

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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October 2023 Issue No 182

The HP Source – It's a bottler!

Richard's Rambles

Hello to all members,

My apologies for not being at the September meeting - Julie and I were in Sydney. Jill advised me that it was a very positive meeting and that augers well for the club. We still need to attract new members and Jill and I will be attending the Bonners Seniors expo at the Mt Gravatt showgrounds on 28th September to try to do just that.

Julie and I drove to Sydney to attend the 83rd Anniversary Commemorations of the Battle of Britain on Friday 15th of September. Unfortunately, this event was not very well attended by the general public but there were plenty of dignitaries and 15 wreaths were laid by a variety of officials. We met a couple of very interesting members of the public who were not directly involved with the Battle of Britain but had connections with it.

We caught up with our daughters and a couple of friends and then on 21st September we drove to Newcastle to attend an open day of RAAF 3sqn based at the Newcastle airport. We met a number of Air Force personnel at the Mercure Hotel on the Thursday night for a few drinks and made plans for the open day on the Friday.

Next day we were up early to get a quick breakfast and be on the base by 8.30. As with most things in the forces, it was a case of "Hurry up and wait!!" We, along with about 30 others gathered in the car park as instructed by 8.30 and nothing happened until 9.15, when we were taken to the base to the 3sqn building and the service area for the A-35 jets. They were performing training in the air with six aircraft at the time, and the noise was horrendous. I don't know how the locals put up with it.

We were given a lecture by the CO of 3sqn on what they had been doing over the past year and what their plans were for the next 12 months. It was very interesting. After a brief morning tea/coffee with snacks, we were taken to a hangar where there were 5 F-35s undergoing maintenance. There we were allowed to take a few photographs and were shown the U\$500,000 helmets the pilots wear, each one weighing around 2.5 Kg. They also had a number of missiles on display that were designed for deployment at various distances from their targets.

After spending a while in the service area we were offered a BBQ lunch with pork, beef patties or chicken pieces with salad. Needless to say, we were pretty full by the time we got back to our daughter's flat and didn't want any dinner.

I will see around 20 of our members at our Probus Month lunch to be held at RQYS on Wednesday 11th October at noon. I do hope it will be a nice day because it is one of my favorite places to have a meal.

Until then and our next meeting, Au revoir.

Richard



An android robot, EveR 6, took the conductor's podium in Seoul in July to lead a performance by South Korea's national orchestra. The two-armed robot with a humanoid face, first bowed to the audience and



started waving its arms to control the tempo of the live show. The robot was able to present detailed moves, and was impeccable in keeping the rhythm, but the criticism is that it can't listen.

ACTIVITIES

OCTOBER – PROBUS MONTH

Sunday 1st Coffee and Chat at Pacific Golf Club, 10.00 am.

Wednesday 11th LUNCH Royal Queensland Yacht Squadron, 578 Royal Esplanade, Manly 11.30 am. Own cost. Parking available. Watch Wednesday afternoon sailing. Parking available; carpooling; opportunity to watch Wednesday sailing.

Thursday 19th Monthly Meeting at Newnham Hotel. 9.30 am.

Tuesday 31st Cruise on Moreton Bay to visit the Bay islands. Transport by Transit Care bus (\$15) to and from Redland Bay Marina; Morning tea at Aunt Alice's café on Russell Island, then back on the ferry to Macleay Island for lunch at the Bowls Club, ferry back to Redland Bay Marina. Ferry cost – use your Go Card. Morning tea and lunch at your own cost.

NOVEMBER

Saturday 4th Brisbane City Pops Orchestra, "An Afternoon in Vienna", Church of Christ Community Centre, 41 Brookfield Road, Kenmore 2.00 pm. Cost \$26.00. Lunch at Table One café onsite at 12.30 pm at own cost if you wish. Numbers & payment by **October** meeting.

Sunday 5th Coffee and Chat at Pacific Golf Club, 10.00 am.

Tuesday 7th Melbourne Cup function. Carina Leagues Club. \$60 members, \$65 for non-members. Register and PAYMENT at SEPTEMBER Meeting please.

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

Tuesday 21st Visit Brisbane Holocaust Museum, 168 Charlotte Street, Brisbane City 10.30 am. Cost \$10 Concession. Followed by lunch nearby at own cost. Register and pay by OCTOBER meeting.

DECEMBER

Sunday 3rd Coffee and Chat Pacific Golf Club. 10.00 am.

Tuesday 5th Lord Mayor's Seniors Christmas Party, Brisbane City Hall 1.00 pm Cost \$5.00 payable at **August** meeting. **CLOSED**

Thursday 14th Christmas lunch at Newnham Hotel. Entertainment by Ian Maurice. More to come.

JANUARY

Sunday 7th Coffee and Chat at Pacific Golf Club at 10.00 am.

Wednesday 10th Lunch 11.30 am. TBA.

Thursday 18th Monthly Meeting at Newnham Hotel, 9.30 am.

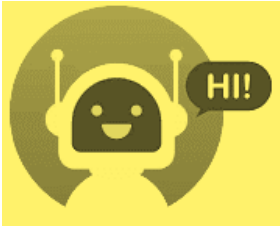
Wednesday 24th. Chicago the Musical, Lyric Theatre, QPAC @ 1.00 pm. Limited seats remaining @ \$69.90. Register and PAYMENT by OCTOBER meeting.

It's rare to be in a natural landscape where the atmosphere's not punctuated by the sounds of animals talking to each other. But it wasn't always this way. Wind the clock back a few hundred million years, when all the Earth's landmasses were squashed up as the supercontinent Pangaea. The only sounds you would hear are the wind and maybe the scurry of cockroaches or the scuttle of the first reptiles. Otherwise, landscapes were completely silent of any meaningful communication through sound. Animals evolved sound-detecting organs well before they could "speak" because, for example, hearing the snap of a twig as a predator sneaks up gives life-saving evolutionary advantages. First, there were acoustic sounds such as body parts rubbing together like a cricket does. Later vocal communication evolved, probably in nocturnal animals to help them find mates. Of the land-dwelling vertebrates, frogs and mammals were probably the first to get their intra-species chat - around 200 million years ago at the start of the Jurassic. Birds and crocodilians followed maybe around 100 million years ago. That was the Cretaceous period.

PAQ has established an award, the Bob Rogers Award, which is a unique and rare (as distinct from annual) award for Probus because it recognizes Probians who contribute "above and beyond" their club participation. Background on Bob Rogers is on the PAQ Web site. Members are encouraged to nominate Probians whom they know for the award. Details of the criteria are also on the Web site, but in a nutshell, the nominee must be a Probian who:

- Has made an impact on Probus
- Has demonstrated the spirit of Probus through extended and extensive service in both expansion and the advancement of Probus
- Has set a high level of commitment and a benchmark for others
- Has given exceptional service above and beyond one's own club.

There is more about the selection committee, process, nomination and general tips on the PAQ website.



Snapchat's AI-powered chatbot malfunctioned last month, raising questions about "sentience" among users. As AI becomes increasingly human-like, society must become AI-literate. Some already struggle to distinguish between human and machine-generated conversations.

Google is using generative AI to build a "personal life coach" that will supposedly help with various personal and professional tasks, including providing life advice and answering intimate questions. This is despite Google's own AI safety experts warning that users could grow too dependent on AI and may experience "diminished health and wellbeing" and a "loss of agency" if they take life advice from it. For example, a chatbot named Tessa was found to be offering harmful advice to people through an eating disorder helpline. The [European Union's AI Act](#), the world's first comprehensive regulation of AI, has identified moderate regulation and education as the path forward – since excess regulation could stunt innovation. AI literacy should be mandated in schools, universities and organisations, and should also be made free and accessible to the public.

Duty Roster

Chair; Richard R; 5 Min spot: Jill, Greeters: Trish and Bev F,
Treasury: Lowleen and Con



In 1772, Joseph Banks commissioned the foremost painter of animals in England, George Stubbs, to paint a dingo and a kangaroo. To our modern eyes, the paintings lack the vitality and strength of the animals we are familiar with in Australia. The kangaroo more closely resembles a rodent than a bipedal marsupial. The dingo's glassy-eyed stare lacks any animation. Why? Stubbs had not travelled with the 1768 Endeavour expedition to the South Seas. Instead, Banks commissioned him to paint from skins collected during the voyage. Banks wrote "*To compare it to any European animal would be impossible as it had not the least resemblance of any one I have seen. Its fore legs are extremely short and of no use to it in walking, its hind again as disproportionately long; with these, it hops 7 or 8 feet at each hop in the same manner as the [Gerbua](#), to which animal indeed it bears much resemblance, except in size [...]*"

Jill suggested if you are interested in modern classical movies during Seniors Month, \$6 and \$8 tickets are available for a range of films at the Dendy in Coorparoo. Details are attached at the end of this newsletter.

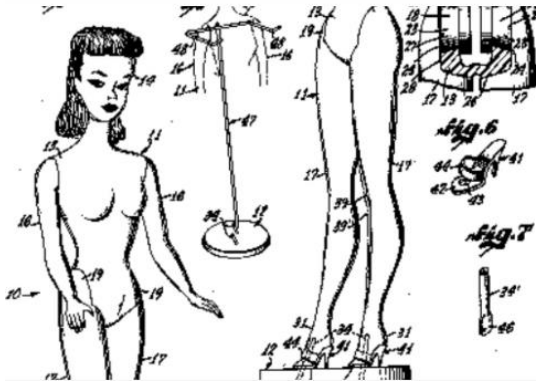
How does one choose a supplement that is worth having and those that are chaff? The good news is, many supplements *do* work. The value of 'traditional' vitamins – the ones you remember from childhood – thiamine (B1), riboflavin (B2), niacin (B3) etc. – is backed by science. Astaxanthin, said to help with wrinkles has scientific evidence that it works to a degree - because of its antioxidant and anti-inflammatory properties - but needs to be taken for a minimum of 16 weeks to show marginal results. Creatine, available in red meat and fish, has been shown to strengthen muscles in athletes, but is associated with weight gain and water retention. Sea moss and seaweed are good for thyroid and gut health but have iodine, and some are allergic to it. GPs often advise patients to take vitamins D and C, Magnesium, Calcium, Zinc and others, and these have all been proven scientifically to help certain conditions. The trick is to buy well-known brands and not those mixed with other supplements or fillers. Many (though not all), supplements that are purported to benefit sleep, vitality, stress levels and other conditions, do not have proven efficacy and often, they are mostly fillers. However, it is always best to have a balanced diet which renders many supplements unnecessary. For example, Calcium can be had from a high-dairy diet, 10 minutes of sun daily will deal with vitamin D, and a citrus fruit daily will give the necessary vitamin C.

Details of changes in regulations by the Office of Fair Trading have been released for Incorporated Associations. We are deemed a Small Association (less than \$300,000 in assets, and total revenue of less than \$150,000 pa), and therefore don't require an auditor, and even if our management committee are volunteers, we need to provide a statement at the AGM disclosing any remuneration paid. Also, if members have grievances that cannot be resolved within the club, we must provide for unbiased mediation.



They look like a quirky blend of hedgehog and anteater. But Echidnas are not related to these creatures. The short-beaked echidna that roams our entire continent is a remarkable, ancient, egg-laying mammal weighing between six and 16kg. Scientists believe echidnas evolved from platypuses which left the water and grew spines. They are remarkably adaptable to weather and some sub-species grow thick hair in the colder regions of Australia. Amazingly, the subspecies have

very different approaches to mating. Kangaroo Island ones have mating trains, a spectacle where up to 11 males fervently pursue a single female during the breeding season. Lactation lasts 30 weeks. In Tasmania, the males wake up the hibernating females to mate. The females go back to hibernation and put their pregnancy on hold, and in the end, lactation is for 21 weeks only. They are monotremes (monotreme means one opening) and like kangaroos, they incubate their eggs in a pouch-like skin fold, nurturing their tiny, jellybean-sized young after hatching. They sense electric fields and movement when they hunt ants and termites through soil.



Love her or loathe her, few things have stood the test of time like Barbie. While solid marketing has certainly helped her survive drastic cultural and generational shifts, good intellectual property (IP) management has protected her brand for 60 years. Each and every plastic part of her! Did you know Barbie has over 330 patents – published from 1959 to now – mostly to

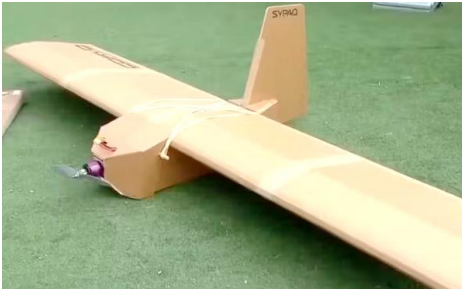
protect her unique construction? Any time something new and original is created, so too is IP. It is all in the detail. Just her and Ken's hair and its style have 10 patents. This level of detail was crucial to setting Barbie up as a collectors' item. Patents aren't something that can be filed and forgotten. Continuous management and careful IP strategising are key to lifelong success for our innovations.



This year, Rob Neary, PAQ's past president, ran a highly successful tour for Probians to the Cook Islands. Next year, he will once again take a group of Queensland Probians on tour. This time the all-inclusive tour will be to Samoa, from June 5 to 13, 2024. Check out the PAQ website if interested.

The older generation is being "blamed", in part, for the looming poor economic outlook, according to the latest intergenerational report released a few weeks ago. It is fair to say our population is ageing, but according to some analysts figures based on the number of dependent old people is wrong. The dependency ratio is based on people aged 65 or over per 100 people of working age. Figures in the report are founded on a 2006 survey, in which only 1.99 per cent of the total labour force was aged over 65. However, by 2022, that figure had risen to 4.94 per cent, and growing. Further, dependency figuring included, in the under 65 workforce, all working-age people, even those who are not working or on a pension. This means aged people dependent on the government are

being unfairly targeted in the report as becoming a bigger financial burden on society than in fact.



Innovative design choices can have a massive impact in the theatre of war. Innovative, inexpensive cardboard drones, made in Australia, are having a marked effect on the war in Ukraine. Australia has been supplying Ukraine with 100 of these drones per month since March this year as part of its aid package.

Apart from having been used in an attack on an airfield in Kursk Oblast in western Russia on August 27, causing much damage to the Russian defence system, the drone has a high-resolution camera that provides images covering a large area, transmitting footage back to its user in real-time. The cardboard drones can carry 5kg of weight, have a wingspan of two metres and a range of 120km at a reported cost of around A\$5,500. The waxed cardboard and rubber bands offer weather resistance, flat-pack transportation, a high cruise speed of 60km/h, a small signature, and ease of use. They are easy to launch either from a small catapult or even by hand.

The Management Committee did not meet in September. Over half its members were away either travelling or unwell, so there wasn't a quorum. Please consider joining the committee – it is not an onerous job.



A report on [Australian car accidents](#) shows that, in 2022, 40 to 64-year-olds accounted for the most road deaths, followed by 17 to 25-year-olds. While elderly drivers are more experienced, health issues and medication may impair their driving. It is unfortunate when a 70+ year-old is involved in an

accident, it gets much worse media coverage than if the driver was 40! Airing potentially skewed perception helps neither rampant ageism nor older people who are as capable of driving as those who are much younger. Different states have different rules, but all assessments of older drivers are "blunt instruments". A GP's memory test is not very good at testing judgement or reaction time. Unsafe driving is no more the purview of the old as it is that of the middle-aged.

Well done! At our last meeting, just one person paid in cash! It makes the Treasurer's job much easier when s/he doesn't have to visit the bank to make deposits.

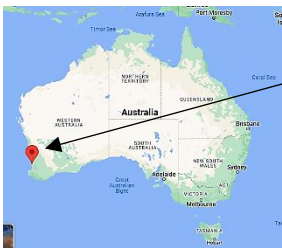
The 3G network was rolled out 20 years ago. Telcos will begin shutting down their 3G networks from December 15. Now the modern standard is

4G or 5G, so many devices will be affected by the change. These include older mobile phones, medical-alert technology including pacemakers, baby monitors, EFTPOS machines and farming equipment. Unless upgraded, it will impact everywhere - any device which is still using the older standards is going to, one day, just stop working. 3G is deemed not fit for purpose and will be scrapped within a year.



Left is a photo of our most recent coffee morning which was pleasant as usual. The 10 am start makes all the difference for finding a parking spot. Our lunch at the Lovewell café, on top of the mountain was also most enjoyable. It was a clear, mild day, and

therefore the views were magnificent. Both food and company were good also, so what more can one ask?



The Australian Tourism Industry Council has just awarded Mandurah Australia's top tourist town for 2023. Ever heard of it? Few of us on the East Coast have. It is a small city of 95,000 people about 75km south-west of Perth, with a century-old steam train and breathtaking mountain views. It has a vibrant arts precinct, is known

for its stunning waterways and coastline, internationally significant wetlands, and The Estuary and Peel Inlet are among Australia's most spectacular playgrounds for boating, fishing and wildlife watching. The awards are determined by a combination of people's choice votes and an industry judging panel.

The unnerving news is that biomedicine researchers have been advancing their efforts to create "chimeric" animals that are partly... human. Used in medical research or for growing human transplant organs, (including brain cells) they could save many lives. But this work is ethically fraught. It uses stem cells to grow body parts in pigs and other animals. Should we then treat these animals, which are sentient, as animals, humans or something in between?

Last month's potential detection of a molecule called dimethyl sulfide on the planet K2-18b is exciting astronomers. On Earth, this smelly stuff is essentially plankton farts, indicating life. On another planet, (about 124

light-years from Earth), this chemical could be produced by some sort of geological process, so it's not a smoking gun. But it's certainly intriguing.



There is a growing body of evidence, contrary to long-held beliefs, that it is possible for cats to stay healthy on a vegan diet. Still needed are studies of clinical trials involving a large cat population, with longer-term health assessments. However, to date, small studies show promising results.

Our October speaker will be **Graeme Smith**, who has been serving the MT Gravatt community for over 30 years. He has been a member of Rotary, a long-time member of the Men's Shed, and is on the Board of the Mt Gravatt Showgrounds Trust. The Showgrounds attract thousands of visitors each year to its various events and weekend activities. They range from classes, meetings, markets, food fairs and weddings, to name a few. Graeme will talk about the history of the Showgrounds which, among other venues, houses the heritage listed Memorial and Community Hall.



Machu Picchu is now an iconic tourist destination in Peru – but it was once a royal palace that pulled people from all corners of the Inca Empire. An international team of researchers has uncovered the incredible genetic diversity hidden within the ancient remains of those who once called Machu Picchu home. The Inca Empire once ruled a vast two million square km

across the Andes mountain range in South America. It was formed in 1438 and reached its height in 1533, before colonisation by the Spanish. Machu Picchu was a palace, and following Spanish colonisation, knowledge of it was lost to the Western world. In 1912, a graveyard of 172 individuals was found and scientists sequenced ancient DNA from the remains of 68 individuals, who came from all over Peru, as well as Ecuador and Colombia. Seven came from as far away as Brazil and Paraguay. Many lived to an old age. Those not identified pre-date the Inca Empire. It was a hot spot of diversity, given the population of the time.

We have had quite a few visitors these past few meetings, so please remember to wear your name tags. It makes for a friendlier atmosphere.

2023/4 Office Bearers

President: Richard Morse,
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Committee: Barrie Percival, and
Ron Fox. **Helpers** (not on
committee): Bill – Membership,
Mary W – Newsletter, Lyn –
welfare/prizes, Richard R – Speakers

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Last month was International Literary month. So:

What do you get when you mix American Literature
and alcohol? Tequila Mockingbird.

A hungry lion roamed through the jungle looking for
his next meal when he came upon two men. One man
was sitting under a tree reading a book. The other
man was writing in a notebook. The lion quickly
pounced in the man reading the book and devoured
him. Even the king of the jungle knows that reader's
digest and writers cramp.

Let's eat grandma. Let's eat, grandma. Punctuation
saves lives

What kind of dinosaur writes romance novels? A
Brontësaurus.

I have been reading a book about anti-gravity. I just
can't put it down.

Growing Old

The only reason I would take up jogging is so that I
could hear heavy breathing again.

Regular naps prevent old age, especially if you take
them while driving.

Whatever you may look like, marry a man your own
age – as your beauty fades, so will his eyesight.

I've learnt that life is like a roll of toilet paper. The
closer it gets to the end, the faster it goes.

I'm at an age when my back goes out more than I
do.



Dendy cinemas, Coorparoo are celebrating Queensland Seniors Month with a lineup of modern classics back on the big screen, with tickets just \$8, and only \$6 for Club Dendy members!

Red

Stand back and watch the bullets fly in this explosive action comedy, starring Bruce Willis, John Malkovich, and Oscar winners Morgan Freeman and Helen Mirren. Willis stars as a former black-ops CIA agent (Retired, Extremely Dangerous) living a quiet life alone until the day his identity is compromised, forcing him to reassemble his old team to prove they still have a few tricks up their sleeves.

OCTOBER 3 & 4

Oranges and Sunshine

Uncover a forgotten chapter of Australian history in the poignant and powerful drama, starring Oscar nominee Emily Watson and Hugo Weaving in his AACTA Award-winning performance. Based on a true story, this heart-wrenching drama sheds light on a hidden injustice of the forced migration of children from the United Kingdom in the early 1970s.

OCTOBER 5 & 6

Love & Mercy

Immerse yourself in the extraordinary musical odyssey that chronicles the creative brilliance and inner struggles of music legend, and Beach Boys co-founder, Brian Wilson. Set against the era-defining catalogue of Wilson's music and starring Paul Dano and John Cusack, the film intimately examines the personal voyage and ultimate salvation of the icon whose success came at extraordinary personal cost.

OCTOBER 10 & 11

Gosford Park

Step into a world of mystery, luxury, and secrets with Robert Altman's masterful whodunnit. As a hunting party gathers at the country estate, no one is aware that before the weekend is over, someone will be murdered - twice! This critically acclaimed murder mystery features a who's who of celebrated actors including Oscar winners Maggie Smith and Helen Mirren.

OCTOBER 12 & 13

The Keeper

A dazzling mix of heart-pounding sports action and touching human drama, witness the incredible true story of Bert Trautmann (David Kross), a former German POW who becomes an unlikely hero as a goalkeeper for an English football team. Celebrate the indomitable human spirit with this inspiring tale of courage, redemption, and love.

OCTOBER 17 & 18

Amelie

Embark on a whimsical journey into the enchanting world of Amelie (Audrey Tautou), a painfully shy waitress working at a tiny Paris café who makes a surprising discovery and sees her life drastically changed for the better. This is a cinematic masterpiece that will captivate your heart and spark your imagination.

OCTOBER 19 & 20

Death at a Funeral

Get ready for a side-splitting cinematic experience starring a stellar ensemble cast including Emmy Award winners Matthew Macfadyen and Peter Dinklage. When a dysfunctional family comes together to bid farewell to

their patriarch, chaos reigns supreme. A rollercoaster of comedic brilliance, this is a witty exploration of family dynamics and unexpected twists.

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OCTOBER 24 & 25

A River Runs Through It

Immerse yourself in the breathtaking beauty and timeless storytelling as Academy Award-winning filmmaker Robert Redford captures the majesty of the Montana wilderness and the strength of the American family. Craig Sheffer and Brad Pitt star as two brothers in early 20th-century Montana, bound by a shared love for fly-fishing and haunted by the complexities of family.

OCTOBER 26 & 27