

# 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 2024 Issue No 187

*The HP Source – It's a bottler!*

## Richard's Rambles

Hello to All,

A reminder that we have our AGM in March and we need everyone to think seriously about helping in various positions on the committee. Nomination forms have been circulated. We need someone to handle the role of arranging speakers and a membership officer. Most current committee members have renominated but we would like someone to look after the club computer and the archives too. As I have mentioned before, Trevor has volunteered to take over as newsletter editor from Mary from next month.

As was mentioned at the last meeting, Julie and I celebrated our 50<sup>th</sup> wedding anniversary in February. We had a wonderful lunch at RQYS with family and friends on a Saturday and it ended up one of those long lunches as we did not leave the club till after 9 pm.

We then had mainly family over for lunch on Sunday, which was another big day. Later in the day, we discovered that our swage pipe had decided it could not handle the overload and proceeded to overflow everywhere. Thankfully most guests had left. A plumber came to clear the lines but left it for Urban Utilities to clear roots that were thought to be in the UU section of the piping. UU initially told us we had to wait for the pipe to clog up again and then they would come out and look at the problem. After many hours on the telephone and with the aid of our local councillor we had Urban Utilities knocking on our door at 9.15 am on Monday. They deemed that the roots were in our section of the piping but could clear them if we wanted. As they were there, I asked them to clear the pipes which they did at quite a reasonable cost too. Thankfully all is fixed now and all that remains is to clean up the mess.

Oh well!!! \*\*\*\* happens!!!

It is also St Patrick's Day on 17<sup>th</sup> March so please dress in your best **Irish green** for our meeting this month.

That's all for now. See you on the 21<sup>st</sup> March.

**Richard**





As counterintuitive as it might seem, forgetting is one of the most important features of a good memory says Earl K. Miller, professor of neuroscience at the Massachusetts Institute of Technology. Our memory capacity is a lot like that of a computer – it's finite. Therefore we must be selective and declutter, otherwise, our brains simply won't

cope. Therefore, you remember important things, but names, dates and keys are of lesser importance.

## **ACTIVITIES**

### **March 2024**

**Sunday 3<sup>rd</sup> Coffee and chat** at Pacific Golf Club in the new clubhouse.

**Wednesday 6<sup>th</sup> Lunch** – The Lighthouse Restaurant, 237 Shore Street North, Cleveland Point. 11.30 am.

**Thursday 21<sup>st</sup> Monthly meeting** at Newnham Hotel, 9.30 am.

**Wednesday 27<sup>th</sup> Beauty & the Beast** at Lyric Theatre, QPAC at 1.00 pm. Bookings CLOSED. Lorelei will distribute tickets.

### **APRIL 2024**

**Sunday 7<sup>th</sup> Coffee and chat** 10.00 am at Pacific Golf Club

**Wednesday 10<sup>th</sup> Lunch** 11.30 am at The Nurso, 1666 Old Cleveland Road, Chandler.

**Thursday 18<sup>th</sup> Monthly meeting** at Newnham Hotel 9.30 am.

More to come

### **MAY 2024**

**Sunday 5<sup>th</sup> Coffee and chat** 10.00 am at Pacific Golf Club

**Thursday 16<sup>th</sup> Monthly meeting** at Newnham Hotel 9.30 am.

**Wednesday 29<sup>th</sup> Cruise to Lunch** River Room Cafe, 285 MacArthur Ave, Hamilton. Travel by City Cat from Southbank ( departing 10.40am) to Hamilton/North Shore (arrive 11.38am). Depart 1.30pm to arrive Southbank 2.28pm. Use Go Card on City Cat. Lunch at own cost. Meals \$21 to \$25. Register by April meeting please.

Diary Date: **July 2024**

**Wednesday 10<sup>th</sup> Tina – the Tina Turner musical**, Lyric Theatre, QPAC, 1.00 pm. Cost \$89.00. Names and payment by March meeting please. When paying into the Club bank account use TINA/your name as reference please.



Joe tells Paddy, "Close your curtains the next time you're making love to your wife. The whole street was watching and laughing at you yesterday." Paddy says: "Well the joke's on them because I wasn't even at home yesterday."



Have you ever been out and about and spotted someone wearing a green lanyard emblazoned with bright yellow sunflowers? They're increasingly common and convey that the wearer may "have a disability or condition that may not be immediately apparent". Many people have a non-apparent disability and may need a little extra time to achieve something or may require a helping hand on occasion.

Did you know the City Council has an app called "Snap, Send, Solve". It refers to problems such as potholes, bins that are split or without lids, and cars illegally parked. Snap a picture on your phone, send it with text and it will be solved.



The world's largest cruise ship, *Icon of the Seas*, has hit the waves, albeit not in our waters. The floating city carries 7600 guests (plus 2400 crew) with eight 'neighbourhoods' – each space has its unique vibe, decor and

entertainment to suit every demographic. There is even a Disneyland-style wonderland for younger children. It has 20 decks, and Central Park, an open-air oasis in the middle of the ship where the deck is bordered by living plant walls, pathways lined by greenery, and dotted with speciality restaurants. One can watch *The Wizard of Oz* in the Royal Theatre, or take a seat at Absolute Zero, the largest ice arena at sea. There is a three-storey restaurant and a food market. The *Icon* has a waste-to-energy system using microwave-assisted pyrolysis technology to turn trash into energy on-board, and a dedicated environmental officer. It is said to be 24 per cent more environmentally efficient than the required standards for modern ships. The ship is largely booked up until 2026.

Editorial: By rights, this newsletter should be my swan song because as of the AGM, Trevor is taking over. However, given he will be gallivanting elsewhere, you'll get one more issue from me next month. We are approaching our 16th birthday, and I have been editing the Club's newsletter since our inaugural meeting. Apart from that, during the COVID lockdown, I produced a two-page blog every other day, to keep you entertained and to share any Probus news I came across. Obviously, I am prone to verbal diarrhoea when it comes to the written word, but now that I belong to a creative writers' group, I find writing creative fiction extraordinarily difficult. Throughout my editorship, a few members suggested I only include Probus news and not devote 50% of the newsletter to extraneous matters, but overwhelmingly, the feedback was



that people enjoyed the other information which, while not mainstream news, was always factual from credible sources. Those who wanted just Probus news could cherry-pick the blue bits. I have also resisted suggestions of inserting recipes, which these days one finds online. My only regret is that no one supported me by contributing items of interest, albeit some did write up outings. Other than that, my plea for contributions fell on deaf ears. I'm most likely not alone among newsletter editors with that lament. I enjoyed researching the content and producing the newsletter, am sad to give it up, but the time is right for me and the Club. I'll still be around and involved though, because you can't shut me down very easily.

*Mary W*



The impact of noise on our wellbeing is undeniable. Noise can disrupt focus, hinder sleep and drastically affect mood. Different colours correspond to different kinds and frequencies and every kind of noise has a distinct spectral distribution. The colour of a noise describes its power spectrum: its

strength and frequency. White noise is the most well-known of all noises and contains equal intensity across all frequencies. Each colour of noise emphasises certain frequencies. For example, blue noise has a high frequency and sounds like a hiss, similar to steam escaping from a pipe, and tends to be unpleasant. Brown noise has a lower frequency and could help people focus and sleep. There is compelling evidence white noise can [reduce symptoms of ADHD](#) in children and help newborns relax and cry less. Pink noise (with its lower frequency) is used for relaxation, sleep, or to drown out other background sounds. Explore colour-noise playlists on platforms such as YouTube or Spotify.



Paddy says to Murphy, "Christmas is on a Friday this year"  
Murphy says "Let's hope it's not the 13th."



Last month, ushered in the lunar [Year of the Dragon](#). In celebration, many much-loved Chinese dragons paraded on Australia's streets. While dragon parades are popularly viewed as displays of Chinese or Cantonese tradition and culture, their history demonstrates how deeply Australian they also are. Some of the organisers

of dragon parades have ancestry dating back to the 19th-century gold rushes. The history of these dragons is almost as old. Australia's oldest surviving dragon which was imported for the Ballarat (Vic) festival in

1897, was paraded until the 1960s. Ballarat's dragon is held at Sovereign Hill. Ballarat imported another dragon, but it was paraded once only. Its third dragon, Loong, was paraded for more than 100 years (circa 1901-2019) and now resides at the Golden Dragon Museum. Dragons were expensive and valued, and as such were also loaned to other communities for fundraising displays all over Australia. Astoundingly, three dragons of the five oldest surviving [imperial dragons in the world](#) – reside today, here in Australia.

### **March Roster**

Chair: Richard R, 5 Min Spot AGM, Fellowship: Mick and Trish,  
Door: Con and TBA



Melbourne Water had been backing surveys of the city's platypus populations since the 1990s so it was not unusual when researchers caught one with a tag last month. When they looked at the scan of the tag, they were amazed. The tag dated back to late 2000 when the male specimen was estimated to be just over a year old. The platypus at 24 years old, is the oldest ever discovered in the wild. There is a female which is 30, but it is in the Melbourne zoo and was raised in captivity. Scientists are getting a better idea of the ageing capabilities of the iconic Australian water-loving monotreme, and new biological insights will help aid future conservation planning for the species which is believed to be in decline. To date, 21 was about the maximum life span scientists had thought the platypus could reach in the natural world.



Computer chips aren't substantially faster now, in 2024 than they were in 2014. Chip designers hit a wall where it became impossible to improve performance without heating the chip to the point where it would melt. So manufacturers add "cores" to their chips which work in parallel – a sort of extensions which have two main differing functions. One interfaces with the user and uses very little power, and the other is the data cruncher which uses incredible computational and energy resources using cloud computing. Since the cloud already uses up two per cent of all energy generated worldwide, it is estimated that we will need up to ten times as many cloud computing facilities as we already have, if we were to make full use of Generative Artificial Intelligence. So we're a bit stuck: hurtling into an AI-in-everything world, but without any way to power it.



Paddy's in the bathroom and Murphy shouts to him. "Did you find the shampoo?" Paddy says, "Oi did, but it's for dry hair and I've just wet mine."

The Qld. Government, through the Office of Fair Trading, has formulated Model Rules for Grievance Procedures for incorporated associations. The committee has decided to adopt the Model Rules. Approval of the decision will be sought from members at the AGM. If any member wishes to read them, they are available from the Secretary. Another new requirement which you will hear at the AGM, is a statement from the committee about any remuneration which they might have earned from the club during the year!

Generic medicine contains the same active ingredient in the same dose as the original brand. However, the inactive ingredients – so-called excipients – may differ. The likelihood of having an adverse reaction to a generic medicine more so than a brand name one, is very slim. The excipients are usually starch, lactose, gluten, sugar, preservatives and food dyes. It is only particular allergies or intolerances that may affect you. Generic medicines may have a different colour, shape, size and taste than the original brand but, importantly, they must meet the same standards of quality, safety and effectiveness as the original brand.



The ACCC announced that while average airfares were 13 per cent lower in December 2023 compared with the previous year, (taking account of inflation) there was also a clear decline in the service given by the carriers. It said the industry, post-COVID is

out of its recovery phase, but is dogged by flight cancellations and delays. Resource shortages and supply chain barriers don't help, but there is also much room for improvement in both customer service and product offerings.



Welcome to the club Leila!

Pictured left are President Richard who has just inducted Leila. We hope she will enjoy the speakers, outings and fellowship that the club has to offer.

Paddy and Murphy found three hand grenades and decided to take them to the police station. Mick "What if one explodes before we get there?" Paddy: "We'll lie and say we only found two!"





While Dr Google is the first thing people think of when researching a medical condition, they can find some horrible, life-altering conditions that fit the symptoms, but when they visit the GP, they discover it's a routine problem and nothing to worry about. A far more reliable website, is [Healthdirect Australia](#), an online public health service funded jointly by the federal, state and territory governments. It contains a wealth of verified medical information and has several tools that can be used to narrow down symptoms before heading to the doctor. When searching, the more specific the question, the better the information. For example, a search for "tummy ache" is too vague. Lower (or upper) abdominal pain is more precise. Once the symptoms have been narrowed down, a "second opinion" from another reliable website such as [Health on the Net Foundation](#) can be useful. However, seeing a health professional is the best option.

### **VALE JOHN O'DONNELL**

Those of us who knew John will miss him. John has been a member of our Probus Club for most of its 15.5 years, but we lost him to a heart attack late last month, at the age of 96. John has been an enthusiastic member, and even in his early 90's, he participated in most of our outings. More recently, he still attended meetings when he could. John leaves behind Margaret, who has coped with his care while still being our Secretary. Rest in Peace John.



Our March speaker will be **Tracey Murray**, founder of Empower Assistance Dogs. Empower Assistance Dogs selects, nurtures, and professionally trains government-certified hearing and assistance dogs. The dogs, once trained are destined to become an extension of their handlers' families, offering assistance, companionship, friendship, and a source of boundless joy. The dogs are trained for the

hearing impaired, as therapy dogs for emotional support and as facility dogs to become part of communities such as aged care, medical and school environments. Tracey will talk to us not only about the training of the dogs, but about transitioning them and training the new owners. She may even bring a dog along.



A coach-load of paddies on a mystery tour decided to run a sweepstake to guess where they were going. .... The driver won £52!

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**S  
M  
I  
L  
E**

### coffee One-liners:

Barista: How do you take your coffee?  
Me: Very, very seriously.

*What do you call sad coffee? Despresso*  
Honey, this coffee tastes like dirt. That's not surprising, dear, it was just ground this morning.

How does Moses make his coffee?  
Hebrews it

*How is divorce like espresso? It's expensive and bitter.*

Where do birds go for coffee? To the *NEST*cafe.  
*What did the coffee addict say to his doctor? I don't have a problem with coffee. I have a problem without it!*

What do you call it when cafe customers joke about their coffee? A brewhaha.

*Every morning, I see this exhausted woman who looks like she would murder someone for a cup of coffee. I really should move that mirror.*

Why should you be wary of a 50-cent espresso?  
It's a cheap shot.

A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt and is named 'Amal.' The other goes to a family in Spain, they name him 'Juan'. Years later, Juan sends a picture of himself to his mum. Upon receiving the picture, she tells her husband that she wished she also had a picture of Amal. Her husband responds, "But they are twins. If you've seen Juan, you've seen Amal."

