

THE TIMES

Hamilton Probus Club Inc. 56018



Accredited 14 December 1990

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2026 COMMITTEE:

President: Peter Llewellyn
Secretary: Kar-Tin Lee
Treasurer: Tricia Hanlon
Vice President: Jane Kerr
Immediate PP: Robin McLeod
Outings Coord: Susan Wright
Membership: Barbara Fitzell
Records: Kar-Tin Lee
Newsletter Editor: Jacqui Page

Speaker Coord: Phil Cheras
10-minute speaker Co-ord: Greg McGilvery
Welfare: Greg McGilvery
Webmaster: Jane Kerr.

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



President's report

MAY 2026



WE ARE GOING HOME IN MAY!

What an exciting time it is for our club as we look forward to holding our first meeting at the newly dedicated Community Activities Centre in Hamilton on **Tuesday May 5, 2026.**

I am confident this venue will usher in a new era for our club and enable us to explore more opportunities to interact with community and other interest groups. It is important for our future that we all, as individual ambassadors of our club, showcase our club's activities to others as this will continue to grow our membership.

So, think of inviting a guest to a monthly meeting or a club activity or outing, they will always receive a warm welcome.

You will have received a notice providing more details of the arrangements including location, access to the centre, and parking for our meeting on May 5, 2026.

Please reach out to any member you think may need help with transport to our new Hamilton venue. Similarly, if you need assistance let us know. We do not want you missing out on the excitement of attending our next meeting in our new location.

The Hamilton Community Activities Centre is located on the corner of Oxford & Jackson Streets, Hamilton (St Luke's Uniting Church) and is two blocks east of Nudgee Road). Formerly Merriwee Court.

I am looking forward to seeing you all at our new venue. **Peter**

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 - ham.prob.sec@gmail.com

10-min Speaker for April:

Kar-Tin Lee - Enhancing Teacher Training in Remote India

Guest Speaker for April:

Jane Smith - Talk title: The unstoppable Hannah Rigby — thief, convict, exile, mother

Outings & Activities coming up:

Friday 22 May - Picnic in the Park at Kalinga Park -

Contact: Jacqui at jacquipage12@icloud.com

Or register your interest with Anne Gooley or Tricia Hanlon at the next meeting. They will be happy to take your fee of \$15 for the event.

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.

CLUB SUSTAINABILITY & MEMBERSHIP DEVELOPMENT

The Probus motto emphasises Friendship, Fellowship & Fun.

Relevant at this time, also is Rejuvenate or Recede as well as Populate or Perish.

I mention this as it's important we also attract new members at the younger end of the Probus age spectrum as this will set the club up for the longer term.

We must remain a vibrant and active club relevant to a wide age spectrum if we are to resist the average age of our members continuing to trend upwards.

By putting your hand up to contribute in whatever capacity you are able shows you are embracing the Probus motto and demonstrates we are an active group.

Members are clearly the very best ambassadors for our club. You must believe Probus is a valuable and enjoyable lifestyle choice, how easy then is it for you to sell Friendship, Fellowship & Fun to others.
Peter

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**Guest Speaker for May meeting:** Jane Smith will present on "The Unstoppable Hannah Rigby" — thief, convict, exile, mother.

Jane is a Toowoomba-based author, archivist and book editor whose talent lies in resurrecting captivating tales from history's depths for readers of all ages.

Hannah Rigby was the only convict woman to remain in Moreton Bay when the penal establishment closed. She was also notorious for being sentenced to transportation three times — once to New South Wales, and twice to Moreton Bay. Hannah was a Liverpool seamstress who was transported for larceny. She was typical of women of her time, struggling against poverty and gender inequality. Her story was largely undocumented until now.

Jane's presentation about Hannah Rigby will reveal new information about this remarkable woman, as celebrated in Jane's biography, *'One Free Woman'*.

This is a thought provoking, and touching story, of relentless hardship, and the resilience of a fascinating Brisbane woman — a true survivor.

## INTRODUCING OUR NEW PRESIDENT PETER LLEWELLYN



I sometimes think of my career as a jack of all trades and master of none, although I did obtain a Master of Laws in Tax from the University of Melbourne.

A Melbourne boy, my family has Welsh and Cornish ancestry. Growing up my youth was about Cubs, Scouts, CEBS and church choir etc.

Christina and I arrived in Queensland 36 years ago with our young family, leaving our acreage home in Flinders on the Mornington Peninsular in country Victoria and eventually settling in Neranwood, once again on acreage in the Gold coast hinterland towards Springbrook National Park. Ten years ago Christina and I downsized and moved to Northshore Hamilton.

Being a lawyer in a private practise presented me with many business opportunities. As a result I was one of Australia's first registered business migration agents doing business in Hong Kong and have owned or been a major shareholder in a Native Koala Tour company, computer hardware and software company, manufacturing in China, global golf tours and wholesale golf, consumer finance, motor finance and leasing and finally national distribution of an imported Chinese passenger vehicle prior to my retirement in 2014.

Christina and I have been fortunate to have travelled extensively together both overseas and in Australia. Of course there have been so many highlights. Alpine skiing in Canada and America, crewing on big boats in yacht rallies around the world, venturing to places like Cuba, Bhutan and Tibet and, of course, playing so many magnificent golf courses in Europe, Canada, America and Asia has been very special!

In Australia touring the Kimberley coast on True North, a small passenger vessel designed for that dramatic coastal area of WA was an absolute standout experience.

Today Christina and I still play mahjong, canasta, tennis, golf, cycle, and kayak together so I feel blessed. Regrettably no more horses as no hitching rail in Hamilton.

I best describe my life as being an amazing colourful tapestry. I don't know about life being a box of chocolates, but it is for me multiple chapters, each one a special experience in its own right.

I value my family above all else; my beautiful wife, three children and their partners and my seven magical grandchildren are my greatest achievement and my lasting legacy. **Peter**

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OUR 10-MINUTE SPEAKER FOR APRIL WAS DR. PATRICK MAHONEY WHO SPOKE ON AUSTRALIA'S LONG IMMIGRATION HISTORY AND ILLUSTRATED THAT HISTORY BY RECITING POEMS BY BANJO PATTERSON.

Patrick opened his presentation by stating that immigration is a very prominent topic in the media.

Australia has always been a country that attracted immigrants. If you can believe the anthropologists, the first great wave of immigration began between 60,000 and 40,000 years ago when aboriginal races came to this land and eventually displaced the inhabitants of what was then Gondwanaland.

The next wave of immigration is much more precise beginning on 26th January in 1788, and continued until the last convict transport landed in Perth in 1858.

The third wave of immigration began in 1851 when gold was discovered in Victoria, and this drew people from every nation of the world.

After WWII there was an influx of migrants mainly from Central and Southern Europe, and the fifth large wave of immigration was following the war in Vietnam in the late 1960s.

Patrick went on to illustrate his point by reciting Banjo Paterson's poems referencing the British, the Irish and the Scots who came in the 1788 wave of immigration. With limited space for including each poem in full, the editor has selected "A Bush Christening" to illustrate and reflect the Irish component of our wide brown land. The other two poems can be sought on line: "Last Week" and "The Grand Calamity".

A BUSH CHRISTENING

On the outer Barcoo where the churches are few,
And men of religion are scanty,
On a road never cross'd 'cept by folk that are lost,
One Michael Magee had a shanty.

Now this Mike was the dad of a ten-year-old lad,
Plump, healthy, and stoutly conditioned;
He was strong as the best, but poor Mike had no rest
For the youngster had never been christened.

And his wife used to cry, "If the darlin' should die
Saint Peter would not recognise him."
But by luck he survived till a preacher arrived,
Who agreed straightaway to baptise him.

(Continued next page)



(Continued).

Now the artful young rogue, while they held their colloque,
With his ear to to the keyhole was listenin',
And he muttered in fright while his features turned white,
What the divil and all is this christenin'?"

He was none of your dolts, he had seen them brand colts,
And it seemed to his small understanding,
If a man in the Frock made him one of the flock,
It must mean something very like branding.

So away with a rush he set off for the bush,
While the tears in his eyelids they glistened —
"Tis outrageous," says he, "to brand youngsters like me,
I'll be dashed if I'll stop to be christened!"

Like a young native dog he ran into a log,
And his father with language uncivil,
Never heeding the "praste" cried aloud in his haste,
"Come out and be christened, you divil!"

But he lay there as snug as a bug in a rug,
And his parents in vain might reprove him,
Till his reverence spoke (he was fond of a joke)
"I've a notion," says he, "that'll move him."

"Poke a stick up the log, give the spalpeen a prog;
Poke him aisy — don't hurt him or maim him,
'Tis not long that he'll stand, I've the water at hand,
As he rushes out this end I'll name him.

"Here he comes, and for shame! Ye've forgotten the name —
Is it Patsy or Michael or Dinnis?"
Here the youngster ran out, and the priest gave a shout —
Take your chance, anyhow, wid 'Maginnis'!"

As the howling young cub ran away to the scrub
Where he knew that pursuit would be risky,
The priest, as he fled, flung a flask at his head
That was labelled "Maginnis's Whisky!"

And Maginnis Magee has been made a J.P.,
And the one thing he hates more than sin is
To be asked by the folk who have heard of the joke,
How he came to be christened "Maginnis"!

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Thank you so much Patrick, for wonderful entertainment, as always.

## GUEST SPEAKER FOR APRIL WAS ASSOC. PROF. VINCE KELLY FROM QUEENSLAND UNIVERSITY OF TECHNOLOGY WHO SPOKE ON 'THE BELIEF EFFECT' AND HOW A POSITIVE MINDSET SHAPES HEALTHY AGEING.

Vince leads the Skill, Sport Performance Research and Injury Group at QUT and has extensive experience working with elite athletes, high-performance practitioners and health professionals. His current research sits at the intersection of performance, recovery, and psychology, with an increasing focus on how **belief, expectation, and context** shape human outcomes across our lifespan.



Vince's presentation explores this belief effect; in particular, how mindset, environment and communication can meaningfully shape health, function and vitality as we grow older.

His illustration of how belief can affect outcome spoke to a tribal belief that 'having a bone pointed at an individual' can cause them to die. Such belief is so strong that the person will cease to eat and will sit and wait to die.

This speaks to our 'Core Beliefs' which are deeply held, stable and self-referential and can be related to expected outcomes of events or even context special beliefs about health interventions. If you've been told a certain medication will work and you've seen instances of the success, then your strong belief and expectation is that medication will work for you.

We are so influenced by our expectations that it can lead us to accept that two drinks are different - one sweet and one not so sweet, despite the drinks being the same product and same level of sweetness.

Our expectations can influence behaviour, with tests having been done where individuals are presented with products that are exactly the same but labelled differently - the example used in this test were two pairs of sunglasses, one labelled Rayban (an upmarket brand) and the other noted as coming from Kmart. The pair selected as Rayban were most often chosen as a better product despite point of origin and quality being the same.

The power of the mind, together with our expectations and beliefs, has a powerful influence on how we see the world. This is reflected in the Placebo Effect, when a physiological or psychological response results in improved outcomes or a therapeutic effect despite the intervention or process being inert.

Many things play into the placebo effect: it may be memories about previous therapies, interaction with other patients and people who have told you how effective a specific medicine or process is, the colour, shape, smell and even taste of medications. Whatever the influence, creating the expectation that something will be beneficial, will create a more positive response than the reverse.

*(Continued)*

The effectiveness of any treatment prescribed will be assisted by our body's natural healing abilities and our mindset and social context. These additional elements will produce an benefit over and above any drugs supplied. These effects have been measured in randomised controlled trials.

So, in Vince's words "A **psycho-neurobiological response**, either beneficial or detrimental, shaped by **an individual's belief** that an intervention will, or will not, be effective.

A positive mindset shapes healthy ageing based on —

- ◆ Expectancies
- ◆ Mindset
- ◆ Past experiences
- ◆ Self-efficacyCore Beliefs/Sociocultural factors
- ◆ Personality/Demographics

Questions to ask yourself about Ageing which are shaping your belief system:

1. Do things get better, worse or stay the same as you get older?
2. How old do you feel today? (rather than your chronological age)
3. When does middle age end and old age begin?

In each pair of the following words, which one do you associate with retirement and beyond:

- ◆ Uninvolved or involved
- ◆ Unable or able
- ◆ Dependent or independent
- ◆ Idle or busy

HOW OFTEN DO YOU SAY..... "I'm too old to do....."

"You can't teach an old dog new tricks"

WHAT CAN YOU DO ABOUT IT?

Think about what you gain by living longer. Many aspects of ageing can be improved. Don't assume illness is "just age". Surround yourself with good role models and be mindful of what you consume in the media.

**THE BODY LISTENS TO WHAT THE MIND BELIEVES**

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MEMBERS ENJOYING OUR APRIL MEETING



President Peter receiving his Badge of Office from Past President Robin



Lalla Tacchi, Christina Llewellyn and Janice Blackford



John Ladbrook with Vice-President Jane Kerr



President Peter chatting with Frank Hill



Rhonda Todd



Dr Patrick Mahoney



INTRODUCING THREE NEW MEMBERS

Sue Cox, Lalla Tacchi and Pam Naylor

SUE COX will introduce herself next month.

Introducing LALLA TACCHI: I was born and raised in Treviso, a small city in northern Italy. I was around 20 years old when I met my husband Vittorio, and we spent 52 years together. We built a life side by side, raising three children and working together in our account office.

Later on, we took a new path and invested in hospitality, running a Pizzeria and Gelateria. It was a big chapter of our lives, but also a demanding one.

We went through a devastating robbery in our home in Italy. We lost not only material things, but also the memories of a lifetime. Together with the stress of work and a lifestyle that had become overwhelming, it led us to begin imagining a different kind of life. So, with a one-way ticket, we arrived in Cairns.

It was a brave - and perhaps a little crazy - decision. Everything was different: a new language, new habits, and new friendships to build from scratch. But we made it. And now, for me and my family, Australia means home. This is my story, in brief. Thank you all for welcoming me into your Club. **Lalla**

Introducing PAM NAYLOR: I was born and raised in Southport - a coastal town in the NW of England. I left home at 17 to study in London for two years. There I met my future husband, John, and we married in 1970. His work involved us in several house moves -from the UK to Belgium, back to the UK and then, when he retired we moved to the south of France to enjoy the warmer climate he craved.

Fourteen years later, with Brexit looming we chose to move to New Zealand to join our daughter and we lived there for nine years. Last year my daughter and husband moved to Brisbane. So, once again, having sold my house, I followed them and arrived in Brisbane last October.

I have always been involved in my local community — Meals on Wheels, Cub & Scouts Association, fund-raising for Muscular Dystrophy Association and Telethon (in France). I also worked for the Stroke Association for six years.

I enjoy playing social tennis and painting in acrylics, watercolour and pen and ink.

My grateful thanks to Barbara Fitzell for sponsoring me. **Pam**

LUNCH AT SUMMIT RESTAURANT AT MT COOT-THA

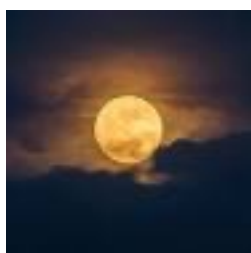
THURSDAY, APRIL 16.

And what a sensational lunch it was! Superb food, wonderful company, and views across Brisbane that took the breathe away.

A tremendous vote of thanks to Susan Wright who, once again, displayed her talent for organising a venue and event that just ticked all the boxes.

The menu provided was similar to a degustation menu with 6 entrees served followed by two main dishes. The food was extremely well presented and the combination of flavours was excellent.

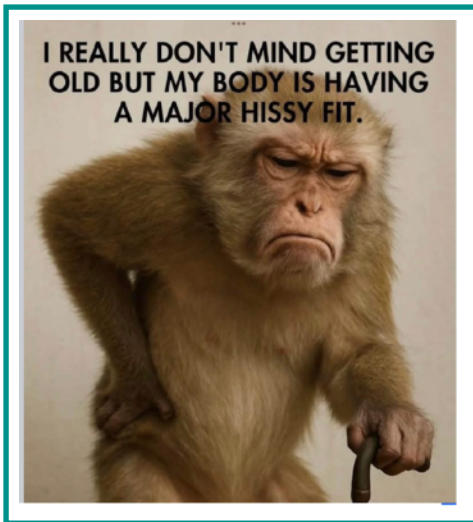
What a lovely way to spend time with friends.



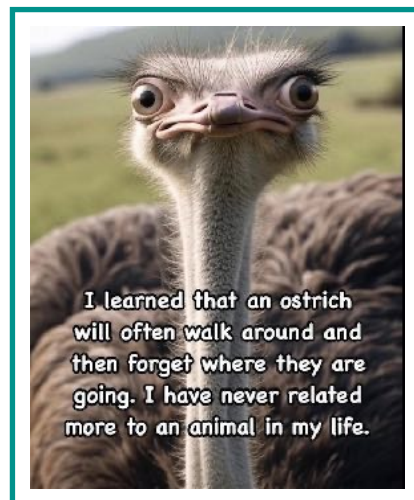
WHEN IS THE NEXT FULL MOON?

THE 2026 FLOWER MOON (MAY FULL MOON) WILL RISE ACROSS AUSTRALIA ON FRIDAY, MAY 1, 2026. THE MOON WILL APPEAR LOW ON THE SOUTHEASTERN HORIZON AROUND SUNSET, WITH OPTIMAL VIEWING OCCURRING SHORTLY AFTER IT RISES AS IT TRANSITIONS FROM A DEEP ORANGE TO A BRIGHT WHITE.

—AND TIME FOR A LAUGH OR TWO—



Impress her with something expensive



NEVER MAKE A WOMAN MAD. THEY CAN REMEMBER STUFF THAT HASN'T EVEN HAPPENED YET.

SHARED ON YTM NOT RIGHT IN THE HEAD.COM

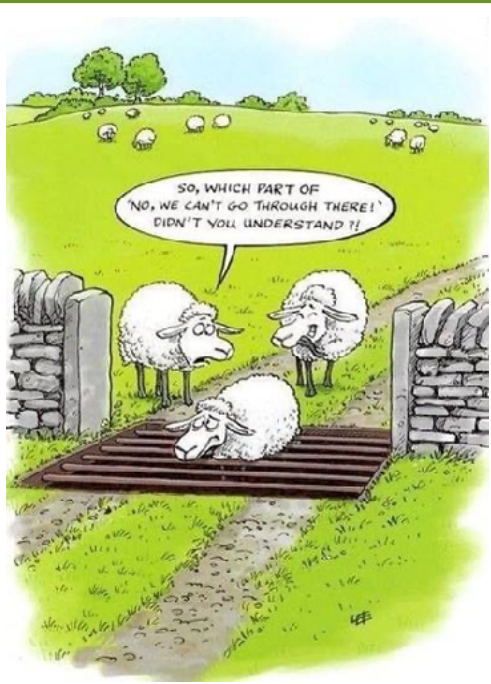


MAY BIRTHDAYS

Date	Member
[02]	Alf Cavallaro
[04]	Libby Isles
[19]	Roy Moore

“For the unlearned, old age is winter;

For the learned, it is the season of the harvest.” ~ Hasidic saying



Walking Group – 21 April 2026

A perfect morning for a walk with the temperature ranging from 22 to 25 degrees Celsius, a bright sky and poinciana trees providing dappled cool shade. This is an apt description of the walking conditions for our April group walk. Our walk was in the Hamilton and Ascot area taking a route passing several of the more prominent heritage listed residences in the area.

With a turnout of twelve, we commenced our walk from the Brett’s Wharf Ferry Terminal, with participants arriving by CityCats, walking from their homes and by car.

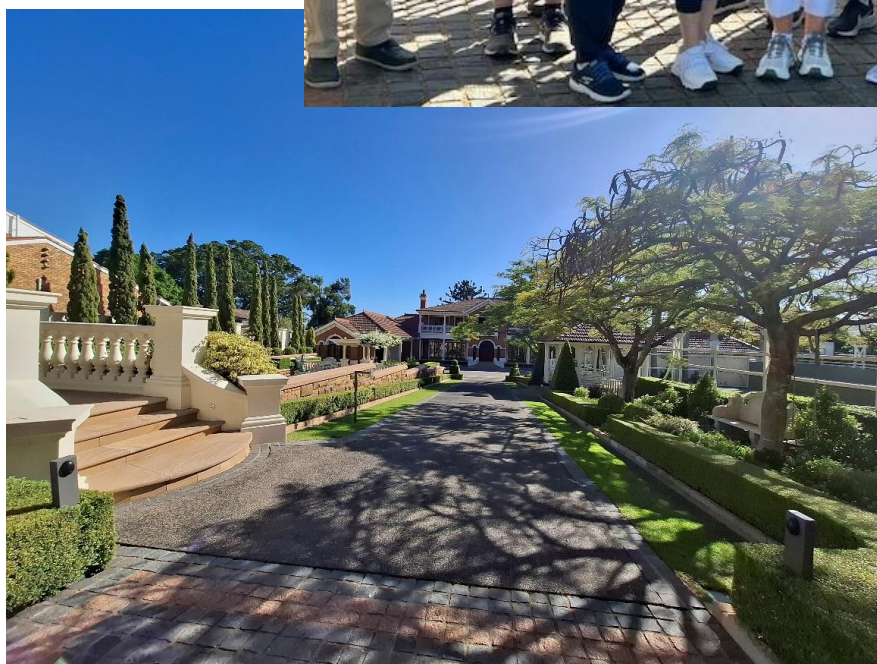
The credit for our route goes to the Brisbane City Council for the Heritage Trail entitled “Gallivant through Ascot & Hamilton”. See the following web address for more details of the walk

<https://www.brisbane.qld.gov.au/content/dam/brisbanecitycouncil/corpwebsite/events,-arts-and-culture/documents/gallivant-through-ascot-and-hamilton.pdf>

On the trail we stopped, admired and discussed the history of Lynford and Mayfield on Windermere Road (the latter suggested by Robin Edwards), Windermere on Sutherland Avenue, Chateau Nous on Rupert Terrace and Nyrambla on Henry Street. In addition to these residences, we passed Tattersalls Lodge on Yabba Street and the old Ascot Fire Station on Kitchener Road.



Photo above taken by Greg McGilvery at Mayfield on Windermere Road



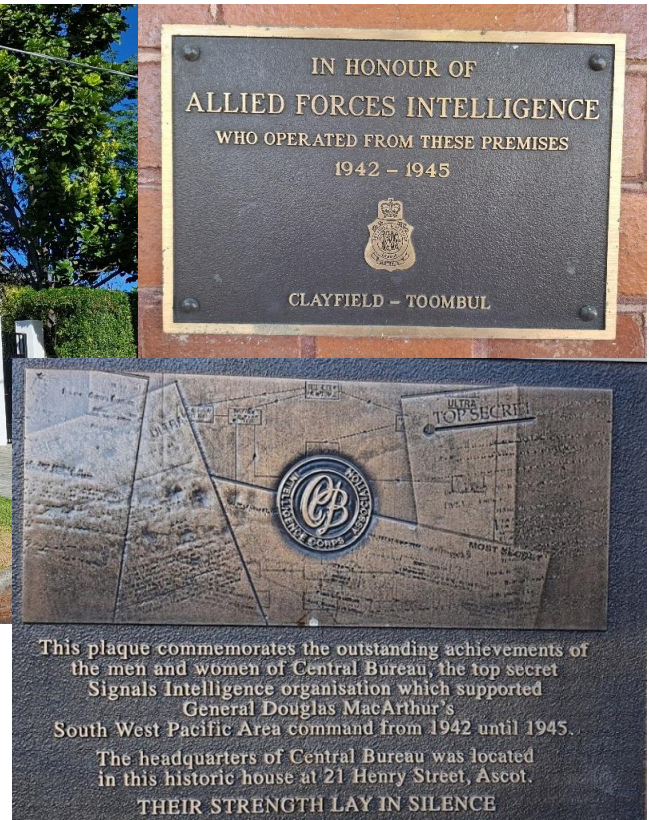
Also of interest is more information on the Central Intelligence Bureau Headquarters at Nyrambla as well as the Ascot Fire Station at 83 Kitchener Road, which was acquired by the Bureau. See next page

See the following web address: <https://www.anzacsquare.qld.gov.au/historic-places/queensland-wwii-history-map/central-intelligence-bureau-headquarters>



Nyrambla

Our walk concluded at Freddie's Ascot Café at the top of Racecourse Road opposite the main entrance to Ascot Racecourse. The friendliness of the staff, ambiance and quality of their offerings was very much appreciated and enjoyed. **John**



This plaque commemorates the outstanding achievements of the men and women of Central Bureau, the top secret Signals Intelligence organisation which supported General Douglas MacArthur's South West Pacific Area command from 1942 until 1945. The headquarters of Central Bureau was located in this historic house at 21 Henry Street, Ascot. **THEIR STRENGTH LAY IN SILENCE**



MEETING ROSTERS

MAY 2026

KITCHEN

Laurie Richards - Convenor - 0403 514 932

Susan Wright

SANDWICHES

Rhonda Todd & Patty Burrows

FRONT DOOR

Tricia Hanlon & Anne Gooley

GREETERS

John Wright & Max Winders

ROOM SETUP

Peter Moffatt & Rama Naidoo

