

THE TIMES

Hamilton Probus Club Inc. 56018



Accredited 14 December 1990

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2025 COMMITTEE:

President: Robin McLeod
Secretary: Janice Blackford
Treasurer: Tricia Hanlon
Vice President: Peter Llewellyn
Immediate PP: Douglas Fussell
PAQ Rep ex officio: Anne Gooley
Outings Coord: Susan Wright
Speaker Coord: Judith Williamson
Membership: Barbara Fitzell
Records: Kar-Tin Lee.
Newsletter Editor: Jacqui Page
Committee member: Jane Kerr
Committee member: Frank Hill

Welfare: Greg McGilvery
Webmaster: Jane Kerr.
10-minute speaker Co-ord: Greg McGilvery

Hamilton Probus Club Incorporated
PO Box 2308, Ascot Qld. 4007



President's report

FEBRUARY 2026



Dear Members,

I hope 2026 is a happy, healthy year for everyone.

Please note: Our venue for February 3rd meeting is ROYAL QUEENSLAND GOLF CLUB. Changed for this meeting only. See Page 2 announcement.

At our December meeting Dr John Blackford spoke about Thrombosis and long haul flying. Thank you John. See page 3.

The Christmas lunch at Royal Queensland Golf Club, which coincided with the 35th Anniversary of the Incorporation of Hamilton Probus, was a very happy affair. We were fortunate that our Hamilton Councillor, Julia Dixon, was able to spare some of her valuable time to join us for lunch.

Thank you to Anne Gooley and Jan Blackford for organising the seating, and Jan for the table decorations of gold and blue... Probus colours, and for liaising with RQ for a delicious lunch menu.

Greg McGilvery and Phil Cheras managed to take some wonderful photos to mark the occasion and Peter Llewellyn was, once again, our excellent MC.

Robin

Club General Meeting

9.30am - 1st Tuesday of each month

Apologies and names of guests are important to assist with planning.

Advise Club Secretary at email - janblackford@optusnet.com.au

10-min Speaker for February:

Greg McGilvery - Greenland

Guest Speaker for February:

Dr Jon Douglas -

Prime Minister: Margaret Thatcher

Outings & Activities coming up:

Thursday, February 19th - meet at 10am at GOMA - see flyer

Visit to QAGOMA to experience the Exhibition - Olafur Eliasson 'Presence'

Friday, February 27 - 7.30pm - meet at 7.15pm at theatre - see flyer

Nash Theatre Event - A Night of Sherlock Holmes - 3 Classic Stories in Radio Play Format.

Interest Groups:

Walking group with John Wright
3rd Tuesday at time and location advised by email.

Men's Shed - 2nd Tuesday at Vito's Coffee Shop, Racecourse Village, Nudgee Rd, Hendra at 10am.

Women's Coffee - 4th Tuesday at Vito's Coffee Shop, Racecourse Village, Nudgee Rd, Hendra at 10am.

PLEASE NOTE



**Hamilton Probus Club meeting
Tuesday, February 3**



**Our club's general meeting will be
held at the Royal Queensland Golf
Club located at 431 Curtin Avenue
West, Eagle Farm.**

Start time 9.30am

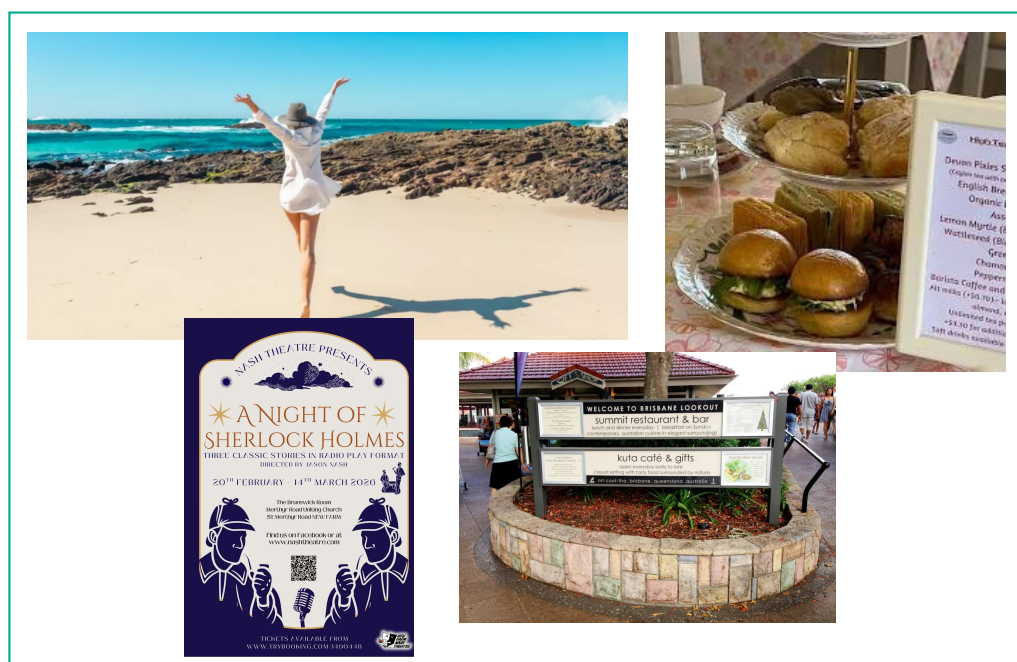
UPCOMING EVENTS AND ACTIVITIES FOR 2026

Activities Coordinator, Susan Wright and her team of willing helpers are working on a host of ideas and activities for 2026. To whet your appetite and to tantalise.....

- ◆ **February 19**, we have booked a guide for the **Olafur Eliasson Exhibition** at GOMA. Watch for the flyer with the date and details to be distributed soon.
- ◆ **February 27** Nash Theatre group - Sherlock Holmes - Radio Play
- ◆ Dates are yet to be confirmed but other activities across the next six months are:
 - ◆ Stradbroke Island day trip
 - ◆ High Tea with the Pixies at Kingston Butter Factory
 - ◆ Pizza in Kalinga Park
 - ◆ Trivia at Geebung RSL
 - ◆ Lunch at Summit Restaurant Mt-Coot-tha
 - ◆ Visit to the Goat Farm

There is something for everyone amongst these activities and more details will be shared when we have firm dates against these activities.

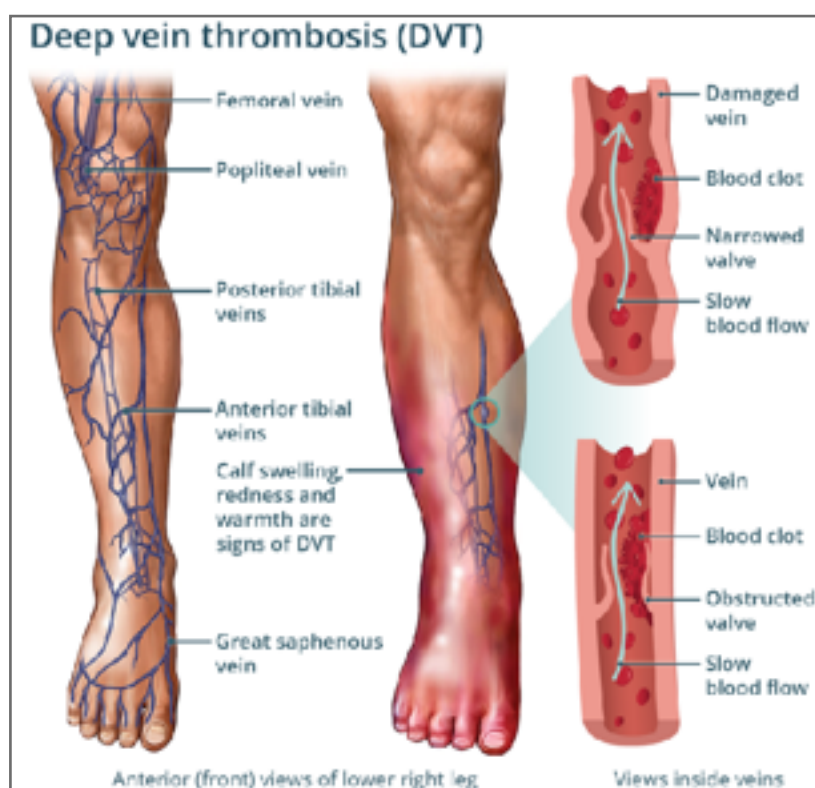
Watch for the flyers!!



10-MINUTE SPEAKER FOR DECEMBER

Dr John Blackford stepped into this role for our December meeting, and, with holiday time looming, provided a timely presentation on Deep Vein Thrombosis (DVT) Pulmonary Embolism and Long Haul Travel.

He explained that, in normal circumstances, blood is a composite liquid flowing quite freely within normal blood vessels through arteries, capillaries and veins. Thrombosis is a complex process that can occur when blood flow is slowed or stops, or the lining of the vessel — in this case a vessel in the deep venous system of the lower limb — is damaged. Very small blood fragments called platelets become sticky and clump together. This provokes a coagulation cascade the end result of which can be a major circulatory risk. This can release a clot, if large enough, that will completely obstruct blood flow to the lungs with the end result of sudden death - and, as John pointed out, this is not an optimal outcome.



Deep Vein Thrombosis can happen due to slow blood flow from long inactivity when undertaking long haul travel such as any journey that exceeds four hours in duration. Long haul air travel in senior years can be considered a major health risk particularly if travelling 'economy' where one is confined to small upright seat in a confined space. With trunk flexed at the hips and knees flexed to a right angle this presents as a physical risk for deep vein thrombosis.

Optimally we should travel in a semi-reclining position, get up and walk about every hour or so and refrain from imbibing too much alcohol which can cause dehydration and thus increased blood viscosity. Isometric/Isotonic exercises for upper and lower limbs are probably not worth a lot but are better than none at all.

(Continued next page)

There are some drugs which can be used to minimise the risk of thrombosis:

- **Low dose aspirin** - 100 mg daily reduces the 'stickiness' of platelets but only after a week of administration and it takes a week after cessation of the drug for that generation of non-sticky platelets to disappear.
- **Heparin** was discovered in 1916 but was not used therapeutically until 1935. This drug prevents thrombosis by interfering with the action of the thrombin in the coagulation cascade. It is usually administered intravenously and is unsuitable for use in this setting.
- **Warfarin** was initially used as a rat poison and has been available for about 80 years. Warfarin is a Vitamin K inhibitor and reduces the production of several factors in the coagulation cascade.
- **Rivaroxaban (Xarelto)** was introduced for therapeutic use in 2008. It inhibits factor Xa in the coagulation cascade, is effective within a couple of hours of administration, is taken orally daily and allows for predictable anticoagulation over a 24 hour period: its action ceases on sedation of the drug. Theoretically and practically this drug could be regarded as the most suitable drug in this setting.

In summary, Deep Vein Thrombosis and its potentially lethal complication of pulmonary thromboembolism can occur during and following long haul travel, and at any age. Steps can be taken to minimise the risk of such a serious event.

We should all seek medical advice — from our GP or specialist or 'travel doctor' — before embarking on any future long haul travel.

After completion of your journey seek medical advice should you experience **lower limb symptoms of swelling, discomfort, tenderness or pain or any unexpected chest pain or breathlessness.**

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GUEST SPEAKER FOR THE FEBRUARY MEETING

Dr Jon Douglas is a retired Physician who has a special interest in political leadership and what makes a successful Prime Minister in our political system.

One of his particular interests is Margaret Thatcher, Britain's first female Prime Minister; what made her so successful and what caused her spectacular fall from power.

The subject of his talk on Tuesday 3 February is:

Margaret Thatcher - more than a "milk snatcher".

A Little Poem For Seniors

Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'

We used to go to weddings,
Football games and lunches..
Now we go to funeral homes
And after-funeral brunches.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.
We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to nightclubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up...
Before you're too damned old!





CELEBRATING CHRISTMAS AT ROYAL QUEENSLAND GOLF CLUB December 15, 2025

Our Christmas lunch at the Royal Queensland Golf Club was, once again, a very grand affair with splendid decorations, happy people, good food and general bonhomie. We celebrated not only the festive season but also marked the occasion of our club's 35 year anniversary.

Our local councillor, Julia Dixon, joined us for our celebrations.



From left to right: *Hamilton Rotary club member Stefan Boni, Janice Blackford, Robin McLeod,, Councillor Julia Dixon, John Blackford and Judith Williamson*

Our members thoroughly enjoyed themselves as the following photographs show. We all offered a vote of thanks to Jan Blackford who handled all arrangements and was ably assisted by Anne Gooley. Robin McLeod left her mark on the day by providing each participant a delicious, home-cooked shortbread biscuit.

We celebrated our 35th anniversary with a cake dressed in Probus colours. Two of our life members, Robin Edwards and John Ladbrook did the honours of cutting the cake.



CHRISTMAS LUNCH 2025



Jennifer & Frank Hill



Jane Kerr & partner, William



Max & Glenda Winders



Our party organiser, Janice Blackford



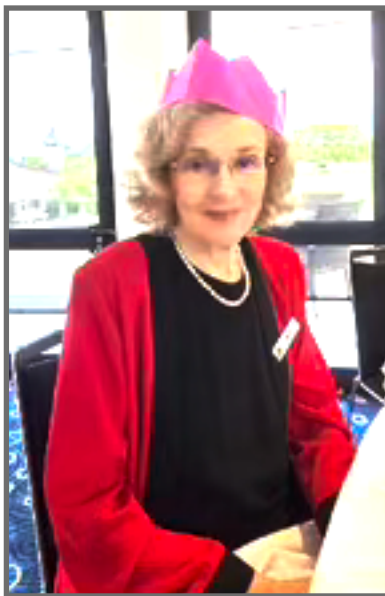
Jacky Norman



Nicki & David Duveck-Smith



Peter Bekkers & Robin Edwards



Patty Burrows



Sonja Comerford & Patrick Mahoney

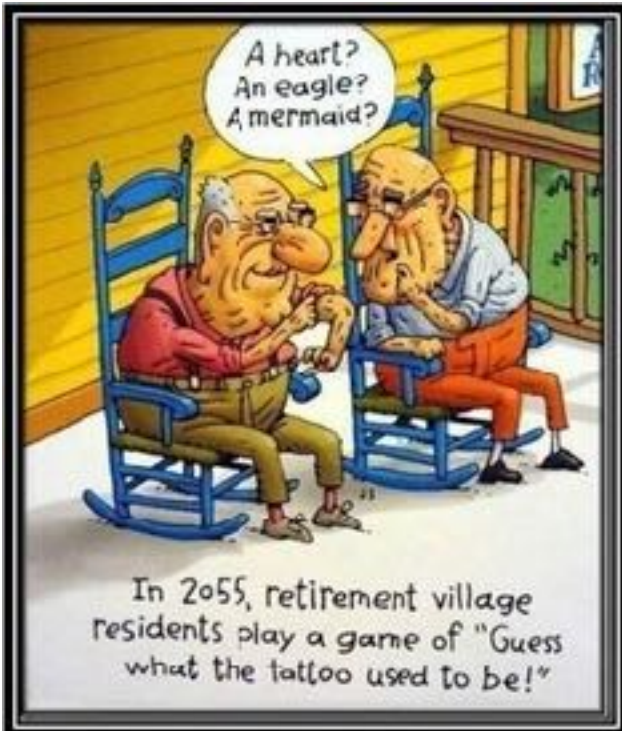
SINCERE THANKS TO GREG MCGILVERY
AND PHIL CHERAS FOR THEIR
PHOTOGRAPHS OF OUR CHRISTMAS
CELEBRATIONS



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TIME TO EXERCISE THOSE LAUGH LINES



The editor warns against trying this stunt at home. This newsletter will not publish any attempted copy-cat behaviour.





FEBRUARY BIRTHDAYS

Date	Member
[14]	Janice Blackford
[15]	Jack Larkin
[21]	Laurie Richards
[26]	Peter Moffat
[27]	Rhondda Todd
[28]	Christina Llewellyn

**You are never too old to set another goal or to dream a new dream
C.S. Lewis**

A story to entertain:

Is it “complete”, “finished”, or “completely finished”? No English dictionary has been able to adequately explain the difference between these two words: “Complete” and “Finished”.

In a recent linguistic competition held in London and attended by, supposedly, the best linguists in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes.

The final question was: ‘How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand?’ Some contestants said there was no difference between COMPLETE and FINISHED.

Here is Balgobin’s astute answer: “When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED.

He won a trip around the world and a case of 25-year old Scotch.

Hamilton Probus Walking Group

A healthy and enjoyable 2026 to all Hamilton Probus Club members. A club like ours goes a long way toward nurturing both our mental and physical health. Humans have complex social structures that require group interaction for our well-being.

Now to walking! Why walk? Why walk in groups? We all know the answer, but do we really acknowledge these benefits, such as: - Motivation and accountability (commitment), enhanced physical health (heart, respiratory function, balance), improved mental health (loneliness and isolation, depression, confidence).

Our Club has 58 members on the Active List. We have a strong Walking Group which over the past 12 months has comprised of 18 fairly regular members of which we generally can rely on between 8 to 14 attending each walk, which can depend on the time of year. As a percentage of our 58 Active Club members, that is 30% being frequent participants in our group walks, which is quite impressive.

But we are all aware of natural attrition, so we must maintain these numbers by bringing in new blood. If you are an existing member who would like to participate in one of our walks, or a potential member considering joining the Hamilton Probus Club, come on a walk. Group walks are one of the best ways to get to know each other as well as the Club, walking, talking, laughter and fun, and don't worry "what's said on the walk stays on walk"!

A typical example of one of our walks was in July 2025. Whilst it was a long walk of 6km, it was tailored in a manner that if anyone found the walk too much there were opportunities to break out early and meet up at the pre-arranged location for our after-walk refreshments.

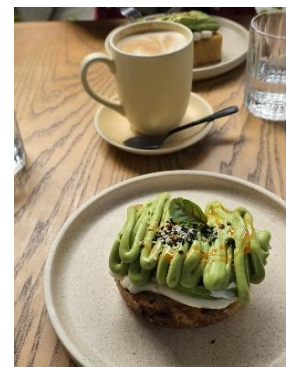
We started with a CityCat trip to the Brisbane CBD. Disembarking at Riverside we walked through the City Botanic Gardens and over the Good Will Bridge into South Brisbane. We made our way



up to the top, and along, the Kangaroo Point Cliffs, crossing the Kangaroo Point Green Bridge back to Riverside.

We finished up at Mulga Bill's for our end of walk refreshments before the return CityCat journey. It was another excellent walk

John



MEETING ROSTERS

FEBRUARY 2026

**OUR ROSTERS HAVE CHANGED THIS MONTH
BECAUSE OF THE CHANGE OF VENUE**

FRONT DOOR

Tricia Hanlon & Anne Gooley

GREETERS

John Peake & Alastair Ward

