



PROBUS CLUB OF PORT PHILLIP Inc.

Associations Incorporation Act 1981 - Registered No A0029363K

MAY NEWSLETTER

PROBUS CLUB OF PORT PHILLIP Inc.

Chartered on 25 March, 1986, Incorporated on 9 May, 1994

This Probus Club meets at:

Kew Golf Club, 120 Belford Road, East Kew 3102

At 10:00 am, 2nd Tuesday in the Month (excepting January)

The Club can be contacted by email at : portphillipprobus@gmail.com

The Club's web site details are: <https://www.probusportphillip.org.au/>

Issue 445

May 2026

PRESIDENT

Colin Adam

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SECRETARY

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NEXT MEETING – Tuesday, 12th May, 2026

At **Kew Golf Club**, 120 Belford Rd, Kew East. 3102

IMPORTANT DATES and TIMES in April, 2026

| | | | |
|-----------------------------|----------|----------------------|-----------------------------|
| Deadline for Lunch Bookings | 5.00 pm | 7 th May | page 4 |
| Coffee and Fellowship | 9.00 am | 12 th May | |
| March Meeting | 10:00 am | | 12 th May page 5 |

Message from the President – Colin Adam



I would like to invite our members to let me know of interesting books they have been reading. I have just finished two of Prof Alice Roberts books “The Celts” and “Ancestors – A Pre-History of Britain”. The author is a medical graduate from Cardiff University where she lectured in anatomy and completed a PhD in Biological Anthropology. In 2012 the University of Birmingham appointed her as Professor of Public Engagement in Science. In 2020 she won the inaugural Royal Society David Attenborough

Award for outstanding public engagement with science. You have probably seen her on TV. Both books shed more light on understanding our ancestral past through application of modern science; DNA, trace chemical analyses revealing early locations and by inference travel, and grave-site artifact analyses revealing ancient trading patterns.

We are grateful for Ursula Tursky taking on the role of Wellbeing Coordinator, formerly known as our Almoner. Our Management Committee (MC) is aware of potential privacy concerns since our Newsletter is potentially a “public document”. We are asking our members to let Ursula know if they do not want their health issues communicated, and if they agree to having their name published in a list of members currently facing health challenges in our Newsletter. Our intention is to let other members know - as a vehicle for contact and an opportunity to exercise compassionate assistance.

Our Management Committee discussed our planned trip to Canberra in November and decided to pursue accommodation enquiries now. Frank Larkins has found that Parliament will be sitting for the second and third weeks and will be recommending that we schedule our Getaway for the first week in November. We would still like a couple of volunteers to arrange the finer details of our visit.

I would also like to schedule short “Volunteer” presentations – an opportunity to share your wider work in the community. Please let me know of your interest in speaking for a few minutes on this interesting facet of your lives.

Again, I need to draw to your attention the fact that we are still seeking a new Speaker Coordinator. I thank Margaret Hill for finding our May and June speakers, and for assisting me until a new volunteer emerges. We have a capable and committed Committee, and I owe them a debt of gratitude for their encouragement and support.

Colin Adam President 2026-27

Profile Talk – Barry McGrath



Dr Barry McGrath is pictured here (left) with his wife Maria.

Barry highlighted his Irish antecedents and went on describe his early years in NSW schools followed by studying medicine at Sydney University. He then outlined meeting his future wife, Maria at the lights in front of his

hospital, noting that they have now been married for 56 years and have three sons and nine grandchildren

An extensive career as a specialist in nephrology and cardiovascular disease followed his early training. Some of this was spent in New Guinea with new challenges treating snakebites, malaria and STDs. Other overseas experiences included a period in Singapore and an extensive time in Oxford on a research program examining the link between blood pressure and kidney disease. Data analysis in those days required punch cards and a big main frame computer!

He and Maria came to Melbourne in 1977 where he took up the positions of Senior Lecturer at Monash University and Physician at Prince Henry's Hospital. Over the years he has attracted funding for his research, published more than 250 journal articles and supervised many PhDs and Post Doc students. He was made a full professor in 2000.

He concluded by outlining the many roles he had performed over the years in medical practice, education and research and taking on leadership roles in various organisations including the College of Physicians, Postgraduate Medical Councils and the Australian Medical Council. He is now enjoying retirement with his family, learning Italian and travel. He described his life as "most fortunate"

Speaker for the May Meeting – Ros Otzen

WHO?? Hester Hornbrook and her ladies - creators of Melbourne's first social supports in the 1850s and 1860s



Roslyn Otzen, an educator and former Principal of Korowa AGS, completed her PhD thesis on the early Melbourne City Mission, and served a term on the MCM Board. She became the inaugural Chair of the Hester Hornbrook Academy Board, and continues as a Director. She still studies the MCM's early days, and especially the work of its women, whose own lives have been a closed book, until on-line access to records of the past have enabled their recovery. She has published several histories, including a biography of Dr John Singleton, another founder of the MCM. Other publications include *Grace and Strength: Calisthenics in Australia* (2011) and *To Begin The World Anew: How Particular Nobodies Made Australia* (2022).

The gold rush of the 1850s was a disaster for many - they

suffered ill-health, death, a complete lack of family and social support, were orphaned, turned to prostitution. There were no services or assistance for them until a group of women saw the needs and took action to provide help. They are all completely unknown. No historian has mentioned them by name - until I took up the cause! The tale of how I found them, who they were and what they did - it's all extraordinary. They *deserve* to be known.

Catering: May 12 Meeting



Meeting, Lunch & Tea/Coffee \$50 pp.

Meeting & Tea/Coffee \$10

Tea/Coffee available pre and mid meeting.

N.B. Unfortunately, because of the early publication of the Newsletter the menu for lunch at the May meeting is not available

Booking Arrangements: Please contact me (Jim Studebaker) on **0413 304 864** or wjstudebaker48@gmail.com if you wish to attend lunch or just the meeting on March 11th. Booking (and payment) must be made no later than 5 pm Thursday May 7th.

Payment arrangements: Payments by direct credit to the club's bank preferred. For the NEXT meeting, payment must be cleared into the Club's account no later than 5 pm Thursday May 7th and make sure your name is included on the transfer. Please DO NOT pay before the 1st of the Month

A/C name: "Probus Club of Port Phillip", BSB: 033 058, A/C NO 750921

If paying by cash or cheque, please place in an envelope clearly marked **Lunch** or **Tea/Coffee** and show your name and those of your attendees. The correct amount must be tendered as no change is given. Envelopes need to be prepared before arrival. Everyone who has paid will be given a table number and can request one for a guest.

Jim Studebaker - Catering Officer Ph 0413 304 864

wjstudebaker48@gmail.com

May Visit – Burnley Gardens

10.30 am Tuesday 19 May



Our May visit is to the Burnley Gardens. This cozy, heritage listed garden is in a gorgeous location, tucked away amidst the Burnley campus of the University of Melbourne. There are beautiful weaving pathways and a stunning open lawn surrounded by fragrant pine trees and delicate wisteria. The nine-hectare gardens are home to nearly 1000 different species of plants, including some of the oldest trees in Melbourne. Located on the traditional lands of the Wurundjeri

people, the gardens have evolved since the 1860s as a location for research and teaching.

The visit is a Friends of Burney Gardens Guided Tour and costs \$10 per person. The Friends of Burnley Gardens is a not-for-profit group who support and foster public awareness of the gardens. The guided part of the visit should last for about an hour, with some time to browse afterwards.

A 12:00 pm lunch booking has been made at Mint Lane Restaurant, 588b Swan Street, Richmond. The venue is within easy walking distance of the Gardens.

Could participants please transfer \$10 per person into the bank account of the club before Tuesday, 12th May. Please remember to state your name and ‘May Visit’ when making the payment. A/C name: Probus Club of Port Phillip BSB: 033058 A/C No. 750921.

If paying by cash or cheque, please tender the correct money in a sealed envelope at the front desk at the May General Meeting. Please write your name and ‘May Visit’ on the front of the envelope.

Visit Venue: 500 Yarra Boulevard, Richmond.

Meeting Point: We will meet at the Lily Ponds, shown on the map.

Parking is available next to Yarra Boulevard or FR Smith Drive. There are two areas to park: Paid metered parking on one side of Yarra Boulevard and free parking on the other side. The free parking has a 2-hour limit, whereas there is 4-hour parking on the oval's side of Yarra Boulevard. Public transport via Trams 70/75 Stop 18.

Looking forward to seeing you then.

Jim Green (Mobile: 0407830137 – email: jcagreen46@gmail.com)

Coffee and Conversation

The next Coffee and Conversation will be held at

10.30 am Tuesday 26th May 2026

at Rylands, 349 Riversdale Rd, Hawthorn East not far
from Camberwell Junction and on the route of the 70 and 75 trams.

Please let Allan know if you are coming. Numbers are limited and coffee has to be ordered. Note Coffee and pastry is now \$10.

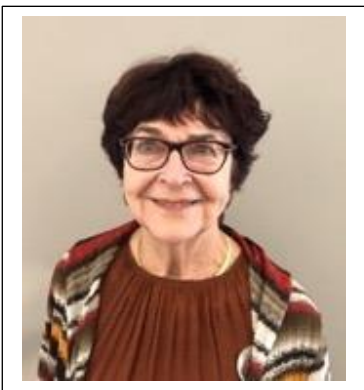
Allan Brownrigg, C & C Coordinator: Ph 0420 401 310 or 03 9193 7785
ambrownrigg@optusnet.com.au

Wellbeing Coordinator

Members who wish to inform the Club of the illness of themselves or of others,
please contact;

Ursula Tursky Ph 0429 459 759 or e-mail ursulatursky@gmail.com

Contributions 1: Book Review – *The City and the House* by Natalia Ginzburg



Reviewed by Ursula Tursky

Natalia Ginzburg was born in Palermo, Sicily. She wrote dozens of essays, plays, short stories and novels, including *Voices in the Evening*, *All our Yesterdays* and *Family Lexicon*, for which she was awarded the prestigious Strega Prize. She was involved in political activism throughout her life and served in the Italian parliament in the 1980s. I see her as a brilliant author who enjoyed exploring family relationships, with all their ups and downs. In “The City and the House” the family dynamics reveal themselves through letters. It makes sense that Giuseppe communicates with letters after moving to America, yet other eccentric relatives who don’t like to use the telephone, communicated exclusively via letter as well. Reading this novel evokes the pleasurable guilt of snooping into someone else’s private affairs. Ginzburg’s language is deceptively simple and yet complex, sensitive and so shockingly blunt that, at times, it makes you sit up. What held family and friends together, the grand country house La

Margherite, is being sold. There are farewells to cousins, former lover Lucrezia and her husband Pietro, friendship had already begun to fracture as frustrated yearnings and past infidelities strained the bond. With the grand meeting place gone, old inhabitants and visitors are left to pursue happiness on their own. Their letters reveal with great poignancy their thoughts, passions and desires. We literally see the flaring of temperament, the gestures – after a while I got right into the exchange of correspondence and loved it

Contributions 2: AI is here for everyone – including retirees.

By Adrian Farrell



As I have been using Artificial Intelligence (AI) tools for some time, your editor asked me to demonstrate how I could use ChatGPT to quickly generate an article explaining artificial intelligence for our newsletter audience. This is how I did it.

After logging into ChatGPT I started the conversation with, “I would like an article on how can AI empower retirees”. This promptly generated an informative, two-page, 627 word article consisting of seven main points with examples where AI has a place. Graham didn’t give me a word limit but I figure he wants something shorter for the newsletter.

My follow-up conversation with ChatGPT was, “I would like a shorter article”. This immediately resulted in a shorter version of 161 words. One important part left out of this abbreviated version was the point about Challenges and Considerations: While AI offers many benefits, there are challenges to address:

- Digital literacy: Some retirees may need support learning new technologies.
- Privacy concerns: Handling personal data securely is essential.
- Accessibility: Interfaces must be simple, intuitive, and inclusive.

I then asked ChatGPT to create an image: “Create a high-quality photo of a senior person using a tablet to make a ChatGPT request”. The photo appeared some 30 seconds later. ChatGPT and other AI tools can help us retirees in many ways. If you haven’t tried it, I would encourage you to do so. It’s fun and rewarding.

Adrian Farrell adrianfarrell33@gmail.com www.candowisdom.com

Here Adrian provided me (the Editor) with the two versions of how “AI can empower retirees” as he has explained in his introduction – both produced entirely by ChatGPT. One was 627 words and the other was 161 words after Adrian asked for something shorter. In this (May) Newsletter I have included the longer word (627 word) version. In the next (June) Newsletter I will publish the shorter (161 word) version together with the AI generated image. –(Ed)

ChatGPT Article: How Artificial Intelligence Can Empower Retirees (Longer Version)

Retirement today looks very different from previous generations. Longer life expectancy, evolving technology, and changing social structures mean retirees are seeking not just rest, but purpose, independence, and connection. Artificial Intelligence (AI) is emerging as a powerful tool that can support these goals—helping retirees live smarter, safer, and more fulfilling lives.

1. Enhancing Independence and Daily Living

AI-powered tools can help retirees maintain independence in their own homes for longer. Smart assistants like Amazon Alexa or Google Assistant can manage daily routines—setting reminders for medications, appointments, or even hydration.

Smart home systems can automate lighting, temperature, and security, reducing physical strain and increasing safety. For example, motion sensors can detect unusual inactivity, while AI-enabled appliances can prevent accidents like leaving the stove on.

2. Improving Health and Wellbeing

AI is transforming healthcare access for retirees. Wearable devices such as those from Apple (e.g., Apple Watch) can monitor heart rate, detect falls, and even alert emergency contacts if something goes wrong.

AI-driven telehealth platforms allow retirees to consult doctors from home, reducing the need for travel. Additionally, AI can analyze health data over time, helping detect early signs of conditions such as Type 2 Diabetes or Alzheimer's disease, enabling earlier intervention.

3. Combating Loneliness and Social Isolation

Social isolation is a major concern in retirement. AI can help bridge this gap through conversational companions and communication tools. Platforms like Zoom or WhatsApp make it easier to stay connected with family and friends.

More advanced AI companions can engage in conversations, play games, or even provide emotional support. While not a replacement for human connection, they can offer comfort and reduce feelings of loneliness.

4. Supporting Lifelong Learning and Creativity

Retirement is an opportunity to explore new interests. AI-powered learning platforms and tools can help retirees pick up new skills—from languages to music to digital art.

For instance, retirees can use platforms like Duolingo to learn a new language, or AI writing assistants to help craft memoirs, blogs, or creative stories. AI tools can also assist with genealogy research, helping retirees explore family histories more deeply.

5. Financial Management and Security

Managing finances during retirement can be complex. AI-driven financial tools can help retirees track spending, optimize budgets, and even detect fraudulent activity.

Some platforms use AI to provide personalized investment advice based on risk tolerance and retirement goals, helping retirees make informed decisions and maintain financial security.

6. Enabling Mobility and Transportation

For retirees who no longer drive or prefer not to, AI-powered navigation and ride services offer new freedom. Apps like Uber can provide easy, on-demand transport.

Looking ahead, autonomous vehicles may further revolutionize mobility for retirees, allowing safe, independent travel without the need for driving.

7. Promoting Safety and Peace of Mind

AI-based monitoring systems can provide reassurance to both retirees and their families. Smart cameras and alert systems can notify caregivers of unusual behavior patterns or emergencies.

This creates a balance between independence and support—allowing retirees to live freely while ensuring help is available when needed.

Challenges and Considerations

While AI offers many benefits, there are challenges to address:

- **Digital literacy:** Some retirees may need support learning new technologies.
- **Privacy concerns:** Handling personal data securely is essential.
- **Accessibility:** Interfaces must be simple, intuitive, and inclusive.

Conclusion

Artificial Intelligence has the potential to redefine retirement—not as a period of decline, but as a stage of empowerment. By enhancing independence, supporting health, fostering connection, and enabling lifelong learning, AI can help retirees lead richer, more secure, and more meaningful lives.

The key lies in thoughtful adoption: ensuring that technology remains accessible, ethical, and focused on human wellbeing. When used effectively, AI becomes not just a tool—but a companion in navigating the next chapter of life.

Disclaimer: *The opinions expressed in the contributions section of the newsletter are entirely the responsibility of the individual author and do not necessarily represent the views of the Club or any member associated with the Club. On this understanding contributions are welcome from all members on a range of matters including film, art, literature, concerts, exhibitions, the arts generally, the sciences, travel, broad aspects of Australian and overseas culture, in fact any activity that might be of interest to other Probus members.* (Ed)

Contributions 3: Mozart's Requiem: Unsung Heroes

Margaret Hill has asked me to provide this information about the upcoming performance on May 3rd at 2,30 pm in the Hawthorn Arts Centre



Mozart's final and most profound work, his *Requiem*, is a powerful and moving choral work renowned for dramatic intensity, stirring sequences, Rich harmonies and evocative use of choir and orchestra. Exploring themes of mourning, hope, and redemption, the Mozart *Requiem* is one of the most enduring and celebrated pieces in classical music.

Michael Easton's compelling *Unsung Heroes* is based on the poetry of six famous English poets who served in WWI, and is a personal reflection of the Composer on the horror of war and its ultimate uselessness.

First written in 1990, this work was specifically dedicated by the Composer to Camberwell Chorale and its Musical Director, Douglas Heywood

See next page for more information about this concert.

Access our club website from anywhere in the world, at any time.

<https://www.probusportphillip.org.au/> Adrian Farrell - Webmaster

Newsletter Editor – **Graham Marshall**

Mob: 0408 308 382 Email graham.marshall8@icloud.com

Please send copy for the next newsletter to Graham

The June Probus Meeting is on June 9

The Closing date for the June Newsletter is Wednesday **May 27, 2026**

CAMBERWELL CHORALE

CAMERATA ORCHESTRA

CONDUCTOR: DOUGLAS HEYWOOD OAM

MOZART REQUIEM KV626

MICHAEL EASTON **UNSUNG HEROES**



soprano LAUREN OLDHAM
mezzo soprano KERRIE BOLTON
tenor DAVID HOBSON
baritone ADAM MILLER

Sunday May 3rd, 2026

2.30pm Hawthorn Arts Centre

To book: boroondara.vic.gov.au/arts or Ph 9278 4770

Tickets \$65, concession \$60, students \$35, Children 12 & under free



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