with the deputy chairman of Rex, John Sharp, suggesting they could let passengers buy a second seat for their pet.

Have you signed up to receive weather alerts on your phone, now that the storm season is approaching? You can do so on the Government's Web site at <https://ewa.brisbane.qld.gov.au/>



The Margo McKinney Exhibition “World of Wonder” at the Museum of Brisbane proved to be a delightful experience for the small group who attended at the end of last month. We saw magnificent pieces of jewellery designed and meticulously crafted using a variety of precious and semi-precious stones, opals and pearls.

Though we did wonder how heavy some of the collars and necklaces would be to wear! We were introduced to Mandarin garnets, clear orange stones often partnered with a myriad of pink stones to create pieces in one of Margo’s favourite colour combinations - orange and pink. It was amazing to learn that Margo was on board the pearling lugger in Arnhem Land to observe the annual pearl harvest and purchased the entire haul for her jewellery business. A notable piece in the collection was a cuff of ivory from a prehistoric woolly mammoth unearthed in Russia, and adorned with jewels.

Over lunch afterwards at Goldfinch in the Pullman in Ann Street, there was great fellowship. Over all, a thoroughly enjoyable day out.

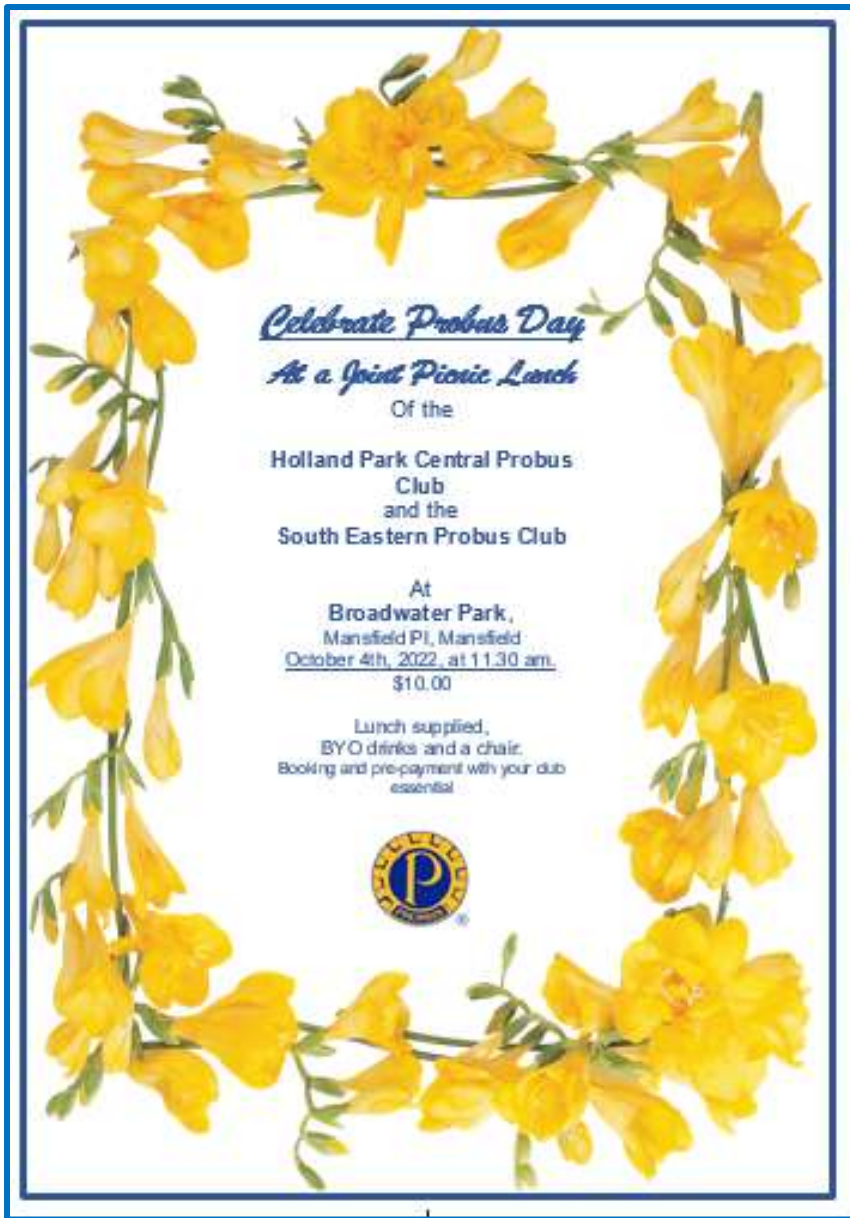
Lorelei

Did you know that Kingsford Smith Airport in Sydney was deemed in 2021, one of the top 10 airports worldwide for delays and cancellations?

Many of the 2.5 million Australian retirees on the age pension would like to work, but only a fraction do – partly because it can mean losing some of their pension. Could leaving the pension be, become part of the fix for job shortages in Australia? All retirees are an untapped source of hundreds of thousands of skilled workers, who are already in the country, and many of whom, given the opportunity, would welcome part-time employment. Each one percentage point increase in workforce participation of those 65 years and older would boost the Australian labour force by around 43,000, and it must be remembered that Australians aged 65 years and over are expected to be the fastest growing population group by 2030.

Australia Post has issued a draft proposal to raise the cost of basic postage rate from \$1.10 to \$1.20 from January 2023, and an increase in the prices for ordinary large letters from \$2.20 to \$2.40.

REMINDER: While our Christmas lunch will be held at the hotel on our regular meeting day, it is essential that members book (and pay in advance) on the booking sheet. The cost will be advised at the next meeting, and it will be payable at the November meeting. There will be no money collected at the door at the Christmas lunch. Visitors welcome.



As the poster (left) shows, our joint picnic with the Eastern Suburbs Club is on the 4th. If you make an eft payment and let Mary W know you are attending you can still book up until the 1st. After all, we are celebrating Probos Day, and we'll also get to know members of our neighbouring club - the South Eastern Probos Club.

Australia's national parks in several states are under siege from privatisation by stealth. Developers are using the lure of ecotourism to build private lodges with **exclusive** access deep inside many iconic parks. The problem is, not everyone can afford private lodges and the exclusivity of the lodges is

not only replacing campsites with expensive accommodation, but some of the parks now exclude access to areas the wider public enjoyed to date - both physically and financially. Also, when some in-park enterprises collapse, they can leave large clean-up costs for the taxpayer, as evidenced at Queensland's Hinchinbrook Island. This is not to say tourist ventures have no place, but private enterprise needs to be kept outside the boundaries of our national parks.

We in Oz are no strangers to drought, but parts of Europe and the USA, which have been hit by it, are. And these severe conditions have also revealed some hidden treasures and pieces of history. The mighty Danube River has been reduced to one of its lowest levels in almost a century, exposing the hulks of dozens of explosives-laden German warships sunk during World War II. Drought in Texas has dried up a river flowing through Dinosaur Valley State Park, exposing tracks from giant reptiles that lived some 113 million years ago. In China, the Poyang Lake, one of the Yangtze River's most important flood basins, has now shrunk to a quarter of its normal size for this time of year. The drought



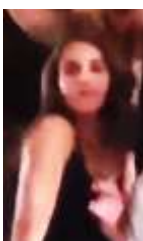
exposed a submerged Buddhist statue (pictured left) on top of a submerged reef on an island in the river. Extreme drought severely depleted water levels in Iraq's Mosul Dam, revealing the ruins of a 3,400-year-old lost city.



German and Kurdish archaeologists have been racing to excavate the site before the dam refills. Military experts defused and carried out a controlled explosion of a 450-kilogram World War II bomb, which was previously submerged in the now drought-stricken River Po in northern Italy. Spain is facing its worst drought on record, with research suggesting the Iberian Peninsula could be the driest it has been for more than 1,000 years. It has led to the emergence of a prehistoric stone circle dubbed the "Spanish Stonehenge." And five skeletal remains have been found in Arizona's Lake Mead.

Just four of us joined the Cross Country bus trip to Toowoomba to experience the Carnival of Flowers. In spite of a cool and overcast day, the flowers did not disappoint. The Carnival has been celebrated since 1950. Now a month long event, it attracts thousands of visitors. Some 100,000 potted seedlings are used across the three major parks to create the displays. After visiting four prize-winning private gardens, the group went to Laurel Bank Park. The swathes of colour from mass planting of single coloured pansies, clusters of tulips, poppies and petunias in the brightest colours, snapdragons and foxgloves made a spectacular display. All agreed it was a most enjoyable outing.

Lorelei



Gendered drinking! Take two prime ministers: Sanna Marin from Finland and Australia's Anthony Albanese. When Sanna Martin was videoed at a party having a good time, critics maligned her and slammed her behaviour as "unfitting of a prime minister".



Subsequently she had to take a drug test in what she said was "for her own legal protection" amid calls for her to step down. Here, a few days later, Albanese was spotted at a Gang of Youths concert in Sydney drinking a beer. He was cheered by the crowd and the harder he chugged the beer, the louder the cheers. The wildly disparate reactions have sparked a conversation around gender double standards. In Australia, drinking alcohol itself has long been a gendered activity. Women were not permitted in pubs' bars in Australia until the 1960s. When it comes to young adults and public intoxication, men's drinking tends to be associated with public disorder, while women's drinking is

often associated with promiscuity and sexual vulnerability. But one of the clearest ways gender is implicated in drinking is in notions of “acceptable behaviour”. In fact, gender expectations can mean that men are judged more harshly if they choose *not* to drink. That is, men are expected to drink. Mainstream media often punish women’s drinking more than men, and gendered drinking stereotypes remain and have a significant impact.

While there were only seven of us at the ethnic lunch at Asia House last month, it was memorable. The service was slow, the food was nice, but it was the conversation which was remarkable. Throughout the meal, it was mostly a “whole table” contribution to what was a stimulating and interesting exchange of ideas and experiences. Discussion ranged from current and future use of drones, to travel, AI, veterans’ support (or lack thereof) of PTSD, policing and war in general. We didn’t solve the world’s problems, but were certainly engrossed in discussing the larger issues.



50,000 specialty 50 cent coins just minted are not intended for general circulation but are available for purchase from the Royal Australian Mint. They are covered in secret, coded messages marking the 75th anniversary of foreign intelligence cybersecurity agency, the Australian Signals

Directorate (ASD). The coins contain messages hidden by four layers of encryption but are breakable and are supposed to be a fun way to engage people in code-breaking.

Once again this year we have applied for the City Council Seniors’ Celebration donation. In the past, it helped to underwrite the entertainer(s) we have had at our Christmas lunch, and we are hoping that, once again, we’ll receive funds to cover the cost of having an entertainer. This year we have booked Ian Maurice, who has presented on most major TV channels and also radio, has a unique way of storytelling and is a vocalist as well.



Now that the pandemic has eased somewhat and we are again able to travel, give a thought to privacy. 2000 Americans were recently surveyed regarding stays in Air B&Bs. One of the questions was about privacy and hidden cameras. 58% of those surveyed said they worried about it and a massive 11% said they [discovered hidden cameras](#) in their Air B&B. It was unclear how many of these cameras were located in lounges and kitchens, or whether they were in more private areas such as bedrooms or bathrooms. It



is probably the tip of the iceberg because very few of us actually search for hidden cameras. What's the bet it is happening here also?

Did you know that relative to an electric fan heater or traditional electric hot water service, a heat pump (reverse cycle air conditioner) can save 60-85% on energy costs? And into the bargain, they cut emissions by about a quarter relative to gas, and three-quarters relative to an electric fan or panel heater. The ACT government is encouraging electrification of buildings using heat pumps, and is [considering legislation](#) to mandate this in new housing developments. The only downside is that it is very important to clean its filter every few months. A blocked filter reduces efficiency and the heating and cooling output.



Australia has more than 60 species of native rodents found nowhere else in the world. New research used museum specimens to find out how they got here. Extracting and sequencing DNA suggests a single, pregnant rodent floating on driftwood across the

treacherous waters between Asia and New Guinea 8.5 million years ago may be behind the eventual colonisation of native rodents in Australia. However, now, 11 mainland species have been declared extinct since European colonisation in 1788, and many more of the 60 species of surviving native rodents remain at serious risk of extinction. Around 5 million years ago, New Guinea experienced a big geological change which opened new environments for rodents to adapt to, and increased connectivity between New Guinea, Australia, and neighbouring islands. From there, things really took off. That was the time our native rodent ancestors began to develop and adapt to OZ. Yet they have not been able to tolerate the dramatic changes to their environment that have occurred in the past 200 years. Extensive habitat loss through floods and fires and predation by cats and foxes indicate that more need to be done to protect extinction.



He has spoken at our club some years ago about the quirks of the English language, and now we will have the privilege of having him back. Professor Roly Sussex OAM is a specialist in comparative languages, communication and culture, and health communication. He has taught in universities, was involved in research, has a weekly talk-back program on ABC Radio, has written numerous publications and has received accolades from all over the world for his academic and research achievements. Roly speaks seven languages. When he is not engaged in researching and writing he works on his

garden and acreage, rides road and mountain bikes, and indulges his passion for classical music.



Successful ageing is rarely defined purely by physical circumstances. Ageing well often implies flourishing despite hardship. Men aged 85 and older have the highest suicide rates in Australia, (three times the average) but this tragedy has gone relatively unnoticed. Last month was RUOK Day, but "how can I help?" would be a better question, particularly for this age group. The silent challenge among many older people, particularly men, is psychological and existential distress, which can reinforce feelings of loneliness and worthlessness. Older men at risk can feel they are "no longer needed" or perceive themselves as "burdensome" to family and community. Stressful events such as loss of independence can increase feelings of marginalisation, worthlessness, and may also lead to social isolation. Older men are reluctant to express feelings, partly because nowhere for them to open up in a way they see as culturally and socially acceptable. Older people have handled much of the burden of COVID, including unprecedented restrictions and ageist sentiments. We must start listening and working together to find solutions so older men can access the help they need in a way that suits them.

Once again, parking was at a premium at our coffee morning, but we were told that an underground car park will be opened soon. We were wondering what "soon" meant, because while an enormous hole has been excavated, and a couple of concrete pylons were already in place, we didn't really think "soon" was soon enough.

It is a no-no subject, but several studies have shown that orgasms are extremely beneficial and can extend life significantly. And the benefits are greater in older people 65+ years. In men, the life extension comes from frequency, in women, it is more the quality, but frequency still counts. Of course, the fact is, that the bond forged by regular intimate contact does wonders for long-term physical and mental health, particularly as one ages! However, even so, benefits of orgasms abound! It lowers blood pressure, improves cholesterol, increases circulation, and raises your heartbeat from 70 to 150 beats per minute. Regular orgasms (they say twice a week) halve the risk of heart attacks and strokes compared to those who don't have any at all. It burns kilojoules and controls appetite, helps absorb nutrients from food more easily, boosts immunity, aids in tissue repair, stimulates brain function and cognition, reduces stress, improves sleep, and promotes strong bones. Orgasms can help to alleviate pain through the release of pain-relieving oxytocin and endorphins that can increase pain tolerance by over 74 per cent. How's that for benefits of something so pleasurable?



Pictured left is Chairman for the day, Maxine, with our speaker Mike Timms, at the last meeting. He spoke about the safety of passwords. Check your passwords to see how easily they can be cracked. Google "check out my password". Strangely, the password security check your editor had conducted on one password, had two results. One site said it could be cracked in 14.75 minutes, the other said in 2000 years. Quite a disparity. Hope it is the latter!

Did you think COVID is over? So far in 2022, more than 12,000 Australians have died with COVID; six times the number of deaths in the previous two years. Don't become complaisant, despite what politicians say. Worldwide to date, 17.7 million have died due to the pandemic (probably an underestimate) which WHO says may be tapering off.

It was disappointing that the people who indicated their interest in the Bring and Buy table did not support it. However, Lorelei did a roaring trade with her hand crafted cards, and other craft work. Una who volunteered to oversee the activity had, to her relief, not very much to do. Pity. It is unlikely we'll organise another such event in the near future.



Smart TVs are far more popular than 'dumb' televisions. But does it watch the watcher? The answer is quite probably 'yes'. For the uninitiated, a smart television is one that's connected to the internet. It is collecting data about you, not just from your television watching habits, but via any device plugged into the television, including set-top boxes and Blu-Ray players. Consumer advocacy group CHOICE describes them as "powerful data-harvesting machines built for the efficient collection of your personal information". So at the basic level, your television is setting up what it offers to you based on what you watch. For example, if you are glued to the *Great British Bake Off*, you probably won't see ads for the latest grand prix. However, on another level, it is collecting an astonishing volume of personal data, first on what you are watching and then through the apps you use on the television. If you are concerned, there is a way of opting out of being monitored in the settings, but it is not easy and nor is it called the same thing on all TVs. Samsung calls it Viewing Information Services and LG calls theirs Live Plus.

Amazing how versatile our members can be when a problem arises. We didn't know our Treasurer, Ron, would not be in attendance at the last meeting. He likes taking door duty and taking charge of the EFTPOS machine. After scrambling around to find no one could use it, Mary B volunteered to try and mastered the machine in short order. Meanwhile, Brian manfully took charge of not only recording attendance, and handling cash but receiving activity moneys. Then reconciling it all. Mary W was standing in for the President, but what with her living closest to the venue, she was the one who had to go home, five minutes before the start of the meeting, to get her computer, because the member who has it hadn't arrived. So Richard R stood in for Mary (who stood in for Richard M), until she returned not long after, and took over again. At which time, the member with our computer arrived. (She was inadvertently held up). Meanwhile, the speaker turned up and wanted to use his own computer, so we ended up with three. Many members had not even realised the shenanigans and musical chairs that went on, but we muddled through rather smoothly. Thanks Mary B, Brian, Richard R and Jill.



While work needs to take place somewhere in a post-pandemic world, that somewhere can be anywhere for some workers. But is that a good thing? Two years on, the untethering of white-collar work from its traditional home in the office has ignited a remote work revolution and transformed the contemporary labour landscape. Employers are pocketing the savings in the reduction of their commercial real estate footprint while workers bear the cost of heating and providing office space at home. More people are working from cafes, parks etc., and other social places, effectively altering and reappropriating their urban function. While remote work offers workers greater control and autonomy over their lives, it is more difficult to disconnect from the demands of the office and be on call, thereby reducing "me" time. Also, the shift to remote work has led to a population boom for country towns close to Australia's major cities. That boom threatens to change what makes those towns so appealing. Remote work's broader social and economic implications are worth keeping a cautious eye on, lest we find ourselves living at work.

PAQ has been advertising Probus in seniors' newspapers to increase membership. Keep an eye out for the ads.



Australian children's television is a leader in onscreen queer representations, due in part to its primarily cultural role. Peppa Pig has recently introduced a pair of lesbian polar bears into its program, following nearly 24,000 signatures on a petition to include a same sex family.

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

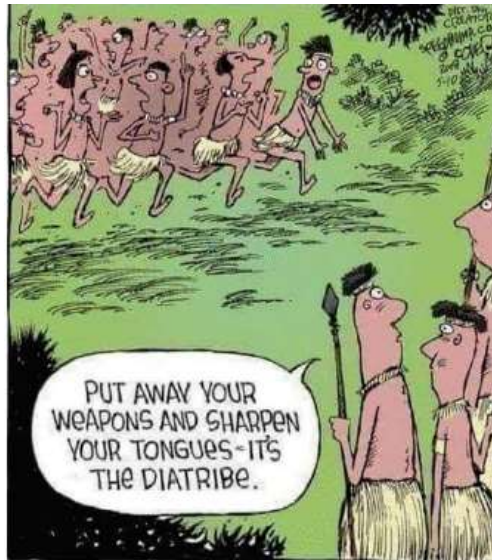
Welfare: Lynne

Payment for outings and

membership: CBA Probus

HPC

BSB 064112 A/c 10186858



WHAT DO YOU CALL AN ALLIGATOR IN A VEST?



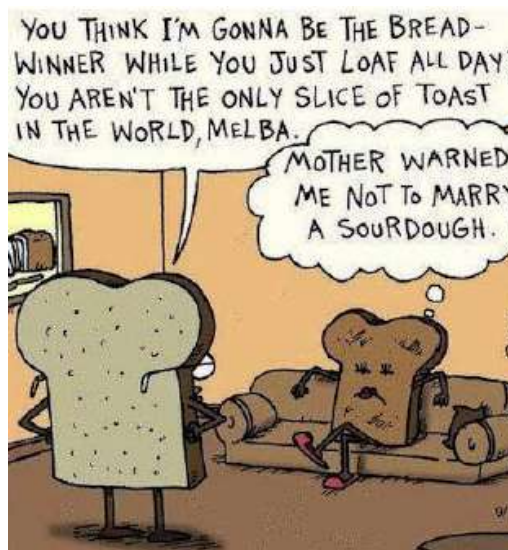
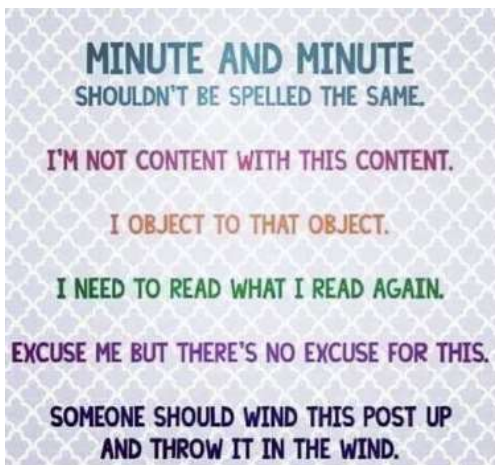
AN INVESTIGATOR.

Ageing

The older I get, the earlier it gets late.

I remember being able to get up without making sound effects.

When I say, "The other day," I could be referring to any time between yesterday and 15



years ago.

Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.

I finally got eight hours of sleep. It took me three days, but whatever.

I don't mean to interrupt people. I just randomly remember things and get really excited.

Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.