

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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January Issue No.173

The HP Source – It's a bottler!



Richard's Rambles

Deck the halls with boughs of holly
Fa-la-la-la-la, la-la-la-la
'Tis the season to be jolly
Fa-la-la-la-la, la-la-la-la

I hope everyone is prepared for the festive season. All the food bought, all the booze bought (more importantly), plenty of gifts under the Christmas tree, and with luck, family and friends with whom to share the festive season.

My heart goes out to the families of the senselessly killed police officers and a neighbour, gunned down out west of Dalby recently. Such a senseless act.

At our age we all know someone in the family who may have recently passed away. A parent, a partner or even a child. So please pause to remember them on Christmas Day. On a happier note I am sure there will be some newborn children and grandchildren in the family that will bring joy to the heart. While I know grandkids can be a handful at times, we still love them and the joy they bring to our lives is immeasurable and we will do just about anything for them.

So, Merry Christmas and a Happy New Year to all members of the Holland Park Central Probus Club and looking forward to seeing you all next year.

Be Merry,

Richard.



Last month, in Anchorage, Alaska, fire fighters had an unusual request for assistance from Wild Life troopers. The usual requests are for cat stuck-in-a-tree situations, but this time they were looking for help with getting a moose out of a basement!



Activities

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.

Wednesday 25th **January 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

Thursday 23rd **Maritime Museum** Sidon St, South Brisbane. 10.30am. Tickets \$15.00 available at door. Followed by lunch at The Ship Inn. Train station, Bus station and Ferry Terminal are close by.

MARCH

Wednesday 1st Possible tour of Suncorp stadium. More to come.

Sunday 5th **Coffee and Chat** 10.30am. Pacific Golf Club.

Wednesday 8th **Ethnic Lunch** 11.45am. Roman Empire, Metropol, Creek Rd, Carindale

Thursday 16th **Monthly Meeting** 9.30am. Newnham Hotel.

Wednesday 22nd Possible outing to the **Brisbane Metro Information Centre** – meet the team, learn about city projects, take a virtual tour of the city zones, see the (first of its kind) metro vehicle, and more. Lunch afterwards. More information to come.

The latest State of the Climate report is [out](#), and there's not much good news for Australians. The report released last month, paints a concerning picture of ongoing and worsening heat, bushfires, drought, heavy rainfall, and coastal inundation. The report says: *Australia needs to plan for, and adapt to, the changing nature of climate risk now and in the decades ahead. The severity of impacts on Australians and our environment will depend on the speed at which global greenhouse gas emissions can be reduced.* It makes grim reading, particularly because nothing significant seems to happen, other than constant debate and talkfests.



The good news is that the passport office has now reduced its backlog, and renewal waiting times are not 6-8 weeks any more. It gets done under a fortnight, and sometimes even in a week. The bad is that according to travel gurus, pent-up demand, reduced capacity and soaring fuel prices have contributed to airline prices skyrocketing in recent months. Travellers are warned not to expect prices to return to pre-COVID levels any time soon.



Did you know that Wikipedia, the on-line, publicly edited encyclopaedia, is generally viewed as neutral? Its mirage of neutrality is sustained by the idea that individuals may be biased but all crowds are wise. One Sydney academic who has studied it over some 10 years, gave the example that one historical event has been re-edited 130 times. This was the item about 2013 Egyptian army chief General Abdel Fattah al-Sisi who took over in a coup and has since imprisoned an estimated 60,000 political prisoners, including those advocating democracy and free speech. While the group of volunteer editors who try to keep content within the original guidelines of neutrality and accuracy, one wonders how neutral and accurate Wikipedia's information actually is, given that it is a battleground for interest groups vying for control over historical records. How far such struggles for power are happening elsewhere, in other Wikipedia articles is not known. It really is a bit like social media.



Last month, on a beautiful, warm day, a small group of members went to the Ching Tien Temple. The temple is set in a tranquil setting - it is surrounded by large, manicured gardens and bushlands. The complex includes a temple, pagoda, many conference rooms, a tea room and a museum/gift shop. We did not have an organised tour, however we were there when they had a service which we observed through the open doors. Most buildings have very high ceilings to accommodate the large artefacts of Buddha and other interpretative figures. The Pagoda walls are lined with flat tags which represent people who have passed on. The name is inscribed on the tag and the ashes are stored on the roof levels. Not that different to a name plaque and ashes at a cemetery for non-Buddhists. The main temple was very tranquil with some attendees burning incense for their loved ones. This smell of incense only lingers

long enough for your nasal senses to become accustomed to it. The temple provided a space for meditation or silent reflection. The small group of us then made our way for lunch at the Springwood Coffee Club. Overall an enjoyable time was spent by all.

John H



Have you heard of what is now officially recognised as the “man-child” phenomenon? Where the person (mostly a male) depends on his partner for everyday physical tasks that he is actually capable of doing. While she is multi-tasking housework, child care and mentally going through a list of jobs to do, he sits sipping a drink, watching TV and asking “what’s for dinner?” The dynamics are when one person provides instrumental and emotional care, and the other receiving that care shows little acknowledgement, gratitude or reciprocation. One could say under the circumstances, women’s partners were taking on an unsexy role – that of a child – and at the end of the day, he wonders why she is not interested in intimacy. Research has shown such scenarios significantly affect relationships (emotional and sexual). It seems the closer we are to equity in actively caring for each other, the closer we might be to equity in the capacity for love and sexual desire with our partner.



Our January speaker will be **Hannah Gamston**, from LifeFlight. Previously known as CareFlight, it is an aero-medical organisation headquartered in Brisbane. Hannah has been with the company since January and enjoys talking about the community rescue services the organisation provides. She hails from the UK, but met her Aussie fiancé in America, and they decided to move to Queensland in January 2021.

Ever heard of Microaggression? It is language-based discrimination, as in negative assumptions based on ethnic-sounding names or the mispronunciation or misuse of a word. Studies have found that discrimination takes a heavy psychological toll on many whose birth names sound foreign. It happens as negative assumptions are made at job interviews, (if they get one at all) at educational institutions or even in some social situations. Presumptions based on foreign names or when a wrong word is used (even by an Aussie), shows our own ignorance.

The relationship between planetary health and human health is more cyclical than most of us might realise. The healthcare sector, including hospitals, surgeries, pharmacies etc. is a major contributor of harmful

emissions and waste. Our own health system generates approximately [seven per cent of the nation's total carbon footprint](#) – this is equivalent to emissions from the construction of half the number of homes, buildings, oil rigs, roads, pipelines dams, and rail lines across the country, with half coming from hospitals. Heating, cooling, ventilation and hot water all require substantial energy use. Add to this the manufacturing, delivery, consumption and disposal of products and services plus incineration of the disposed items. The more emissions and environmental damage, the increased prevalence of disease and an increased need for healthcare is a vicious circle. The healthcare sector needs to act quickly to combat this circle by sourcing local products, by requiring suppliers to lower their carbon footprint, and introducing climate change mitigation policies such as minimising waste and improving ventilation systems, among others.

DUTY ROSTER – JANUARY

Chair: Bill **5 minute Spot: David** **Fellowship: Peggy**
Door: Barrie and Ron

Did you know? Australia is ranked fourth in the world for take-away coffee, (per capita) behind Japan, the US and Canada.



One of the more unusual finds on a voyage of CSIRO's research ship *Investigator* to Cocos (Keeling) Islands was the discovery of a shark graveyard on the seafloor. Scientists, led by the Museums Victoria Research Institute, made the surprising discovery during the final trawl survey of the voyage at a depth of 5400 m. The trawl brought up more than 750 mineralised (fossilised) shark teeth (pictured) representing a range of predatory species. The teeth come from modern sharks, such as mako and white sharks, but also from ancient sharks including the immediate ancestor of the giant megalodon shark.



Holidays are a time when lots of us tend to overindulge in food and drink, and many people gain weight. Once gained, weight is difficult to lose, and it is likely that much of the holiday weight gain will stay with us. Holiday gatherings are typically social, featuring foods that are delicious, energy-dense and plentiful. It can be challenging to resist the temptations on offer. Yet some people overindulge, but others do not. Why? Recent research showed that we have "eating personalities". These "personalities" are habitual patterns of eating behaviours and thoughts

that are the result of interactions between our genetic makeup, individual characteristics and the environment. How we eat (such as how fast), what we eat (healthy or unhealthy foods), how much we eat in different situations, and importantly, why we overeat begin to show up when we are babies, but can and often do, change over time. There are the overeaters, the food admirers (low resistance to good looking food), emotional eaters, plate cleaners (won't resist if it is served up), and speed eaters. If avoiding overindulgence is a priority for your health and wellbeing, it is worth exploring your eating personality and strategizing accordingly.



As was mentioned at the last meeting, some people suggested that we again have lunch at the Hotel after meetings. Of course, anyone is free to do so, if they wish to get together and do that.

However, the suggestion made was that we ask that the size of the morning tea be reduced, thereby saving some on the meeting fee, and more would then be inclined to have lunch afterwards. The problem is, that would be "punishing" those who don't wish to have lunch afterwards but enjoy a good morning tea. We'll have a show of hands at the January meeting to see how many favour a reduced morning tea and lunch afterwards.

Airbnb has banned one night bookings in 11 countries for New Year's Eve. It is to discourage people booking to hold parties in these homes, and even two-night bookings are restricted to those with a positive review history. Last year, Airbnb said roughly 340,000 guests globally were blocked or redirected from attempting to book on Airbnb over NYE, including more than 120,000 guests in the US, 34,500 in the UK, and almost 13,000 guests in Australia.

The introduction of monthly raffles at our meetings was floated at the last committee meeting. Please give feedback to a committee member of your thoughts about the idea, or leave a note in the suggestion box. If the majority feedback is positive, it will be introduced next Probus Year (April). If not, we'll hold the very occasional raffle as in the past.



We, in Australia, have claimed unwanted 'gold' – the most hacked country in the world. If you haven't been affected by a data breach, you are in the minority. According to [The New](#)

[Daily](#), an average of 22 accounts are being hacked every minute. It says 7387 accounts were hacked per 100,000 Australians and another source

claims data breaches soared by 488 per cent for the quarter ending September 2022 – from about 320,000 to almost 1.9 million. Next up were Russia and Turkey. Yet globally, data breaches have gone down by 70.8 per cent. Our figures are so high, principally because of the massive size of the breaches, such as Optus and Medibank. Fortunately, under Australian law, victims must be told if the data breach is likely to cause harm, which is not the case everywhere. Our privacy laws are currently under review, with a view of being strengthened.



Cat owners often wonder why their cat kneads. Kneading actually evolved in kittens to stimulate milk supply and express chemical and tactile messages between kitten and mother. However, it's also a common behaviour in adult cats. Kneading is a cat's way of saying "we're affiliated" or "you're in my social group". Or, to be very human about it, "you're my person". It

is also thought to be relaxing or soothing for the cat when it does it on a soft blanket because of this association with someone it likes. As long as it is not compulsive, kneading likely indicates the cat is comfortable.

Along with the next newsletter, you will be receiving AGM notices and nomination forms for the committee for the new Probus Year. We have a few volunteers already who are willing to help, but are in need of a Vice President and Secretary. The VP stands in for the President when s/he has to, and helps with other jobs as required. The Secretary's job is not onerous either. Mainly it is to set up the monthly Agenda for the committee and then to fill in, under the agenda items, the decisions made at the committee meeting, and also pick up any mail. Anything arising from the mail can be dealt with in and by committee members. There is never much mail. Please think about nominating. The committee meets once a month, for about 1.5 hours, currently on the Thursday morning, the week before the general meeting.

For the first time last month, scientists in the US have confirmed a fusion energy experiment achieved net gain. This means releasing more energy than it takes to initiate, demonstrating the physical basis for producing fusion energy in a controlled way. Fusion is what powers stars like our Sun, but it can only occur under specific conditions. Atoms must be subjected to immense heat and pressure to overcome tremendous physical forces and fuse. It is the opposite of nuclear fission used in current nuclear power plants. The lofty end goal for harnessing fusion for power production is to generate vast amounts of clean, sustainable electricity. The achievement is a watershed moment, but it will be quite a few years yet before we get there - but we are on the way!



Vastly different from our own floods! In January 1910, Parisians were lulled into a false sense of security because the Seine's water level had risen eight metres, but it didn't break its banks. However, with stealth, the water pushed upwards from overflowing sewers and

flooded any crack and tunnel (including the Metro) that its liquid tendrils could discover. Then sewer system then backed up, leading to flooding of building basements and the streets. Makeshift bridges had to be erected (see above) and debris was everywhere. Boats were rowed down the Champs Elysees and other great avenues. Around 200,000 people died in the floods. Given that the Seine floods regularly (every couple of years) authorities have learned to minimise deaths, although the 2016 flood was also a bad one, and 21 people died.



What a great Christmas celebration we had! Quite a few members were missing through illness, but the feedback from all who attended was very positive. Indeed, there were quite a few requests to have our entertainers back for another occasion. Their voices were pleasant, they involved

their audience, and their choices of music (mainly from the 1960's) was inspired.





With concern mounting over microplastics and the search for sustainable options, the woollen swimsuits of the past could be the swimwear of the future. Belted knee-length bathing gowns and full body costumes came into vogue in the early 20th Century. As attitudes to the exposure of bodies relaxed and shifted ideas around public morality, costumes became skimpier and woven and knitted wool became the fashion on the beaches. Then came synthetics, and more recently, swimsuits made from recycled plastic – bottles, bags and other plastic waste – have emerged as an eco-friendly option. But these are not as “green” as they seem, and they shed microplastics. New processes for working with wool suggest it is ideal to wear in the water. New **merino garments** have been designed to dry in less than seven minutes. Wool is also thermo-regulating, helping the body maintain an even temperature. Bring it on!



Ponderings for the New Year!

If a deaf child signs swear words does his mother wash his hands with soap?

If someone with multiple personalities threatens to kill themselves, is it considered a hostage situation?

If a turtle doesn't have a shell, is it homeless or naked?

One nice thing about egoists is they don't talk about other people.

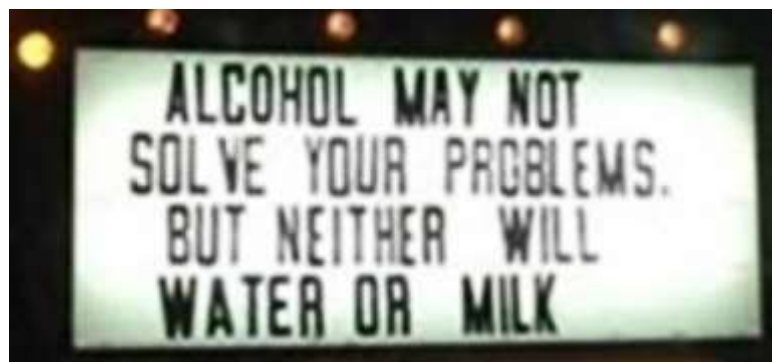
If you try to fail and succeed, which have you done?

Would a fly without wings be called a walk?

Where do park rangers go to 'get away from it all'?

What if there were no hypothetical questions?

I went into a book shop and asked the saleswoman where the help section was. She said if she told me, it would defeat the purpose.



Respect your parents! They passed exams and won at Trivia without Google

