

THE TIMES

Hamilton Probus Club Inc. 56018



Accredited 14 December 1990

President: Peter Llewellyn

0418 535 851

ham.probus.president@gmail.com

Secretary: Kar-Tin Lee

0434 607 049 ham.probus.sec@gmail.com

Treasurer: Tricia Hanlon.

0407 291 146 tricia.hanlon@outlook.com

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:

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

JULY 2026



Greetings Members,

We appear to have now settled well into our new venue back in Hamilton as feedback from the vast majority of members has been overwhelmingly positive in supporting our relocation back home.

The new meeting time allocated for morning tea is working very well and the large 'state of the art' TV screen has improved visibility of speaker presentations & details of club activities and events for all members present regardless of where you happen to be sitting.

We continue to generate new member interest in joining our club and the Hamilton Neighbourhood Hub is keen to encourage the playing of Mahjong & Bridge at our venue. For those interested I refer you to the notice elsewhere in the newsletter with further details.

It's great to see so many members attending outings and actively participating in organised events. This is Probus liveability at its best!

Keep an eye open for further details of our Annual Dinner which will be held in July.

To all our potential buddies please think where you can assist any of our current office holders to lighten their load, I know you will find that being a buddy is incredibly rewarding. It practises the spirit of Probus involvement of Fun, Friendship and Fellowship.

Well that's all for me for now. I look forward to seeing you all at our next meeting on **Tuesday 7 July**.

In the meantime Stay Safe, Stay Well, Smile and Laugh a lot

Remember Hamilton Probus leaves no-one behind... please reach out if you need assistance getting to meetings or an outing. **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.probus.sec@gmail.com

10-min Speaker for July:

Bindy Harvey

Guest Speaker for July:

Dr Bill Silvey

China: Friend, Acquaintance or Foe?

Outings & Activities coming up:

Tuesday, July 14 at 6pm

**Annual Dinner at Opa Bar & Mezze,
123 Eagle St, Brisbane**

COST \$90pp

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.
- Mahjong Group with Christina Llewellyn - Thursdays 8.30am - 11.00am contact Christina at 0418 188 802
- Bridge Group with Marea Reed. Contact Marea for details: Mob: 0423 386 485. Or email: mareareed@outlook.com

10-minute speaker:

Bindy Harvey (daughter of former long term Hamilton Probus member, Shirley Wright) will give a brief overview of The Voice Clinic and her work there with the ENT team. Bindy works with patients on restoration of speech after the ENT surgeons have disturbed the voice box and vocal chords.

For information: Shirley was a member of our club from November 2004 through to May 2021. She passed away in December 2022.

Guest Speaker:

Dr. Bill Silvey - China: Friend, Acquaintance or Foe?

BIO:

Bill Silvey, of Sino-Irish parentage, was born in Shanghai during the Japanese occupation, the US bombing and later the Communist revolution.

The family was deported by the Peoples Republic of China to the British Colony of Hong Kong in 1950.

Bill has had a variety of education and occupations during his career, from a farm labourer to a research scientist. He is a graduate of four universities and has worked in the UK, Caribbeans, Americas and here in Australia.

In 2007 Bill retired to become a pseudo-investor, artist and ad hoc tennis player. He thrives in Teneriffe and is a member of the New Farm Probus Club.

10-MINUTE SPEAKER FOR JUNE, 'RHONDDA TODD' ON HISTORY OF THE 'ORDER OF MALTA', officially named the Sovereign Military Hospitaller Order of St John of Jerusalem of Rhodes and of Malta.

Rhondda opened her presentation by mentioning she had recently attended a lecture on the Knights of St John, Rhodes & Malta with duration of one and a half hours but, for us, she planned to cover the topic by condensing it down to about 10 minutes, which was quite a challenge.

The Sovereign Military Hospitaller Order of St John of Jerusalem, of Rhodes and of Malta is more commonly known as the Sovereign Military Order of Malta or The Knights of Malta and is a Christian lay religious order, traditionally of a military, chivalric and noble nature.

The order was founded about 1099 by the 'Blessed Gerard' in the Kingdom of Jerusalem and is led by an elected Prince and Grand Master. Its motto is "Defence of the Faith and Assistance to the Poor": its anthem is 'Hail thou White Cross'. The white 8-pointed star indicating membership of the order still appears on our ambulances today. The eight points represent the eight beatitudes Jesus pronounced in his Sermon on the Mount.



The 'Blessed Gerard'

The order is often confused with "The Knights Templar" a totally military order founded during The Crusades c.1119 to 1120 and disbanded around 1312 with claims of heresy and other scandals. The church felt the Knights Templar order had become too powerful and many of the knights were put to the sword or burnt at the stake.

The knights of the order were initially called the **Knights Hospitaller** (or Hospitallers) to describe their mission. But they were also called the **The Knights of St John** because of the Order's patron saint, St John the Baptist, and also of Jerusalem because of their presence in the Holy Land.

After conquering the Island of Rhodes in 1310, they became the **Knights of Rhodes**. In 1530, the Emperor Charles V ceded the island of Malta to the Knights. Since then the Order's members are commonly referred to as the **Knights of Malta**. To protect this heritage, the Order of Malta has legally registered 16 version of its names and emblems in some 100 countries. What follows is some of the history that created those different names.

In 1113 Pope Paschall II approved the foundation of the hospital and placed it under the aegis of The Holy See. It had, however, a certain dependence so it could elect its officers without interference from religious bodies.

When the christian stronghold in the Holy Land fell after The Siege of Acre in 1291 the Order moved and settled in Cyprus.

In 1310, led by the then Grand Master, the knights regrouped on the island of Rhodes and whilst there they built a powerful naval force and sailed the eastern Mediterranean fighting battles for the sake of Christendom including crusades in Syria and Egypt.

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The Order left Rhodes after a six months siege by the Sultan Sulieman in 1523.

Led by Grand Master Valetta, the Order settled in Malta in 1530. The capital of Malta, Valetta, is named after the Grand Master. They defended their base again in 1565 during the great siege by the Ottomans.

Until the Napoleonic wars they existed quite peacefully although the Reformation caused some problems. Even so they acquired islands in the West Indies, together with other assets, and founded many Priories throughout Europe.

In 1798 Napoleon led the occupation of Malta and expelled the Knights totally from Malta. The Russian Emperor Paul I gave the largest number of Knights refuge and the Knights elected Tsar Paul as their new Grand Master.

By the early 19th century the Order was severely weakened by the loss of its priories throughout Europe. Only 10% of the Order's income came from traditional sources. In Europe the remaining 90% came from the Russian Grand Priory. The islands in the West Indies had been sold to the French.

The Congress of Vienna of 1810 confirmed the loss of Malta and in 1834 the seat of the Order moved to Rome.

Today, membership includes 13,500 Knights, Dames and Chaplains. Originally membership was only granted to people of noble lineage but today anyone can be a member. The order employs 52,000 doctors, nurses, auxiliaries and paramedics assisted by 100,000 volunteers in more than 120 countries assisting children, homeless, disabled, elderly, terminally ill, refugees and people with leprosy.

In Australia one source states 600 members — another upwards of 300. They still wear the black cape embroidered with the 8 pointed white star. The order still retains its military title and traditions, particularly from 1876 with the Italian army — in wartime and peacetime — in medical or paramedical function.



There is so much more interesting history about the Knights of Malta..... and yes they still have a small base in the Fort of St Angelo in Birgu, Malta, under a 99-year lease.

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**“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” Henry Ford**

## GUEST SPEAKER FOR JUNE 'KEELY MACLEAN' – CLINIC LEADER FOR KIESER AUSTRALIA AT ASCOT CLINIC

*“Longevity by Design: lifestyle choices that shape how long- and how well - we live”*

This presentation dovetails nicely with our April session, which explored the role of mindset in healthy ageing. Continuing in that positive vein, Keely Maclean poses a powerful question: ***What if ageing itself IS NOT the biggest determinant of your future health and capability, but RATHER, the daily habits that you undertake, starting now?***



Keely is an exercise physiologist with Kieser Australia. Kieser is a global, Swiss-founded strength training and physiotherapy company, with over 30 clinics across Australia. Keely specialises in strength-based interventions to support long-term health, independence, and longevity. As both a clinician, and a passionate runner and strength trainer, she brings professional expertise and lived experience to her work - helping people remain active, capable, and confident throughout later life.

Keely started by showing just how many aspects of your life can be helped by exercise. She asked that we start to think about exercise as medicine. In fact, **movement is medicine for the muscles**. At the end of this article is a diagram showing the things impacted by exercise. In brief, we can improve cognition, memory, strengthen bones, build muscle mass and improve balance. It also has the ability to impact a number of different chronic diseases — lower your blood pressure and your cholesterol as well as your risk of heart disease and your risk of Type 2 diabetes and a number of other medical conditions. (See diagram on next page.)

We should all be doing strength training and cardio exercise. What the stats show is that only 22% of adults aged 18 - 64 are currently meeting physical activity guidelines. What is needed is two and a half hours of cardio exercise each week and two hours of physical strengthening each week.

Those aged over 64 are doing a little better with 33% currently meeting guidelines. That still means 2 in 3 people are missing out on these health benefits.

Many people are living for many more years than their ancestors but are not necessarily living those extra years in the best of health. Many people are living with chronic disease, living with pain or struggling with frailty. This puts a huge burden on the health care system, increases the risk of falls and fractures and loss of independence.

When we think about ageing most people focus on ‘Life-span’ and the number of years that we live. But what really matters is ‘Health-Span’ — the years that we live in good health with independence and quality of life. We reach peak muscle mass in our 20s to 30s. After that there is a slow decline which accelerates around the age or 50 - 60.

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Without intervention, without strength training, we can lose up to 40% of our muscle mass by the time we are 80. That is a significant drop — muscle mass is directly linked to our ability to move, to balance, to prevent falls, to maintain independence and stay active; to be able to get up out of a chair, to climb stairs or to carry our shopping.

The most common misconceptions about longevity are:

- ✦ “It’s too late for me to change that”
- ✦ “I can’t get stronger at my age”
- ✦ “I’m 75 now, I shouldn’t be pushing my body with exercise

These are all wrong. Using a program that is tailored to your physical/medical conditions will allow you to achieve a much greater level of activity with improvements in cardio and muscle mass which is vital in prolonging good health as you age.

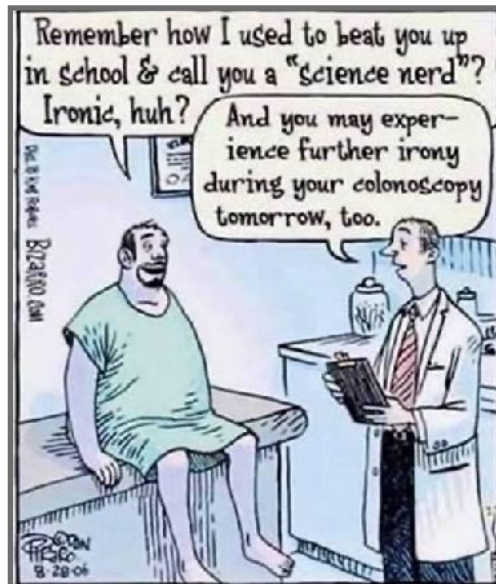
The diagram below shows all the aspects of your health that can be impacted and improved through exercise.



Kieser is located at Ascot Physiotherapy and Strength Training, 1 Zillman Road, Ascot and their phone number is 3130 4666, or by email at [ascot@kieser.com.au](mailto:ascot@kieser.com.au) Kieser is a clinic — not a gym. No mirrors. No music. No pressure.

Your program will be guided by an accredited exercise physiologist and tailored to your condition.

## TIME FOR A LAUGH OR TWO



Me: "I am surprised at how winded I am by this exercise".

Personal Trainer: "This was just the tour of the gym".



This morning, I accidentally changed the GPS Voice to "Male." Now it just says, "It's around here somewhere. Keep driving."



## AND A COUPLE OF COMMENTS ON GOVERNMENT

Giving money and power to government is like giving whiskey and car keys to teenage boys. **P.J. O'Rourke, Civil Libertarian**

The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other. **Ronald Reagan**

## WEIRD ENGLISH FACTS

1. There is no English word that rhymes perfectly with “month,” “orange,” “silver,” or “purple”.
2. “Dreamt” is the only English word that ends with -mt.
3. The word “girl” originally meant any young person, not specifically a female.
4. The word “facetious” contains all the vowels (a,e,i,o,u) in order.
5. “Bookkeeper” has three consecutive double letters.
6. The sentence “The quick brown fox jumps over the lazy dog” uses every letter in the English alphabet.

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Getting the meeting underway

MEMBERS ENJOYING OUR JUNE MEETING



Susan Wright with President Peter



Jacky & Keith Norman back from travels



Glenda & Max Winders ready to enjoy the day



Left: John Wright with visiting guest Jeremy Apted standing outside our new meeting site, the Neighbourhood Activities Centre which is part of the Hamilton Neighbourhood Hub.



Left: Susan Wright on kitchen duty preparing morning tea.

Right: Lalla Tacchi, Marea Reed and Megan du Plessis ready to greet the day.



WHAT'S THE OLDEST RIVER IN THE WORLD?



Rivers may seem as old as the hills, but they have life cycles just like other natural features do. Many grow and make their meandering mark on the landscape, before ultimately drying up. Some rivers, however, last longer than others. So which river is the oldest in the world today?

The winner is older than the dinosaurs: The Finke River in Australia, or Larapinta in the Indigenous Arrernte language, is between 300 million and 400 million years old.

The network of streams and channels extends more than 640 kms across Northern Territory and South Australia. The arid conditions in the centre of the continent mean the river flows only intermittently; most of the year, it exists as a string of isolated water holes. However, a combination of geological records, weathering profiles and radionuclide (radio isotope) measurements in the surrounding sediments and rocks has enabled scientists to date this river system to the Devonian (419 million to 359 million) or Carboniferous (359 million to 299 million) period.

Rivers can disappear if a massive influx of sediment overwhelms them (eg volcanic eruptions). In the case of the Finke, Australia has been an unusually stable landscape for a very long time. Resting in the middle of the Australian Plate, the continent has experienced virtually no significant tectonic activity for the past 100 million years.



If you would like to learn about this fascinating piece of geological history just search for THE OLDEST RIVER IN THE WORLD on your preferred search engine.

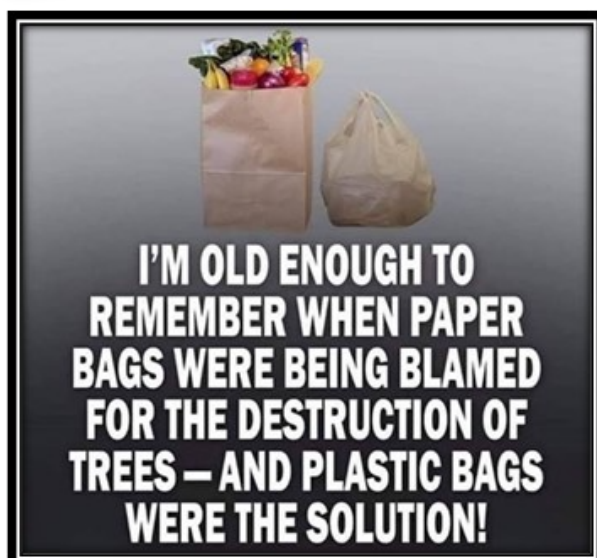


JULY BIRTHDAYS

Date	Member
[13]	David Duveck-Smith
[19]	Trish Hickey
[22]	Phyllis Ommensen
[23]	John Peake
[25]	Trisha Anderson

"Age is an issue of mind over matter.
If you don't mind, it doesn't matter"

Mark Twain



Walking Group – 16 June 2026

We commenced the day with the CityCat journey from Hamilton Northshore to North Quay, where we proceeded across Victoria Bridge to the Cultural Centre Bus Station, Platform 2. From here we took Metro 2 which travels between the Royal Brisbane and Women's Hospital, and the University of Queensland (UQ).

Currently there are two Metro routes, the other being Metro 1 operating between Roma Street Bus Station and Eight Mile Plains. Both Metro routes travel through the Cultural Centre Bus Station every 3 minutes during peak periods on weekdays, and every 5 minutes during off-peak and weekends.

Once on Metro 2, impressed by the speed, comfort and smooth travel experience, we arrived at our destination, Boggo Road Busway Station, in under 10 minutes. We first checked out the large open forest entrance and foyer in the Ecosciences Precinct at Boggo Road Urban Village in Dutton Park which houses more than 1000 scientists dedicated to solving some of Australia's biggest environmental challenges. To best describe the general aspects of the building and gardens I have attached a link to a segment covered by Gardening Australia.

<https://www.abc.net.au/gardening/how-to/a-working-garden/9433980>



After a quick visit to the precinct coffee shop we restarted our walk, destination the University of Queensland, St Lucia Campus. A visit to Dutton Park would not have been complete without a visit to the old Boggo Road H.M. Prison for Men. The photograph below shows the stout prison walls and guard tower, and in the foreground typical likely lads and lassies from yesteryear.



We moved on past the Brisbane South State Secondary School (BSSSC), a five-story state-of-the-art high school established in 2021. which was the center of controversy regarding political interference in the appointment of the inaugural principal.

We crossed the Brisbane River over the Eleanor Schonell Bridge. Built in 2006 as a bus crossing between the UQ St Lucia Campus and Dutton Park, it also included dedicated pathways for bicycles and pedestrians. The bridge, designed by architectural firm Denton Corker Marshall with detailed design and construction by John Holland, is a 390 metre long cable-stayed structure.



Once on the campus we navigated a multitude of steps up to Campbell Place level before entering the Great Court. Whilst elevator options were available everyone willingly and energetically took to the steps. In walking around the Great Court we visited various museums, namely Geological, Physics and Antiquities.

A worthy point of interest in the Physics Museum is the Pitch Drop Experiment which next year will have continued uninterrupted for 100 years, having been established by Professor Thomas Parnell in 1927. See the following link for further information.

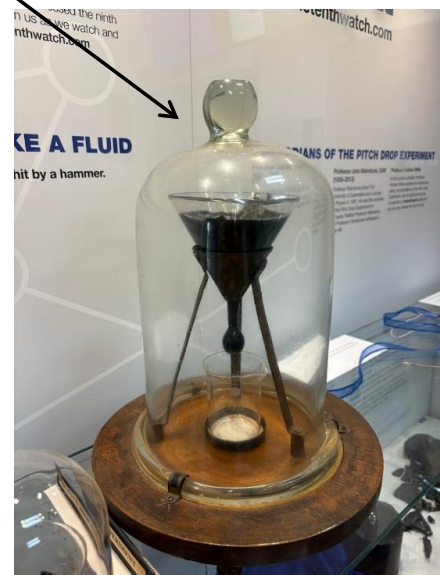
<https://smp.uq.edu.au/pitch-drop-experiment>

Finally, we stopped for our refreshment break at the Patina Restaurant just off the Great Court. It was here we started to experience some rain, and especially run off from the awnings, which did create some



consternation. Regardless, it is a great venue, but more so on a fine sunny day. All that was left after our 5 km walk was to board our CityCat at the UQ Ferry Terminal and while away the time talking until we reached our home destinations.

John



MEETING ROSTERS

JULY 2026

KITCHEN

Laurie Richards - Convenor - 0403 514 932

Susan Wright

SANDWICHES

Patty Burrows & Janice Blackford

FRONT DOOR

Tricia Hanlon & Anne Gooley

GREETERS

Sonja Comerford & Margot Kirby

ROOM SETUP

Frank Hill & Peter Llewellyn

