

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: Vacant

Immediate PP: Robin McLeod

Outings Coord: Susan Wright

Membership: Barbara Fitzell

Records: Kar-Tin Lee

Newsletter Editor: Jacqui Page

Speaker Coord: Alastair Ward

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

SEPTEMBER 2026



Hello fellow Probians:

I hope you are all fending off symptoms of the gripe as we say goodbye to winter and embrace spring.

It is fantastic to see our lineup of outings continue to roll along and thank you to all of those involved in organising these various activities for all members to enjoy.

Looking ahead we have prepared a very special agenda, including a number of surprises; a special celebration for Probus 50th Anniversary at our October meeting, so stay tuned — it's going to be epic!

As we were unable to secure a Guest Speaker for our September meeting I have been asked (not sure that it was by public demand) to step in - or up - with a presentation of stories which I hope you will find interesting, if not amusing.

The title of the September meeting presentation is:

'Anecdotes, Tall Tales & Incidents' on roads to somewhere.....

That's all from me

Stay Safe, Stay Well, Smile & Laugh often.

I look forward to seeing you all on Tuesday 1 September.

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 September:

Alastair Ward speaking about the "Bulimba Branch Railway Line"

Guest Speaker for September:

Pres. Peter Llewellyn - 'Anecdotes, Tall Tales & Incidents' on roads to somewhere.....

Outings & Activities coming up:

Friday September 11 - Breakfast at New Farm Deli - 8.30am - limited numbers this year so get bookings in early

Wednesday October 21 - Fiddler on the Roof at 1pm. We will meet for coffee or lunch before the performance.

Interest Groups:

- Walking group with John Wright
3rd Tuesday at time and location advised by email.
- Men's Shed - 2nd Tuesday at Wisteria Coffee Shop near Coles Supermarket on Racecourse Road, Ascot 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. Phone 0423 386 485 or email mareareed@outlook.com

10-min Speaker for September:

Hamilton Probus member, Alastair Ward, is a railway buff and will provide some local history by presenting on the "Bulimba Branch Railway Line".

Alastair suggests you bring Opera Glasses because some of his slides with tables in them might not be clear.

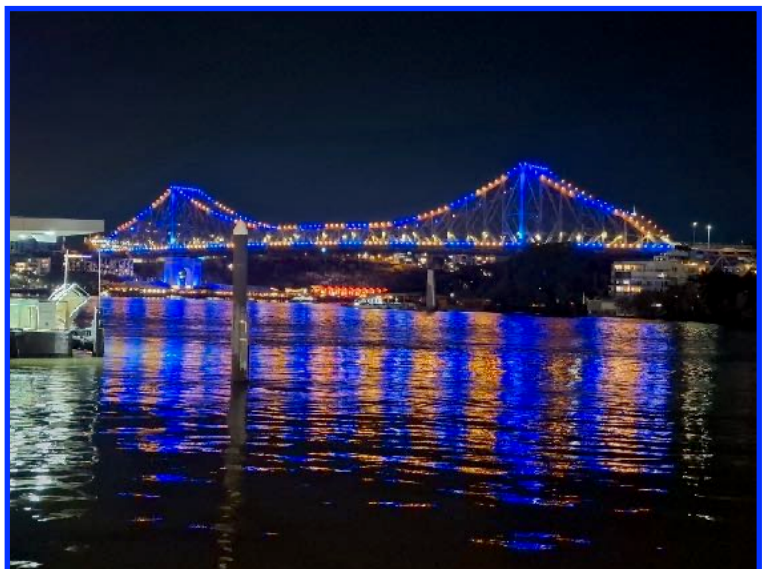
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**Guest Speaker for September:**

President Peter Llewellyn will take us on a journey with "Anecdotes, Tall Tales & Incidents" encountered on roads to somewhere.....

For those unaware of the fact, Peter and his wife, Christina, have travelled tens of thousands of miles to all parts of Australia and there are tales aplenty relating to those travels.

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The Story Bridge taken on the night of our Annual Dinner dressed seemingly in Probus colours and looking spectacular. With thanks to John Wright - photographer



10 minute speaker – Josh Pan from Kieser, Ascot

Josh is the Community Partnerships Coordinator and a Senior Exercise Scientist from Kieser and joined our meeting to reinforce some of the points made by Keely Maclean at our June meeting where the benefits of movement and exercise were presented to encourage and inform our members on the improvements to health that can be gained from considering Movement as Medicine for the Muscles.

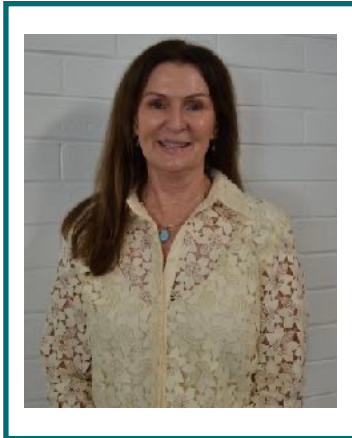
As Josh pointed out ‘the choices we make daily shape how long — and how well — we will live’. Movement and exercise, however, can affect not only muscles and your ability to move, it can impact on many other aspects of your life.

Statistics show that Australia’s ageing population will present our government with an ever-increasing demand for health system and aged care needs. Keeping yourself strong and healthy for longer means less need for sourcing those systems to aid your existence. Increasing the period of ‘health span’ through exercise makes very good sense.

Josh had us do 5 ‘sit to stand’ movements and a 15 second single leg balance with each leg. It showed very plainly where more work was needed for each of us.

Josh stayed on during morning tea to answer any questions raised by his presentation.

IT MAY BE A GREAT IDEA
TO INCLUDE THIS SHORT EXERCISE
ROUTINE
INTO EACH OF OUR MEETINGS



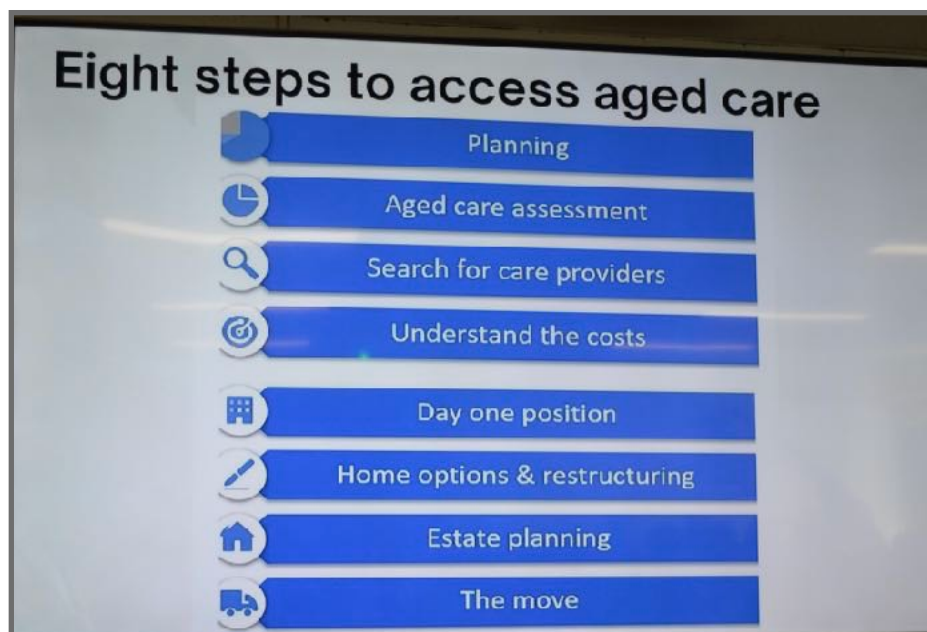
GUEST SPEAKER FOR OUR AUGUST MEETING WAS ALANA SHARPE OF HOLZWORTH PARTNERS

Alana joined us to present on navigating the intricacies of planning for aged care as it integrates with the Government systems. She was accompanied by Managing Partner, Mark Holzworth, who presented on the financial planning for an aged care environment so that maximum benefit can be achieved by planning for optimum use of the resources

each of us have available at the time of making these life changing arrangements. Planning and expert assistance at such times provides for a much better outcome for those making these life changes.

Alana opened her presentation by addressing the issue of a list of acronyms one needs to know in order to be able to navigate the system and understand where you may have eligibility within that system. I've chosen to not repeat those acronyms because I think it is very clear that if you are in need of such services, the best and kindest thing you can do is to seek help from an expert.

The point of greatest relevance was the table presented below which provides the eight steps to access aged care.



Planning towards this eventuality is of extreme importance. Don't wait until you are hospitalised and the doctor tells you that you cannot return home because you will need continued care. Signs of on-going ill-health should act as encouragement to take action.

Register for an Aged Care Assessment (ACAT) and be aware of Care Providers in your area. If complexity of the system seems overwhelming then seek some expert help.

VALE - MARGOT KIRBY



It was a sad day when we heard of Margot's passing on Saturday 15 August 2026. It was so unexpected because Margot was always there at our meetings, with a smile, a greeting and ready for a chat. Margot's contribution to Hamilton Probus Club, as well as to many of us whose path she crossed, was immense. Margot was inducted into Hamilton Probus Club in October 2014 together with her husband Bill. Sadly, Bill passed away in June 2020.

Margot has carried out many roles in the Club, firstly as Secretary from 2016 to 2018, then President in 2019. During this period Margot was very involved in the role of Almoner and later in 2022 took on the 10-Minute Coordinator position. A specific memory of Margot, and Bill, was the event they organised at the Royal Queensland Yacht Squadron (RQYS) when we were treated to a tour of their boat, Nocturn, with son Charles, followed by a great lunch at the Harbour View Restaurant paired with a front seat to a hive of sailing and boating activity. We can remember the Christmas Lunch at Royal Queensland Golf Club in Margot's presidential year (see accompanying photo) when she gave us a bottle opener in the shape of Santa Claus, still being used by many of us at home today. Margot, you made our lives richer, and you will be sorely missed.

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A photo of Margot taken at our last meeting

AND..... AFTER ALL THAT HISTORY..... A LITTLE HUMOUR TO LIGHTEN THE MOOD!!

## Irish Medical Dictionary

The Irish have the lowest stress rate because they do not take medical terminology seriously.

| Medical Term      |   | Irish Definition                                                    |
|-------------------|---|---------------------------------------------------------------------|
| Artery            | - | The study of paintings                                              |
| Bacteria          | - | Back door to cafeteria                                              |
| Barium            | - | What doctors do when patients die                                   |
| Benign            | - | What you be, after you be eight                                     |
| Caesarean Section | - | A neighbourhood in Rome                                             |
| Cat scan          | - | Searching for Kitty                                                 |
| Cauterize         | - | Made eye contact with her                                           |
| Colic             | - | A sheep dog                                                         |
| Coma              | - | A punctuation mark                                                  |
| Dilate            | - | To live long                                                        |
| Enema             | - | Not a friend                                                        |
| Fester            | - | Quicker than someone else                                           |
| Fibula            | - | A small lie                                                         |
| Impotent          | - | Distinguished, well known                                           |
| Labour Pain       | - | Getting hurt at work                                                |
| Medical Staff     | - | A Doctor's cane                                                     |
| Morbid            | - | A higher offer                                                      |
| Nitrates          | - | Rates of Pay for Working at Night,<br>Normally more money than Days |
| Node              | - | I knew it                                                           |
| Outpatient        | - | A person who has fainted                                            |
| Pelvis            | - | Second cousin to Elvis                                              |
| Post Operative    | - | A letter carrier                                                    |
| Recovery Room     | - | Place to do upholstery                                              |
| Rectum            | - | Nearly killed him                                                   |
| Secretion         | - | Hiding something                                                    |
| Seizure           | - | Roman Emperor                                                       |
| Tablet            | - | A small table                                                       |
| Terminal Illness  | - | Getting sick at the airport                                         |
| Tumour            | - | One plus one more                                                   |
| Urine             | - | Opposite of you're out                                              |

## LUNCH WITH DR. PHIL



Several of our club members recently had lunch with our fellow member, Phil Cheras, and his delightful daughter, Melissa. Phil was extremely happy to spend an hour or so socialising and sharing some memories with family members and Probus friends.

It was a glorious day of sunshine and, although it was a little windy from time to time, it was very pleasant indeed sitting up on the rooftop terrace of Tulloch House overlooking Eagle Farm Racecourse.

Phil was in good form and it was a pleasure for us to spend time with him.

*(Phil has Acute Myeloid Leukaemia and is receiving care from a Palliative Care Specialist)*



# MANY OF THE MALE MEMBERS OF HAMILTON PROBUS CLUB



*Top row: John Ladbrook, Jim McMillan & John Peake*

*2nd row: Patrick Mahoney, Guest, Paul Sheridan, Barry Aubrey*

*3rd row: John Wright, Frank Hill, Alastair Ward and Greg McGilvery*

*4th row: President Peter & Jim McMillan getting laughs from the audience*

## A GRAB BAG OF TUMMY TICKLERS

Hiking as you get older is a great way to meet new people. For example, today I met 2 paramedics, 3 nurses, a cardiologist and I nearly met Jesus.



THE DOCTOR SAID THAT I WAS DEAD AND I SHOULD SEE AN ARCHAEOLOGIST!



NO, HE SAID THAT YOU WERE DEAF AND YOU SHOULD SEE AN AUDIOLOGIST!

@TheLaughDraft



FIND FRIENDS WHO ARE AS CRAZY AS YOU, AND YOU'LL NEVER NEED THERAPY.



### I ASKED 100 WOMEN

Which shampoo they preferred. The top answer was:  
- How In the Hell did you get in here?

Me in the middle of a conversation trying to remember WHAT I was talking about.



I've been in bed for 20 minutes and I've just remembered, I only came upstairs for a pen.

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might never put my glasses back on.



COFFEE AND JELLY BEANS



## SEPTEMBER BIRTHDAYS

| Date | Member            |
|------|-------------------|
| [03] | Patty Burrows     |
| [07] | Jacky Norman      |
| [08] | Jacqui Page       |
| [10] | Judith Williamson |
| [11] | Lynne Strange     |
| [19] | Janet West        |
| [19] | Max Winders       |
| [25] | Marea Reed        |

If you associate enough with older people who do enjoy their lives, who are not stored away in any golden ghettos, you will gain a sense of continuity and the possibility for a full life." .....Margaret Mead

## Sir Garry Sobers: cricket's greatest all-rounder

"Cricket nuts love an argument," said Vic Marks in The Guardian. "Who is the best fast bowler ever? The best spinner?" But when it comes to all-rounders, there is universal agreement: the best of all time is Sir Garfield "Garry" Sobers, who has died aged 89. A "sublime" left-handed batsman, who averaged in excess of 57 in 93 Test matches, he was also an "exceptional" bowler, who could bowl both spin and pace, and a "brilliant fielder anywhere". Born with an extra finger on each hand (these were removed in his teens), Sobers grew up in humble circumstances in Barbados, and "learnt the game in the street", said Nick Hoult in The Daily Telegraph. He made his debut for West Indies in 1954, aged 17. Initially selected as a left-arm spinner, he took his time to reveal his talents as a batsman; they came to the fore in his 17th Test in 1958, when his debut century against Pakistan turned into 365 not out – then the highest Test innings of all time.



"A god-given talent"

Sobers broke records wherever he played, said Scyld Berry in The Daily Telegraph. Representing South Australia in the early 1960s, he twice hit 1,000 runs in a season and took 50 wickets – "a feat, in a land of cricketers, never accomplished before or since". Playing for Nottinghamshire in 1968, he hit six sixes in an over against Glamorgan – the first time this had been done in first-class cricket. Late in his career, in 1972, Sobers struck 254 for Rest of the World against an Australian attack that included Dennis Lillee at his best; Don Bradman described the innings as "probably the best seen in Australia". Sobers may have had god-given talent, said Mike Atherton in The Times, but off the field he was something of "an everyman", not noted for his self-restraint. "He drank, gambled, golfed and lived life to the full." In Barbados, where he lived simply and visibly, providing a "link to a glorious cricketing past", he will be "fiercely mourned".

*Died 17 July 2026*

### Hamilton Probus Walking Group – 18 August 2026



This was our 57<sup>th</sup> group walk since we commenced in September 2020. Today we had 14 on the walk, 25% of our active membership, and it is worth mentioning that the 14 most regular walkers have an average age of 79.9 years. It's a great achievement and shows that age need not be a limiting factor. Whether you feel up to participating in the monthly walk or not, it is important to keep up with some level of exercise.

We commenced with the morning temperature of 13° C, building up to a pleasant 20°C with light rain early on. Travelling upriver on the CityCat to the Riverside Ferry Terminal we then

transferred onto the KittyCat for the cross river to Holman Street for the start of our walk.

As we made our way along the base of the Kangaroo Point Cliffs there was no shortage of discussion with some banter thrown in for good measure. On reaching the Maritime Museum and past the Goodwill Bridge, we continued along the side of the river on the Clem Jones Promenade. Being a weekday, we did not have the foot, bicycle and scooter traffic that Susan and I experienced on our trial walk the previous weekend. We were therefore able to stop and contemplate the peacefulness and view monuments and friendship stones commemorating Brisbane's ties with China, Taiwan, Japan and South Korea.



Once we reached the southern end of the Neville Bonner Bridge, tails were up and our refreshment break was beckoning. Making our way through the Star complex we dropped onto George Street and headed towards the Queensland University of Technology (QUT) Campus adjacent to the Botanic Gardens.





Finally, at Old Government House we arrived at the Kitchen Café and were shown to our reserved private room AKA the Scullery, the Still Room and the Servant's Hall, which defines its various uses from 1862 onwards.



We were royally looked after by Gunn, our waitress, who was from Thailand. The food offerings were varied and tasty, enhanced by laughter and the ambiance. Following an enjoyable interlude, we made our way to the QUT Garden Point CityCat terminal for our journey home. The walk covered a distance of approximately 5½ kilometers. Thank you to all the participants who made the walk such a memorable event.

John

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*We had a fun outing to **Wellington Point Farm** restaurant and shop on Thursday August 20.*

Some enthusiastic gourmets had a fine time amongst the fresh produce and then sat down to a very tasty lunch.

Thank you Kar-Tin for suggesting the venue. It was a hit!



MEETING ROSTERS

SEPTEMBER 2026

KITCHEN

Laurie Richards - Convenor - 0403 514 932

Susan Wright

SANDWICHES

Glenda Winders & Pam Naylor

FRONT DOOR

Rhondda Todd & Anne Gooley

GREETERS

John Ladbrook & Rama Naidoo

ROOM SETUP

John Wright & John Blackford

