

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

Firstly let me thank Mary and the other members of the committee who have been operating very well while I have been away. Julie and I will be back in Brisbane next month so I'll see everyone at the November meeting.

You may recall that we had a pair of Tawny Frogmouths nesting on our back veranda. We discovered they were sitting on (incubating) two eggs. Then, suddenly, they disappeared, leaving the eggs unattended. We were distraught. We were expecting to be grandparents again but unfortunately not. We don't know what happened but are hoping they will come back sometime.

As you all know, we have been seeking members to come onto the committee and we are now looking forward to next year's committee. I'd like all members to think about how they can help in the running of the club. So, please, everyone think of putting your hands up to assist. The HPC Probus Club needs you. Don't be shy to offer your help. You will get plenty of assistance. Please let me, or any other committee member know if you are interested.

That's all from me for now and see you soon.

Richard



Editorial: It is entirely my fault that the Melbourne Cup was ignored by our club. When I was at school, my best friend's parents had race horses, so for years I went with them not only to be seen, but to watch the Cup from the Members' Stand. Later, after I married, Geoff's work was associated with Tetra Pak which sponsored one of the races and we were invited to a huge, upmarket lunch each year, in a tent on the Green. So I hob-knobbed with the best of them for years and when I moved to Brisbane and saw people all dolled up for lunch, for a race that was in a different state, I thought it ludicrous. Given Richard left the reigns (pun intended) of the club in my hands for months, I galloped ahead with my bias and didn't bother reminding the committee about having a Cup Day sweep or activities which, it seems, some members missed. All the same, I wish good luck to those of you who enjoy a race-inspired lunch on the day and who have a flutter.

Mary

**ODD
SPOT**

The Oktoberfest was back in Germany after two years of pandemic cancellations — the same bicep-challenging beer mugs, fat-dripping pork knuckles, pretzels the size of dinner plates, men in leather shorts and women in cleavage-baring traditional dresses. But patrons were complaining that inflation has hit the festival and organisers were hurt by a fall in beer consumption. So what's new?

Activities

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. Contact Lorelei by Tuesday if attending.

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. Six free tickets available. Two still left.

Wednesday 14th **NO Ethnic Lunch** this month.

Thursday 15th at **10.30** am **Christmas Lunch** at Newnham Hotel. Entertainment: Ian Maurice 11-12 noon. Names and payment by November meeting. Partners, friends welcome. \$50.

JANUARY 2023

Note: Coffee Morning postponed to **2nd Sunday**. (The first Sunday is New Year's Day).

Sunday 8th **Coffee and chat**, 10.30 am at Pacific Golf Club

Thursday 19th **Monthly meeting** 9.30am Newnham Hotel.

January TBA **Lunch** 11.30am at Cafe Boulevard, 1/1420 Logan Rd, Mt Gravatt. Lunch meals under \$20. Free undercover parking in basement.

FEBRUARY

Sunday 5th, **Coffee and Chat** 10.30a.m. Pacific Golf Club

Wednesday 8th **Lunch** 11.45 a.m. Cenzo's Cafe + Bar, 131 Lumley St, Upper Mount Gravatt.

Thursday 16th Monthly Meeting 9.30a.m. Newnham Hotel

More to Come:



DUTY ROSTER

Chair Barbara, **5 min spot** Maxine, **fellowship** Carmel and Bev
Door David and Ron

Hopefully, **Glen Ayoub**, our speaker for November, will bring with him one of the police dogs which he handles. He will talk to us about the life of these dogs and the jobs they do.

UK supermarkets have removed "best before" dates on thousands of fresh food products in an effort to reduce food waste. In Australia we produce 7.6 million tonnes of food waste every year – about 300kg per person. [About 70%](#) of what we throw out is still edible. "Use by" labels would still alert us to when food can no longer be regarded as safe to eat. Food waste costs Australia \$36.6 billion a year and households produce half of that. "Best before" products should be safe, but may have lost some of their quality. Food producers and retailers are keen to keep the labelling status quo, because it makes it easier to manage stock and encourages turnover, so consumer awareness and buying power are the best drivers of change.



To anyone who has stepped off a hot pavement into a shady park, it will come as little surprise that trees (and shrubs) have a big cooling effect on cities. However, a study published last month (by five university researchers) found climate change will put 90-100% of the trees and shrubs planted in

Australian capital cities at risk by 2050. Apart from beautifying our surroundings, these trees are cooling our cities, absorbing carbon dioxide and purifying the air, reducing noise, providing wildlife habitat, improving our mental health and well-being and underpin much of the biodiversity on Earth. Many of the trees are European varieties not particularly suited to Australian conditions. We, as individuals can help by planting more trees - preferably hardy varieties, trickle irrigating them by diverting water from down pipes, leaving existing trees in place, and ensuring less loss of moisture by mulching around the bases. Local governments also need to pay some attention to trees in public places such as parks and streetscapes.



Fortunately the weather was mild when we discovered that the Tabbouli café's tables were all outdoors. There was only a small group of us participating in last month's ethnic lunch. Indeed, we were the only ones seated at a table, but a few customers called in for take-away lunches while we ate. The Turkish food was yummy, and Ron, who at the end of the meal was introduced to baklava, decided he could get addicted. In fact, Maggie was seen purchasing a large container of it when settling her account. As usual, although there were just a few of us, it was congenial and enjoyable.

Could coffee get any better? Yes! A healthy new product is being developed here in Australia – coffee with postbiotics. Probiotics are foods or drinks that contain live bacteria and provide a health benefit. But the lesser-known postbiotics are another form of ‘good bacteria’ that are becoming increasingly popular. Even with coffee makers. The difference? The main one is that postbiotics do not have live bacteria. This means they can withstand high temperatures as the bacteria is in an inactive form. By contrast, probiotics require temperature-controlled conditions. Rigorous and lengthy testing of the new coffee, backed by CSIRO and Griffith University, has proved the health benefits without compromising taste and quality, so the product will be launched soon. We didn’t get postbiotic coffee at our last coffee and chat morning, but the dozen or so who turned up had a enjoyable time. Not as many golfers were out in the light drizzle and so car parking was not at a premium.

Is it any wonder that Coles has offloaded its 710 Coles Express petrol stations? It thereby removes an estimated \$800 million in lease costs from the books following a horror 2021–22 financial year with a drop of 37 per cent of profits. It was sold for \$300 million to long-term petrol partner Viva Energy. When it started, it was a way to win customer loyalty by a 40cent discount per litre of petrol, but that was when petrol was cheap. Since then it eroded down to four cents, and with the rise of petrol prices, the four cents no longer holds much appeal. Woolworths sold its interest in fuel stations in 2019.



In late September, 14 of us went to the Australian Outback Spectacular dinner show at Oxenford. It was, in a word, spectacular. The opening scene of that wonderful red of the rugged hills with the waterfall spreading across the arena floor was quite emotional for those of us who have been fortunate to personally witness and marvel at similar scenes in Outback

Australia. Nothing beats it. The story, Heartland, was a little corny in parts but quite symbolic of life on the land in a drought and the pain it brings to the people and the animals. This was my third visit (a different story each time) but some things don’t change. The pre-show entertainment which sets the mood, the Australian Outback straw hat (which provides great protection from the sun if worn Outback) and the efficiency with which the meals are served make for a great format. The stars of the show, as always, are the horses, but the riders are pretty good as well. The performance was entertaining and professional, making for an afternoon enjoyed by all.

Australian food rides on the back of a healthy 'clean and green' reputation for naturally grown produce, but there is a hidden epidemic of chemical use that does not meet international standards, overseas sources claim. This was discovered during talks for a proposed trade deal between Australia and the UK, which highlighted the glaring difference in food standards. Most of Europe uses 70 chemicals in food agriculture production, but Australia uses 144, many of them banned in the EU. The argument is that Australian soils and conditions, as well as farming methods differ, all of which is true, but do these differences warrant the glaring disparity in numbers or are we being poisoned?



Despite the fact that Alla Pugacheva is not well known outside of Russia, she is one of the top-selling music artists in the world and is arguably the most famous woman in Russia, sometimes appearing second only to Putin. Some of her songs are skilfully camouflaged political messages, and she has a following of 3.5 million on social media. She is a mother and grandmother who is happily married to a man 27 years her junior. Despite her history of speaking out against Putin and corruption, her enduring popularity has compelled the Kremlin to repeatedly honour her in public. She, her children and her husband, a comedian who ridiculed Putin and the Ukrainian war, left Russia when the war started. Since then, her husband has been designated a "foreign agent". Last month, she returned to visit Moscow and soon, she too was labelled as one, because she decried the war and the "*deaths of our boys for illusory goals that are making our country a pariah and worsening the life of our citizens.*" As a major influencer, reactions ranged from praise for her patriotic bravery to accusations of treason. Time will tell whether Pugacheva's message against the war will resonate with her millions of devoted fans.



It turned out to be an interesting and educational outing for those who travelled to the Port of Brisbane (POB) for the guided tour of this facility in late September. Once again the BOM got it wrong. A fine day ensued despite a gloomy forecast. Going on the POB Motorway was a first for some suburbia dwellers and opened up our eyes to the extent and busyness of this developed and still developing industrial/port precinct. Upon arrival at the Port Office, we were greeted by Ed, our guide for the day, who ushered

us to the Observatory Deck of the POB Office building where he gave a presentation of the history of the Port, its current activities and future developments. The Observation Deck gave a great view on the loading and unloading berths for bulk, container and roll-on roll-off cargo. Also, a good view across the river could be had of the new Brisbane Cruise Ship Terminal where the "Coral Princess " was berthed for departure later in the day.

The port is managed by the Port of Brisbane Pty Ltd under a 99-year lease from the Queensland Government. It covers an area of 24.6 square km and is still increasing in size due to ongoing reclamation. It has 29 operating berths including nine deep-water container berths and three deep-water bulk berths, as well as 17 bulk and general cargo berths. In total, the port facilitates 2600 ships and transports more than 28 million tonnes of cargo each year. About 60% of the coal transported through the port originates from the New Acland Mine. Woodchip and grain are other bulk cargoes. Also, one of the many responsibilities of the PBPL is the dredging of deposits of silt and sediment in the port's channels to avoid any unnecessary shipping delays and this costs millions of dollars annually.

The bus tour took the group from one end of the facility to the other and was a real eye opener. To say the place was a "hive of activity" would be an understatement. The tour took about an hour, after which some journeyed on to the Pelican's Nest at Wynnum to enjoy each other's company over a lunch of fish and chips. A good way to end the day!

Brian



In the news last month was the unresolved debate about Lake Eyre. The Lake Eyre Basin contains one of the few pristine river systems left in the world. But new research shows oil and gas activity is extending its tentacles into this

fragile environment. It is threatened by 831 oil and gas wells with more planned. Is that what Australians really want?

The CEO of the Council on the Ageing (COTA) claimed last month that "ageism is endemic in Australia ... [and] it is costing Australia dearly as a society, both from an economic and a social perspective". He claims our age discrimination laws are failing and need to be strengthened, and also that government needs to establish an enquiry into the prevalence and costs of ageism, with emphasis on workplaces and health services. It can then act on the outcomes and raise the profile of ageist discrimination and prejudice.



When it rains, it pours. And when it pours – like it has this year – we get potholes. Three very rainy years along Australia’s east coast mean potholes are growing in number. In southeast Queensland, thousands of kilometres of potholed roads were awaiting repairs months after floods in the region. In inland New South Wales, road crews have repaired more than

135,000 potholes since February. Technology has come to the rescue. By using drones or cameras on cars, the holes can be captured to build a digital model. Then, a machine learning program can accurately predict which potholes are likely to widen into a wheel-destroying pit and fixing these can be prioritised. To date, road authorities found out about potholes through complaints from the public or when workers drive around looking for them. Now however, drones which take thousands of high-resolution images of the roadways, stitch the images together to make a 3D models. Given some potholes don’t deteriorate quickly, millions of dollars will be saved by attending first to the ones that do, and Councils can be more efficient in repairing them all.



The club celebrated Probuday with a joint picnic with the South Eastern Probuday Club. Some of the members

who attended are pictured above. Given that the group was somewhat smaller than anticipated, what with people from each club accepting but not turning up, it made for the mixing and mingling of members from the two clubs easier. Smaller crowds are always better at enabling people to get to know “new people”. And that the latter were from our neighbouring Probuday club made it even better. Although cool, the weather favoured us and because the numbers were less and the picnic was catered, there was plenty of food to distribute and take home afterwards. A very pleasant interlude.

80 years ago, in 1942, arguably Hollywood’s most well-known star at the time, Errol Flynn, was in court on trial on three statutory rape charges. His trial became a public spectacle and an insight into sexual double standards. Flynn was a blend of eugenic perfection and frontier manhood familiar to both American and Australian audiences, steeped in the

national legends of swashbuckling conquests. At the time of the trial, film-goers were watching him play an Australian air-force pilot, Terry Forbes, alongside future US president, Ronald Reagan, in a stirring but improbable anti-Nazi drama, *Desperate Journey*. Rejected by the army, because he had TB, he was thus confined to performing war heroism on screen. The young accusers were photographed and subjected to cruel scrutiny as they appeared in court without any measures to protect their anonymity. The prosecution, and the press, applied maximum pressure to the teenagers, and their short sexual histories were forensically examined (Flynn's famously prolific sexual history was considered irrelevant) and used to sway the jury's opinion about who was the innocent party. It was free public entertainment of the most titillating kind. Much of the testimony was deemed unprintable in family newspapers. So sensational had this trial become that crowds of women, from girls to grandmothers, clamoured for entry into the courtroom. Medical teams were on hand "in case fans fainted and had to be resuscitated". No woman younger than 21 was permitted into the court room. Flynn received thousands of letters from adoring, mostly female, fans. His films had become sellouts, so Warner Brothers rushed his next film, ironically titled *Gentleman Jim*, through production. His rape trial had not only added lustre to his star, it was "extraordinarily good for business," one newspaper reported. In the witness stand Flynn gave his best performance and the predominantly female jury acquitted him on all three counts. His trial was a media circus, in which his male privilege was preserved. It would take the #MeToo movement in 2017 – 75 years later, to change the prevailing predatory attitudes in Hollywood and elsewhere.



Friends and relatives will be made welcome at our Christmas lunch. We have a great entertainer, and the hotel always caters well for us. Arrival will be at 10.30 (for a 10.45 start) when coffee will be on tap to start the day. It's not too late to book and bring your friends.

Academy Award winners George Clooney (David) and Julia Roberts (Georgia) reunite on the big screen for *Ticket To Paradise*, as exes who find themselves on a shared mission to stop their lovestruck daughter from making the same mistake they once made. The backdrops are filled with Balinese beach bars, romantic waterfalls and forest bathing in Ubud, downtown street bazaars, plus endless blue ocean vistas peppered with luxe resorts. That's the hype reel. However, *Ticket To Paradise* was filmed on location in Queensland. The movie is peppered with Whitsunday Island panoramas, lush rainforests in the Gold Coast hinterland, and secret beaches off Brisbane.

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

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Work Place Health and Safety Photos

