

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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March 2023 Issue No 175

The HP Source – It's a bottler!



Richard's Rambles



Well, thankfully we did have a meeting this month, although there were a couple of unpleasant instances with the hotel and these were taken up by Mary and myself with the manager who has promised to look into the problem. We also said that we felt that the quality of the plate provided for morning tea had slipped and we hoped for a better one next month. In addition

we complained that we had run out of milk and coffee and had to go looking for refills of both. Let's see what next month brings.

Our March meeting will also be our AGM. We have all committee positions filled except for a secretary. We are looking for ANYONE to help out and take on this very important position. Even if you feel you do not wish to take on all the responsibilities of the secretary but are willing to stand in some capacity we would very much appreciate it. Please give me or anyone on the committee a call if you can put your hand up.

Don't forget that St Patricks Day is the day after the meeting so make sure you are wearing green (or orange) to mark the occasion. We will also have a raffle on the day so please bring some extra cash.

New Year has come and gone as has Australia Day, and Easter will be creeping up on us soon. Hot cross buns have been in the shops for ages and I heard one woman trying to explain to her three or four year old child that the Easter Bunny WILL bring her some Easter Eggs and there was no need to buy them at the supermarket right now.

The weather has been hot and humid and gardening has been a real chore. Best to get out early and beat the heat if you are very active in this regard. We have had a number of plants that required holes dug and I have managed to stretch these over a few days so that not all holes are dug on the same day. I still have a few to go and then, hopefully, I will get a game of golf in.

That's all for now.

See you at the AGM.



Last month, a Harley-Davidson motorcycle dating from 1908 sold in Las Vegas, for USD 935,000 after auction fees, making it the most expensive bike ever sold at



an auction. It has nickel-plated steel bands that suspend the fuel and oil tanks from its frame, has many of its original parts and is said to be just one of 12 such models remaining in the world.

UPCOMING ACTIVITIES

MARCH

Wednesday 1st Tour of Suncorp stadium 10.30-12.30 (to be confirmed). \$11 Followed by lunch, possibly at the Caxton.

Sunday 5th Coffee and Chat 10.30am. Pacific Golf Club. ([More parking now available](#))

Wednesday 8th Lunch 11.30am., Dami Japanese Restaurant, 1305 Logan Rd Mt Gravatt. 11.30 Parking at Mt Gravatt Hotel (next Door) [Please RSVP to Lorelei if you plan to go.](#)

Thursday 16th Monthly Meeting 9.30am. Newnham Hotel.

Tuesday 21st Bus tour to RAAF Amberley Aviation Heritage Centre. Departing from Greenslopes Mall bus stop at 7.30am. Morning tea and lunch included. \$74.

APRIL

Sunday 2nd Coffee and Chat at Pacific Golf Club, 10.30am.

Wednesday 12th Lunch Proposed for Thai Dee Restaurant, 1185 Logan Rd, Holland Park. 11.30am.

Thursday 20th Monthly Meeting at Newnham Hotel. 9.30am.

Thursday 27th Visit to Metro Information Centre, 63 Adelaide Street, Brisbane City. 10.30-11.30 followed by lunch nearby. Venue TBA.

MAY

Sunday 7th. Coffee and Chat at Pacific Golf Club, 10.30am.

Wednesday 10th Lunch TBA.

Thursday 18th Monthly Meeting 9.30am. Newnham Hotel.

More to come

JUNE

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

Wednesday 7th The Mousetrap Playhouse Qpac 1pm \$69

Thursday 15th Monthly Meeting at Newnham Hotel. 9.30am.

Wednesday 21st Lunch TBA



Did you know that scientists sequenced the genome of the iconic Australian black swan and found that it lacks immune genes found in other swans and wild birds? This means that the swans would be in extreme peril if highly pathogenic forms of bird flu emerged in Australia.



The picture above was generated by an AI tool when asked for a small robot standing on a desk.

Have you heard of the software ChatGPT? It is known as a generative artificial intelligence (AI), or an algorithm that can be used to make content. It generates text responses to text prompts, like a very advanced chatbot. Responses to prompts, texts, audio, images and video are generated which, since its launch in



November, has been banned in Educational institutions because they pose the risk that students will ask a machine to write their essays or complete their assignment questions. However, Australian workplaces have been fast to adopt it. Architects are creating complex images from textual descriptions. Last month a legal firm in the Gold Coast, asked the bot to draft a statement of claim based on the 1992 Mabo case. It was not perfect, in that lawyers needed to check and "clean up" the work, but ultimately it saved much time. Media copy writers make a list of facts which the bot puts into promotional prose and designs brochures. Techies use it to write code for software solutions and tweak it to complete the job. Increasingly generative AI products will merge with other pieces of existing technology, and they will be difficult to disentangle.

For years our sole January function (apart from the meeting and coffee) was a twilight fish and chip dinner in Winnum. This year, at the end of January, the committee opted for a lunch, closer to home, which was not as well attended as the usual first activity of the year. That could have been because most knew that the venue was outside (under umbrellas), and the weather forecast was for 33 degrees. Actually, it was "just" 31, but we were pleasantly surprised because recently the cafe was covered over, mostly enclosed, with very effective overhead fans. The food was excellent, and not one of us had the same order. Each of us admired the look of others' food. It was a good get-together, enjoyed by all who attended.

According to the Prostate Cancer Foundation of Australia we are facing "a tidal wave of" prostate cancer risk. Many Australian men still see prostate cancer as an old man's disease, but more than 3500 men aged 59 or younger are diagnosed with it every year, and one of those men will die every five days. The key is education and early diagnosis and a GP examination should be routine, with a PSA blood test if there are symptoms. However, with the macho attitude of Aussie men, if the subject comes up at all, it is with light-hearted banter and the discussion stops there. So the suggestion is that the women folk who are related to

these men be encouraged to urge their men to have an examination next time they see their GP.



Did you know that a coffee kick might not be giving you as much as you think? Caffeine boost works by changing the way the cells in our brain interact with a compound called [adenosine](#) and it heightens energy levels. However, caffeine doesn't have a binding action on the adenosine that occurs naturally, and as its immediate effects break

down, the drowsy feeling comes back. So, effectively, the caffeine intervention is more a loan of the awake feeling, rather than a creation of any new energy. So, the debt you owe the caffeine always eventually needs to be repaid, and the only real way to repay it is to sleep. The "half life" of caffeine is up to five hours but we all metabolise caffeine differently, so for some of us the effects wear off more quickly. If your caffeinated beverage of choice is also a sugary one, this can exacerbate the peak and crash feeling. Caffeine can be useful, but it isn't magic. To create energy and re-energise our bodies we need enough food, water and sleep.

The option to have a smaller morning tea and stay for lunch afterwards was overwhelmingly rejected when put to the vote at the meeting last month.



Queensland is still clearing large tracts of land to run more cattle. This comes at a huge cost to our native animals and plants. We are ground zero for Australian

deforestation. In 2018-19, truly staggering land clearing, mostly by farmers and cattle graziers, saw around 680,000 hectares of habitat destroyed – more than the [preceding 18 years](#). If Queensland was a country, it would have been the ninth highest forest destroying nation globally in 2019 – just above China. How can it be? The rules were tightened for land clearing in 2015, but they are riddled with loopholes. But huge companies such as Woolworths and McDonalds have committed to remove deforestation from their supply chains, which helps, but our state government needs to do more in both closing the loopholes and monitoring clearing.

Did you know that Australia slipped from 7th to 18th in the global anticorruption rankings over the past decade (out of 180 countries)? But

this year we've climbed back to 13th thanks to reforms in key areas including the new National Anti-Corruption Commission. The biggest collapse this year was the UK, whose ranking fell dramatically from 11th to 20th place. Denmark ranks tops, with Finland and NZ equal second. and Somalia ranks last.



There will be a raffle at the upcoming meeting, so don't forget to bring some cash!

Warning: There are several dodgy fitness apps exploiting your health data. While claiming to track and encourage healthy habits, they promise virtual rewards that can be exchanged for money and online gift cards. Not true. These apps have been downloaded 20 million times. If you have them on your smart phone delete them. They are Lucky Habit: health tracker, which has the same command-and-control (C&C) server as fitness apps WalkingJoy and Lucky Step-Walking Tracker.

The maximum pack size for paracetamol tablets will be capped at 16 per pack, down from 20, after an interim decision by the Therapeutic Goods Administration (TGA). This applies to general stores, although from pharmacies there will be a reduction of maximum pack size from 100 to 32. The TGA says the decision follows an independent expert report examining the incidence of serious injury and death from intentional paracetamol overdose. Normally, paracetamol is not toxic to adults, but taken in large enough quantities it can overwhelm the body's ability to process it effectively. This leads to paracetamol binding to liver cells and eventually overwhelming the liver. Each year in Australia about 225 people are admitted to hospital and 50 die from paracetamol overdose - principally adolescents and young adults.

Just because it is the AGM this month, don't be put off coming to the meeting. We meet to have fun not "business", and the AGM takes the place of the cameo speaker. To date, it has never gone over 10 minutes.



You'd think the term 'customer service' would be a good guide for retailers and other businesses as to what customers expect. But according to new research many industries are failing badly at this fundamental part of running a business. Research from software development company ServiceNow indicates that in 2022 13.3 million Australians tried to resolve issues relating to products or services. That's an increase of more than 1.6 million on 2021 figures or roughly a 14 per cent jump. The



survey ServiceNow conducted showed customers' dissatisfaction with poor phone service. Consumers spent 96.5 million hours contacting customer service to resolve issues in 2022. That's seven million more hours than in 2021 and it works out to an average of **7.2 hours** per person who complained. The rise in dissatisfaction with service was almost universal across all industries but the worst were telecommunications, government and financial services. However, the clear winner in the biggest jump in complaints was travel and transport.

The good news is that the Golf Club has opened up another car park near its entrance. So those who have stayed away from our coffee mornings because of parking problems, can now turn up. We still had about a dozen enjoy the last coffee and chat.

Do you use Google maps to get around? Fiddle around with it and it will give you real time traffic conditions and can also predict traffic conditions at a future time. It also has a huge amount of information on local public transport options in your area, and for the terminally forgetful, it allows you to manually mark where you've parked your car on the map.



If you are planning on travelling to the UK, within a few weeks, you will need an Electronic Travel Authorisation (ETA). Passengers from eligible countries will have to complete an online form containing details such as their contact information, biometric data and travel plans, as well as a few

simple eligibility questions. These responses will then be checked against security databases. If the application is successful, the traveller should get their ETA within 48 to 72 hours. An ETA is not the same as a visa – all it does is give you permission to board a plane for the UK. There will be a small charge (yet to be determined) and it will be valid for two to three years. Fines will apply for those travelling without an ETA, and other European countries are looking at similar schemes.

Did you know that playing slow tempo music slows your pace, and supermarkets exploit it because it boosts sales by up to 38 per cent?

The next meeting will be the day after St Patrick's Day, so join in the spirit of the meeting and wear something **green** or **orange**.



Annual membership fees are due by the end of April. (\$40). Bank details on humour page. No invoices will be sent, but one is available on request from the Treasurer.

MARCH DUTY ROSTER:

Chair: **Richard R**, 5 minute Spot N/A (AGM), Fellowship:
Maggie and Grace, Door: **Joan and Ron**



Scheduled to address us in January when we had to cancel her at short notice, the Speaker for this month 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 early last year, 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. Hannah will tell us about LifeFlight's Rescue helicopters and Air Ambulance jets, which provide vital rescue service for the people of Queensland. The service and its emergency medical care is available 24/7, 365 days a year.

In the early '90s, as the Australian car-making industry was getting sucked into its death spiral, a tin mine in Western Australia found itself with an abundance of a low-value mineral: lithium. Thirty years later, Australia no longer makes cars, but lithium is being touted as the reason for the resurrection of the automotive industry. The idea that we start a car industry again gained momentum early last year, with an election-night speech and a think-tank report. The case for EV manufacturing comes down to value-adding: Australia is the world's largest lithium producer, but captures a tiny fraction (possibly as little as [0.5 per cent](#)) of the ultimate value of the mineral it exports.

Three-quarters of the lithium in Tesla batteries worldwide comes from Australia. We have already fallen behind the value adding because lithium that is processed in Australia is tied up in offtake agreements — contracts for future purchases. The problem is that we have a very small domestic market.

WANTED

SECRETARY

for our club.

Please volunteer at or before
our AGM next meeting.

We are all getting older, so younger retirees will reduce our club's average age and in turn, increase the club's longevity. Please invite a potential member who is younger than you are, to visit us. Remember, potential members who have never attended before are guests of the club on their first visit.

Excerpt from a cat's diary:

Day 983 of my captivity

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed canned food or some sort of dry stuff. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength. The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. They merely made condescending comments about what a "good little hunter" I am. Bastards! There was an assembly of their accomplices tonight and I was placed in solitary confinement for the duration. I could smell the food. I overheard that my confinement was due to the power of "allergies". I must learn what this means, and how to use it to my advantage. Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs. I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now ...



Excerpt from a dog's diary

8am – Dog food! My favourite thing! 9.30am – A car ride! My favourite thing! 9.40am – A walk in the park! My favourite thing! 10.30am – Got rubbed and petted! My favourite thing! 12pm – Chewy bones! My favourite thing! 1pm – Played in the yard! My favourite thing! 3pm – chewed my toys! My favourite thing! 5pm – Dinner! My favourite thing! 7pm – Got to play ball! My favourite thing! 8pm – Wow! Watched TV with my people! My favourite thing! 11pm – Sleeping on the bed! My favourite thing!



*"If you get a home loan at a bank, you will be paying it off for 30 years.
If you rob a bank you will be out in 10 years".
Follow me for more financial advice.*

2022-23 Committee:

President: Richard M, Treasurer: Ron, Secretary: Margaret, Outings: Lorelei,
Speakers: Richard R, Immediate Past President and Newsletter: Mary W

Bank details: Probus HPC, CBA, BSB 064112 A/c 10186858