

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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April 2023 Issue No 176

The HP Source – It's a bottler!



Richard's Rambles

Well, we had a very good AGM on 16th March and a new committee inducted. We also inducted a new member. At the time of the meeting we still did not have a secretary but after the meeting Leah Carter said she was prepared to tackle this task, but difficulties raised their heads in the interim and she can no longer take it on. Thanks Leah anyway. In the meantime, we'll keep looking and hope to solve the problem by sharing the position. A volunteer is still needed. Barrie and I are happy to help whomever comes forward.

Make sure everyone has a good look at the offerings in the list of outings that Lorelei has laid out. In April there's the Metro, the Maritime Museum in May and there's Christmas in July up at Coolum. Also in July is the proposed visit to the William Robinson Gallery and in September there's MaMa Mia. But get in early.

I went home after the AGM meeting and hit the computer to get something to Mary while I could still remember it.... but then, being one of our hottest days, I went for a dip in the pool and, boy, was that fabulously cool.

Julie and I will be away for the next couple of months so Jill will stand in for me. She has been a president of the club before, so knows the ropes well. Thank you Jill.

I'm keeping it short this month so hope you all have a nice Easter. Stay safe and keep cool.

Richard M



Canberra has been named the world leader for the largest average home size at 256.3 square metres, according to analysis by UK firm Buildworld. That's 560% more floor space than bottom-ranked Moscow, where the average was just 45.5 square metres, and 36 per cent bigger than Cairo, which landed in second place at 188 square metres.

ACTIVITIES

APRIL

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

Wednesday 12th **Lunch** Kebab Palace (Pizzas and Kebabs) Palmdale shopping Centre opposite Garden City. 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 at a venue agreed upon by participants.

MAY

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

Wednesday 10th **Lunch** Snag & Brown, 97 Ekibin Rd Annerley. 11.30am

Thursday 18th **Monthly Meeting** 9.30am. Newnham Hotel.

Thursday 25th **Maritime Museum** (which had to be postponed last time) Siddon St South Brisbane. 10.30am followed by lunch at the Ship Inn.

JUNE

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

Wednesday 7th **The Mousetrap** Playhouse QPAC South Brisbane 1pm
BOOKINGS NOW FILLED

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

Wednesday 21st **Lunch** at **Esher St Café and Deli** 46 Esher St Tarragindi , 11.30pm

JULY

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

Monday 3rd **Christmas in July at The Coolum Beach Hotel** Bus Tour. Departs Greenslopes Mall bus stop, 8.30am. Morning Tea and lunch provided. \$78. Names and payment TODAY please

Wednesday 12th **Lunch** Pinto Thai, 1295 Logan Rd, Mt Gravatt. 11.30am. Monthly meeting. Newnham Hotel. 9.30 am.

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

Thursday 27th Visit **William Robinson Gallery** in historic Old Government House, QUT, Gardens Point. 10.30am. To be followed by lunch in Gardens Cafe.

AUGUST

Sunday 6th **Coffee and Chat** Pacific Golf Club. 10.30am.

Wednesday 9th **Lunch** TBA.

Thursday 17th **Monthly Meeting** Celebrating our 15th anniversary with

Entertainment. Newnham Hotel. 9.30am.

More to come

SEPTEMBER

Wednesday 6th Lunch TBA.

Sunday 10th **Coffee and Chat** Pacific Golf Club. 10.30am.

Wednesday 13th **MAMMA MIA** the musical, Lyric Theatre, QPAC, South Brisbane. 1.00 pm. \$79. Limited seats available. Secure your spot with name and payment TODAY.

Thursday 21st **Monthly meeting** Newnham Hotel 9.30am.

More to come



This humble boat shed, on the shore of the Swan River in Perth, WA, has become a social media superstar. Known around the world simply as the #blueboathouse, since being restored in the early 2000s, it has become Perth's second-most popular spot for tourist selfies. As a result, it will now cost Perth's city council around \$400,000 to

build a solar powered toilet and \$20,000 a year to maintain, due to the sheer volume of Insta-happy visitors. A nearby restaurateur has complained to the City Council about the volume of tourists wanting to use its facilities. It is not all bad news for the Council though, because between Instagram, Twitter, Facebook, Tripadvisor and other social media, the #blueboathouse has generated global awareness about Perth potentially worth millions of dollars. Tourism advertising gurus could brainstorm for months and not come up with something as cheap or effective.

Do we need or want it? US giant Wendy's has announced plans to roll out "hundreds" of stores in Australia in the not-too-distant future. It is yet another fast food chain serving hamburgers, fries and frosty desserts. More fuel for the obesity problem facing the nation.

At its March Zoom meeting, Probus Global had, as its keynote speaker, a South African who explained why so many Southern African Probus clubs had closed and why half of the SA Probus members have left the movement in the past few years. He started his talk with a fascinating snapshot of SA history and explained how a once wealthy country is now mired in corruption, and has a totally neglected infrastructure. The latter is so bad, that in many places sewerage flows in



the streets, no roads are without huge pot holes, rubbish is everywhere and to cap it all off, the electricity generation plants



are so old that they can supply only about four to five hours of power a day. Generators and fuel for them are expensive and businesses can't run properly so the country has over 40% unemployment (more for youth) and a huge uncontrolled crime rate. The streets are unsafe and people no longer venture out if they don't have to. Thereby, Probus, like everything else has suffered and without a reliable electricity supply, investment in the country has also died. Sad.

It is interesting to note that Joe Biden at 80 will be running for the US Presidency again. At election time, in 2024, he will be 82. And, incredibly, he'd be 86 by the time he left office. (Barack Obama, by comparison, was 55.) Proof that age is but a number. Yes, at times, he certainly shows his age, he ambles, and he is visibly frailer than he used to be. It is said he reminisces a lot about the good old days. He is easy to dismiss. But he also represents a style of politics that existed before America became mired in partisan trench warfare on every issue. He reminds people of a time when government got things done. If Biden can have this kind of impact as an octogenarian, and he remains in good health, then all signs point to him being a viable President again.



Dozens of threatened Australian species, such as the bilby, are back from the brink. But many are reliant on fenced-off safe havens and could not survive the feral predators of the wild. True safety is more difficult because when they are reintroduced outside the fences, they disappear down the maws of cats and foxes. Safe havens are unsustainable not only because of

maintenance costs, but because within them the animals breed frantically, sending their populations skyward to unsustainable levels. Twenty nine species have recently been saved from the brink, but then, some species struggle even inside fenced havens. The stick-nest rat has failed to establish in at least four havens. Unfortunately, we cannot simply put our threatened mammals behind fences and consider the job done, because the moment they are released into the wild, they become threatened again.



There is more supermarket pain on the way. One of Australia's major refrigerated logistics distribution companies which supply Coles, Woolworths, Aldi, IGA and Foodbank Australia, collapsed last month. It had a

fleet of 500 trucks, and 1500 staff many of them drivers who have since been snapped up by other distribution companies. Supplies will be

affected but only in the short term. Administrators were hopeful they could rescue the company which had been affected by global supply-chain disruptions, wild weather, driver shortages and the imbalance of negotiating power with the highly concentrated nature of our supermarket chains (Coles and Woolworths controlling about 65% of the market and Aldi another 10%). There were buyers, but it is said that the company (which changed hands for \$75M in 2020) did not sell, for numerous reasons, one of which was that its fleet was old.

....And then, Bunnings is hopping on to the fast-growing \$10 billion pet care industry wagon as it expands its competition with the pet supply market. Smaller stores will devote an aisle to pet supplies, while larger ones may devote two.

Remember when cigarette ads were legal? Now, websites selling vapes, or e-cigarettes, to buyers in Australia and New Zealand, have a variety of slick, false or misleading marketing claims just like they were with cigarettes. They are marketed as sexy, sleek and environmentally



friendly. The sites claim that vapes contain zero carcinogens, are an effective aid for quitting smoking, and lead to improved breathing "in a matter of days". It claims "vaping has been proven to be up to 95% less harmful than smoking cigarettes" This statement stems from an article [criticised](#) for its lack of hard evidence.

Vapes [are not harmless products](#). They contain hundreds of chemicals, (some with nicotine) originating from the e-liquids, from the device and formed by the heating element, many of which are toxic. Risks include addiction, poisoning, seizures, burns and injuries, lung injury, and environmental pollution (from plastics and lithium batteries). Yet adults, particularly young ones, are taking up vapes in droves. We require improved regulation.

Did you know that an independent assessment of Japan's plan to release treated radioactive wastewater into the Pacific Ocean, nearly 12 years after the Fukushima nuclear disaster, found it safe and reasonable? The assessment was arrived at by the International Atomic Energy Agency and a group of independent recognised world experts in radioactivity safety.

As much as we don't want it to be, and as much as it is off the front pages, COVID is still hitting hard. In Australia, in 2022 alone we've seen more than 20,000 deaths over and above what we'd expect. And then, let's not forget long COVID (we had between 550,000 and 1.1 million in Australia) with symptoms persisting more than three months. We cannot assume there will be a natural exit to the pandemic, in which the virus

becomes a harmless presence in the background. Just this year to date, more cases and more COVID related deaths have been reported than we had in 2020 and 2021 combined (...and Rapid Antigen Tests don't count). Australia has swung from one extreme in pandemic control to the other – having great control of COVID, to now having the world's highest rise in daily cases. We know how to control it, but the political will is not there.

Did you know that the global population of insects has declined by 41 per cent in the past 40 years, with researchers saying the overuse of chemicals in agriculture is a key reason?



Nine trusty Probian's weathered the heat early last month to meet outside the Suncorp Stadium for an organised tour. We were met by our guide, Julie, who was extremely buoyant and excited to tell us all she could about the stadium and its history.

She started by showing us the 5 statues outside the stadium of the five Legends of the game: Wally Lewis, Arthur Beetson, Darren Lockyer, Mal Meninga and Allan Langer.

She then showed us all the bronze plaques set into the forecourt with the names of every player who has played for Queensland in the Rugby League. We then went inside into the shade and sat in the stands overlooking the field which had just been completely re-laid, at the cost of \$1.4M, after three Ed Sheeran concerts a week before. They had removed all the old turf and started re-laying a week ago and had only just finished it the day we arrived. The next game to be played on this



new surface was to be in a few days, with the new inaugural team the Dolphins. It was explained that this site had been a cemetery in the very early days and how unclaimed or unidentified tomb stones had just been crushed and used for road base (or similar). We were taken to the players' change rooms which were in the process of being decorated for the Dolphins for the upcoming game. They had ice baths, massage tables and all the accoutrements that are required in a modern change room. Later, at the edge of the playing fields (not allowed on the playing surface) where we caught a real feel of being at ground level just like the players. Lunch followed at the Paddo Tavern before we caught the bus home. All in all, a very pleasant day.

Richard

Things one should consider replacing at home, for health reasons:

- Kitchen sponges – these gather bacteria fast! Placing them in the dishwasher actually doesn't do much. Replace very often.
- Extension cords as soon as they show any signs of wear.
- Scientists recommend your toothbrush needs to be replaced at least every three to four months
- Experts [recommend](#) replacing pillows every one to two years. It is also important to wash them regularly, or the safe replacement time is closer to six months.
- The life expectancy of a non-stick pan was two to three years before the non-stick film started flaking into the food. If they are relatively new, the manufacturing technology has improved, but their safe life span is still quite limited.



Who's calling? 02 numbers on your mobile suggests the call is coming from NSW, but this isn't always the case, because overseas operators are able to buy Australian numbers to hook their services through. Ask your google browser 'who is calling me from [number]'? It should give you a response and if complaints about that number are listed, ask "should I answer?" There are other ways too, to find out. See panel above right.

- www.reverseaustralia.com
- www.whocallsmeau.com
- www.personlookup.com.au
- www.reverseau.com
- www.investigateway.com.au



Ageing itself is not a barrier to safe driving. Even so, our ability to drive safely can become compromised as we get older. Declining mobility, eyesight or hearing can impact some of the more obvious skills needed for safe driving. Some [early research](#) showed older drivers in jurisdictions with more stringent rules (such as here in Qld)

were no less likely to be injured or killed in a traffic crash than people in states without these restrictions. A recent study in Japan found a decrease in motor vehicle collisions after a cognitive screening test became mandatory during licence renewals for over 75s, but in Australia the tests for a person's fitness to drive are not standardised. For many older Australians, having a driver's licence provides a critical link between health outcomes, mobility and social connectedness. Also, older drivers tend to drive older cars. They need, if they can afford it, newer, safer cars to keep them on the road longer.



In a news release a couple of weeks ago, CSIRO research concluded that concurrent and increasing climate hazards is likely to impact global coffee supply. The researchers found that across the top 12 coffee producing regions globally, extremes in temperature and rainfall had increased in every region between 1980 and 2020 and are occurring in multiple locations at the same time. Coffee is a sensitive crop which can fail if the annual average temperature and rainfall is not within an optimal range. The good news is that Brazil has not hit quite as hard, and it is the world's biggest producer of Arabica coffee. Therefore it may be able to mitigate short supplies from elsewhere. And yes, the last coffee morning at the Golf Club was again very enjoyable, although only about 10 members turned up.



Did you know that, a bit like humans, fairy-wrens have surprisingly complex social ties? They'll risk life and limb to help others – but only if they know them.



Madagascar's extinct elephant birds – the largest birds ever to have lived – have captured public interest for hundreds of years. Little is known about them due to large gaps in the skeletal fossil record. A new study recently published used ancient molecules extracted from fossil eggshells to reveal surprising new insights into the biology of these flightless giants. The birds became extinct around 1,000 years ago, soon after humans first settled Madagascar. These were truly enormous birds, with some weighing over 700kg and standing up to 3m tall. Their eggs, weighing 10+kg, were 150 times the size of a chicken's egg. Madagascar's climate can be very hot and humid, which has not been conducive to preserving biological material from the birds, so our knowledge of them is poor, but there are plenty of egg shell remnants from which ancient DNA can be retrieved.

Membership fees (\$40) were due on April 1st. (Bank details: Probus HPC, CBA, BSB 064112, A/c 10186858). If you would like a receipt, please let the Treasurer (Barrie) know. It would be appreciated if anyone who is not planning to renew, let Bill know, or tell a committee member who will pass it on to him.

Perfume making is a curious profession. Those wanting to go into the business of creating perfumes often study for three or five years, and need to memorise hundreds of scent notes. Over the past 5000 years, humans invented the perfume processes, such as different waters, perfume fats, and then finally, essential oils, and extracts. So, it's been a long journey. One of the most ancient ingredients, labdanum, a poppy-like flower, was mentioned in the Bible. Rosewater used to be popular. Distillers use one million rose flowers to make just one kilo of rose oil. There are ethical concerns though. For example many perfumes use



vanilla as the basic ingredient, 80% of which is grown in Madagascar. It is grown by poor villagers where there is no water, no healthcare, there are barely any schools, and when the harvest fails as it recently did, they are completely abandoned. It is good to know that there is a push towards ethical sourcing of perfume ingredients.

Duty Roster

Chair: **TBA**, Five Minute Spot: **Bill**, Fellowship: **Heather and Una**,
Door: **Lyn G and Barrie**.



Pictured left is President Richard and Jenifer at Jenifer's induction, after the AGM. We hope Jenifer will enjoy the camaraderie and outings our club has to offer.

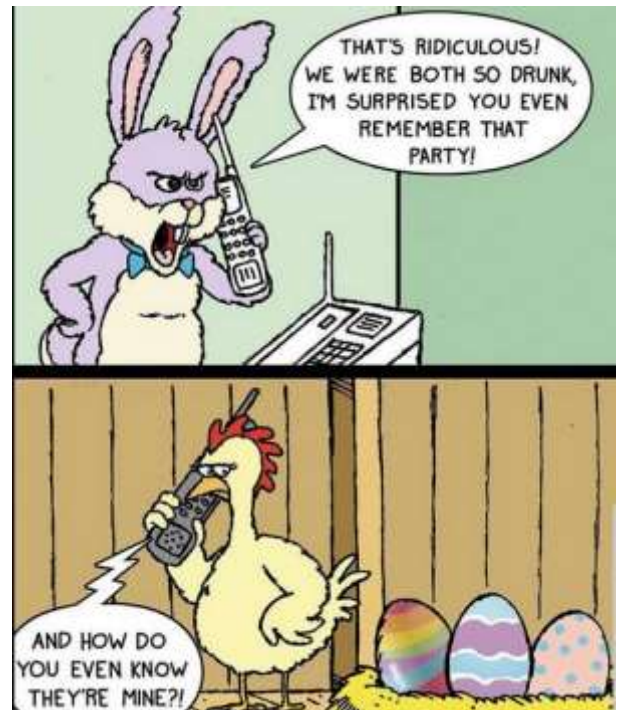
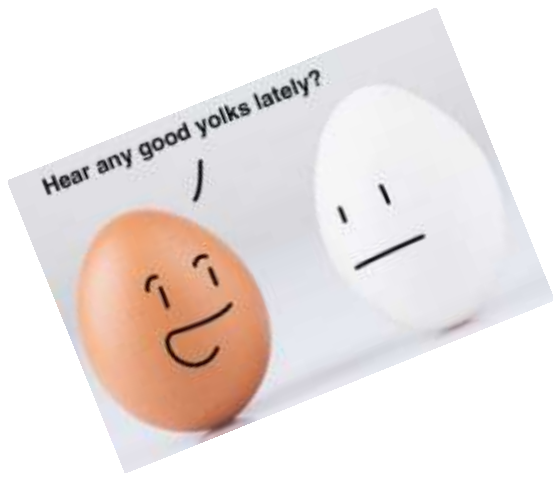
APRIL SPEAKER Our speaker for April will be Robert Lentile, a Volunteer in Policing (ViP) from the South Brisbane District Crime Prevention Unit based at Holland Park police Station. The Volunteers in Policing Program is committed to developing a spirit of co-operation and partnership within the community to enhance the Queensland Police Service's ability to serve the Queenslanders. ViPs complement the responsibilities of police officers and other paid staff members. They support victims of crime and help address community safety and crime prevention.

2023/4 Office Bearers:

President: Richard M, Vice President: Jill, Treasurer: Barrie, Activities: Lorelei, Secretary: TBA

Committee Members: Ron, and John,

Helpers: Bill (Membership), Lyn (Door prizes, raffles and gifts) Mary W: (Newsletter), Richard R (Speakers).



One Easter a father was teaching his son to drive and a rabbit jumped out on the road. The son slammed on the breaks. "I nearly ruined Easter by killing the Easter Bunny" he said. "That's OK" said dad. "You missed him by a hare".

How do you make Easter easier? - Replace the "t" with an "i"

What kind of jewellery does the Easter Bunny wear? 14 Carrot Gold