

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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June 2023 Issue 178

The HP Source – It's a bottler!

Richard's Rambles

Continuing on from last month's Ramble: Julie and I continued our travels in Tasmania.

When our daughter-in-law recovered from COVID, we all piled into the car and headed to Cradle Mountain. We managed to get a three-bedroom house in Sheffield about 45 minutes' drive away from the "mountain". The next day we headed to Dove Lake at the base of Cradle Mountain, a very, very beautiful place. We went on a couple of walks around the area including The Enchanted Walk which was reminiscent of scenes from films like the Hobbit or Lord of the Rings.

As it was Sam, our grandson's, 8th birthday the next day, we went to "Tasmazia" - a large area with four hedge mazes near Sheffield. He loved them. After doing all the mazes the mandatory ice cream was devoured. The next day (his birthday) Sam spoke to his American relatives and then we headed back to Hobart. His mum had arranged for a friend of his to join him at Hyperdrive, an electrically powered go-kart race track. It was so funny watching the young'uns take control of a vehicle that "could" go quite fast. Sam was very tentative and crept around the course getting in other racers' way. During one circuit he waved to us and nearly drove into the guardrail.

After visiting Bruny Island and a number of other areas around Huon Valley, Cygnet and Kingston we said goodbye to the family and headed north. We spent some time with friends in Oatlands and then a lunch at Launceston and a night at Devonport before an early start the next day to catch the car ferry back to Geelong. I was hoping for a bit more weather on the trip back but despite a fair breeze the ferry handled it very well with only a small amount of movement.

That's all for now and we will see you at the June meeting. Take care and stay safe.

Richard M



The first entirely automated McDonald's location has opened in Texas, with machines handling every aspect of the consumer experience — including the drive-thru window. At this stage there is still a worker in the back handling the cooking processes and s/he is also available to handle customer issues.

ACTIVITIES

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

Monday 26th Bus trip – Numinbah Valley – departing Greenslopes Mall
bus stop 7:00am. (Cross Country Tours) Morning tea and lunch included.
\$76.

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

**NOTE: Sunday 3rd- coffee morning postponed a week due to Father's
Day.**

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

Diary Date: Christmas Lunch December 14, Newnham Hotel, (note one week earlier than our usual meeting).

Brrrrr. The cooler weather has arrived, although we have it better than the southern states. So maybe we can take advantage of research findings by scientists at Harvard University and at the University of California, who have determined that daily cold showers are good for us, with exception for those suffering from heart and circulatory conditions, Raynaud's disease or chronic pain. They suggest to start with just 30 seconds each time, and build up the time to five minutes if your body can cope. Cold showers can provide a range of benefits, including increased circulation, reduced inflammation, improved mood, and greater alertness. Additionally, a slightly longer cold shower can promote weight loss by increasing the production of brown fat, which burns calories to generate heat. If done daily, they can also reduce stress and improve overall mood. It is just as good for older people, except those with conditions mentioned above.



Did you know that tooting your horn to get a person's attention, such as to say an extra goodbye, or to greet someone or to say "I'm here, waiting for you" is against the driving regulations? It carries a fine. In Queensland, the maximum fine is 20 penalty points. Currently, one penalty unit is \$143.75, so it could cost you up to a hefty \$2875. Indeed, the only legal reasons you may use your horn is as a warning to another driver of your approach, to get animals off the road and as part of an anti-theft or alcohol interlock device.

IDA, (as in *I'da done this*) the suggestion box is there for your use every meeting. It has been starving! Do you have suggestions about outings, speakers, the running of the club, requests etc? Use IDA. You can sign it if you wish for a response to your suggestion, or you can make it anonymous. If it is the latter, just remember that all suggestions are considered. However, if we don't take up your suggestion, it may be because we have tried it in the past unsuccessfully, or similar, but we haven't ignored your note.

Here is a "conversation" your Editor had with ChatGPT:

ME: Generate a short paragraph on some recent news that is suitable for an odd spot.

ChatGPT: *In recent news, a group of 10 ducks in New Zealand have been trained to "drive" their own specially designed duck-sized car. The ducks, which were raised on a local farm, were taught to climb into the*



custom-built vehicle by their trainers, who placed treats inside the car as a reward. The ducks can now maneuver the car around an obstacle course, with some even able to reverse and park the car. The project aims to showcase the intelligence and adaptability of these feathered creatures, and has garnered attention from animal lovers and researchers alike. It's certainly a strange sight to see a group of ducks cruising around in their own miniature car!

ME: Is this true?

ChatGPT: *As an AI language model, I do not have access to the latest news articles, and my training data only goes up until September 2021. However, it is possible that the news story about ducks driving their own car in New Zealand is true, as there have been various reports in the media about animals being trained to perform unusual tasks. However, it is always important to fact-check and verify news sources to ensure their accuracy and reliability.*



Did you know that Florida governor and US presidential hopeful Roy De Santis has attacked Disney Corporation over its stance on accepting discussion of sexual orientation and gender identity? Indeed, the governor even tried to take over the theme park's governing body, and Disney immediately stripped it of any power. Is it any wonder that Disney is

taking the governor to court? Not only is it state interference in a private company, but one would think with the amount of honest cash Disney generates for the state, the governor would think twice about his aggressive conservative stance.



Another bit of trivia that is worthy of an odd spot: Moccona (coffee) is suing Vittoria (coffee) because the latter is using the same design jar as Moccona. What a terrific waste of time and resources. Food has been marketed in reusable jars forever. A jar is a container, hardly a trademark! Well, it is a win-win for the lawyers anyway, but we, the consumers, will end up paying for this bit of nonsense.

Did you know that Probus has a Probus Australia National Insurance Program? It includes the following:

1. A lump sum if a person is accidentally injured whilst on a Probus Club activity.

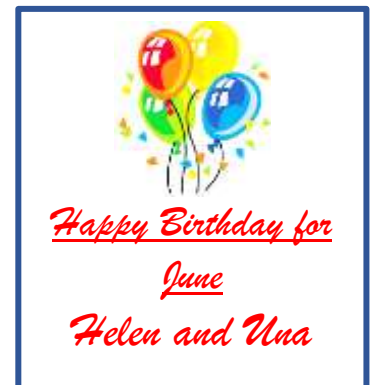
2. A public liability insurance protecting a third party's injury or property damage if caused inadvertently by a club or member at outings or meetings.
3. Liability insurance protects clubs and Probians against allegations of wrongdoing when carrying out their Probus duties.
4. Theft of club money up to \$5000.



What nearly all of us are exposed to, and likely have within us, are microplastics. While it is not known what microplastics do to our health, researchers are becoming increasingly worried about what they might do. We are aware of lung diseases from asbestos and silicon dust, microplastics

can be found everywhere – literally – on the planet. Studies have shown these microplastics have been found in oceans, rivers and soil all over the world, even in the remotest of places. Perhaps even more alarmingly, they have been found in rain falling over cities. We don't yet know what long-term effect the release of microplastics is having, but the chances are that it's not going to be positive.

It is getting chilly. Energy experts say air conditioners are efficient heaters and should be set at 18 and 22 degrees in winter, while consumer advocacy group *CHOICE* suggests setting it to eight degrees warmer than the outside temperature. Constantly turning it off and on is not a good idea because the aircon is going to have to work hard to get back to that desired temperature. It is like revving your car to get up a hill. Indeed, it is best to leave it on even if you go out for a short while. With portable electric heaters, or gas systems, turning your device on and off isn't going to make much of a difference to the heater, except leaving them on is costly.



There were not as many at the May Coffee and Chat as in April. It seems that unless a reminder is circulated a few days before, people forget. As for the Wednesday lunch, while very pleasant, there were even less attendees. The upside is that at more intimate gatherings, it is easier to get to know better our fellow members. However, the committee will be re-thinking these activities to make them more attractive for members to support them. Ideas in the suggestion box please!

There were huge demonstrations across France because the pension age was raised from 62 to 64. That we should be so lucky! Our own pension age is being raised from 66 to 67 in July, (for those born after January 1, 1957.) Figures from 2020 showed a life expectancy, here in Australia, for females was 85.7 years and for men 81.6 years. Notwithstanding the effects of the COVID pandemic those numbers will continue to rise. Around a century ago, life expectancy was 63.8 years for females and 59.1 years for males. In 2014, the then government flagged a staggered increase in the pension age, landing at 70 by 2035. At this stage though, there are no concrete government plans to raise the pension age further, and number crunchers claim that it would be unnecessary to lift the pension age (by increments) to 70 before 2050.

Quite a number of members have not yet paid their membership fees (\$40). For EFT payments, see account details on back page.

Our speaker in June will be Sara-Jane Dean, from UQ's Institute for Molecular Bioscience (IMB). She is the Science Education and Community Liaison Officer and will talk about the work done at IMB - Australia' leading life sciences institute. Its mission is to harnesses our knowledge of nature to create sustainable cures for diseases that plague people, animals and plants. Its researchers use Australian venoms, plants and soils to stop superbugs, to create better treatments for various diseases and to develop environmentally friendly and effective pesticides.

When we were young, there was no such thing as a mechanical domestic dishwasher. Then came the age of under-bench dishwashing machines which for a big family was a godsend - if they could afford it. Now, a common household appliance, it has evolved into a two-drawer machine, with each drawer working independently. A new innovation has been recently launched on the market – a bench-top machine. It is great for older people who are in the process of downsizing or others wishing to save on power and hot water. Two other advantages are that it helps people who find it difficult to bend, and it doesn't need a plumber to install it. The downside? Not as many features and not all of them perform as well as bigger versions. Also they take up bench space.



Until recently scientists had very little idea when butterflies evolved, and hypotheses concerning their place of origin were largely educated guesses. Recently, an international collaboration has placed the time of



origin at about 100 million years. The early butterflies were different from nocturnal moths - their ancestors. They flew during the day, rather than at night and were attracted to colourful flowers. There are roughly 19,000 butterfly species in the world, and piecing together the 100-million-year history of the group required assembling the world's largest dataset of butterfly DNA sequences, geographical distributions and larval host plants. Underlying the analysis were 11 rare butterfly fossils, without which the analysis would have been impossible. It was a mammoth job, culminating in a new 'family tree' which traces their 100-million-year journey across the globe. They first appeared somewhere in Central and western North America. Two very early butterfly lineages reach Australia via Antarctica, at a time when global temperatures were considerably warmer than today. Other groups of butterflies entered Australia much later via the islands of South-East Asia. But there is one species that is now found only here in our rainforests - the Regent Skipper butterfly (pictured above).

DUTY ROSTER - June

Chair: Barrie **Five Minute Spot:** Elwyn, **Fellowship:** Lynne and Bill
Door: TBA and Ron

As Jill explained at the May meeting, as long as members are registered with My Aged Care (MAC), the services of TransitCare is there for you. So if you wish to have transport to a meeting or to an appointment, pre-book the door-to-door transport, charged for at a nominal fee. Group bookings (no MAC needed) for larger groups (say 20+) are also available at subsidised charges, and we as a club, may take advantage of this service in future.



Investment scams via social media are outpacing other scams in Australia. Mid-May this year, already \$88.7 million has been stolen from people through investment scams alone. New technology to lure and deceive victims is evolving all the time and scamming methods vary from impersonating official phone numbers, email addresses and websites of legitimate organisations to scam texts that appear in the same conversation thread as genuine messages. The Federal Government allocated \$87 million in the May budget for a new National Anti-Scam Centre, where scams will be investigated, and there will be take-down functions for phishing websites and others that promote scams.

SMILE – Church funnies:



A man suffered a serious heart attack while shopping in a store. The owner called 000 when they saw him collapse. The paramedics rushed the man to the nearest hospital where he had emergency open heart bypass surgery. When he awakened, he found himself in the care of nuns at the Catholic Hospital. A nun was seated next to his bed holding a clipboard loaded with several forms, and a pen. She asked him how he was going to pay for his treatment. "Do you have health insurance?" she asked. He replied in a raspy voice, "No health insurance." The nun asked, "Do you have money in the bank?" He replied, "No money in the bank." Do you have a relative who could help you with the payments?" she asked. He said, "I only have a spinster sister, and she is a nun." The nun became agitated and announced loudly, "Nuns are not spinsters! Nuns are married to God." "Excellent", the patient replied. Send the bill to my brother-in-law."

Notices:

Thursday, at 5pm, there will be a meeting of the Little Mothers Club. All ladies wishing to be Little Mothers please meet with the vicar in his office.

Remember in prayer the many who are sick of our church and community.

This Easter come and help blow up and decorate the church with balloons

The Fasting and Prayer conference includes meals.

Please place your donation in the envelope along with the deceased person you want remembered.

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).

Payments: Probus HPC, CBA, BSB 064112, A/c 10186858