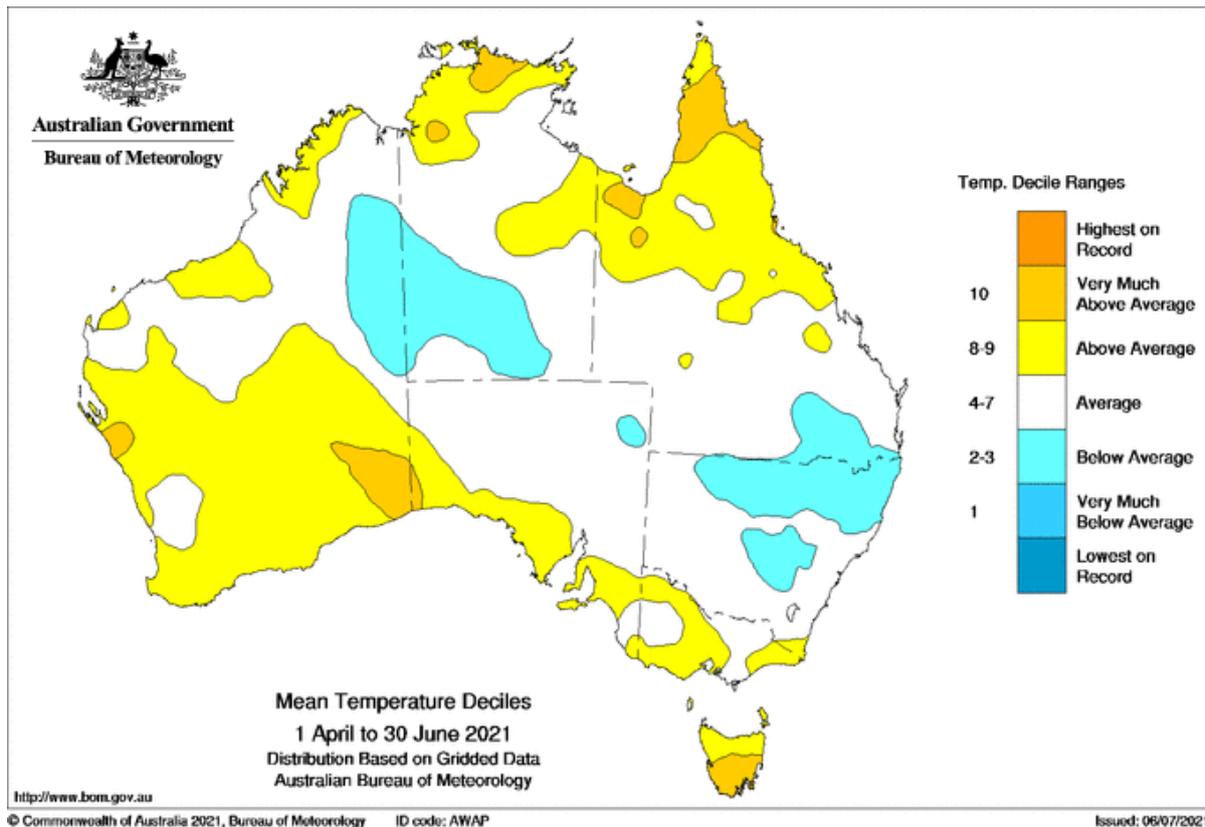


## Communique from the Branch Chair

Hearty Greetings to fellow members of the Queensland Branch of The Order of Australia Association (OAA).

In talking with friends and colleagues lately, the topic of a colder than normal winter so far has been high on the opening gambits. I have checked with Bureau of Meteorology (BoM) data bases and found that a small section of South Queensland and a northern NSW belt is indeed colder than average, but that the central section of our State is at average whilst the northern is slightly above. (Map below)



Mind you, I have up to three layers on when out and about. Thus the question arises; Do we feel colder with added years? Well yes, according to the well documented literature available, viz.

- Studies have shown that as we age, we have lower body temperatures due to a loss of thermoregulation, the process that allows your body to maintain its core internal temperature.
- Our circulation decreases as we age due to the walls of our blood vessels naturally losing their elasticity. When blood moves slower through our bodies, our extremities are colder and get cold faster.
- Another possible cause of feeling colder as we age is the thinning fat layer under our skin that conserves heat.

COVID induced sedentary life styles might counter the third point!

In any event please keep rugged up and warm with exercise in preparation for a flush of springtime activities.

The mention of activities brings to mind the diverse range of opportunities that have allowed many of our members to get involved of late in Association events since the AGM. In summary;

- Some 30+ of our southern most members enjoyed lunch at the bucolic Southport Golf Club.
- Our western members amassed for lunch at the Town & Country Club, Toowoomba and 40+ patrons partook.
- At the Seagulls Resort in Townsville 30+ of our tropical members met in an oasis of palms for lunch.
- The Association and the Victoria League Brisbane jointly hosted the Queen's Birthday formal dinner at Tattersalls Club, Brisbane with 120+ in celebration mode. The President of the Royal Historical Society Queensland, Dr Denver Beanland AM, was the guest speaker on the theme "The Queen's land: Queensland".
- The Frenchville Sports Club at Rockhampton was at maximum capacity on 21 June when their Excellencies, the Governor General and Mrs Hurley, accepted an invitation to lunch from the Central Queensland Region of the Association. Over 180 members and guests from across the local service/community groups, including student leader representatives from secondary schools, marked this red-letter day, a first visit by a Chancellor of the Order of Australia to a regional Queensland hosted event.
- Most recently 60+ Sunshine Coasters took the opportunity to take in ocean views at lunch at the Alexandra Headlands Surf Club.



Governor General addressing the Rockhampton OAAQ lunch 21 June 2021

Planning is now in place for near future activities as;

- A metro-city morning tea will be sited at the Queensland Club on 28 July.
- A lunch is scheduled for Saturday 31 July at the Mountain View Hotel on the Gillies Highway, Little Mulgrave.
- The Secondary Schools Citizenship Awards will be held in Parliament House on 17 September with our Patron, the Governor of Queensland in attendance.
- All 208 Australia Day and Queen's Birthday 2021 Order of Australia, Queensland awardees, will soon receive an invitation to attend a lunch hosted by the Queensland Branch in the Ballroom, Victoria Park, on 26 October.

In 1890 the Minister for Public Instruction, the Hon. Charles Powers, introduced Arbor Day to "inculcate into the minds of school children a love of horticulture and arboriculture". In that year Arbor Day was held on 1 August, but as this date was unsuitable for some schools it was decided that in future 1 May would be Arbor Day. The institution of Arbor Day resulted in heavy demands from the various State Schools for trees. The Curator of the Brisbane Botanic Gardens (Walter Hill) was concerned that some of the trees requested were entirely unsuitable for the area and suggested that native trees could profitably be planted.

So if you missed a 1 May planting of a native tree or shrub what about undertaking the task this 1 August.

As an aside you might be interested to note that Hill reported great difficulty in contending with the incessant growth of *Cyperus rotundus* (Hydra), or nut grass in the Gardens, 'which defied every exertion for its eradication'. Some gardening challenges are seemingly core for decades.

In signing off I wish you and yours good health and know that you will continue to assist others in keeping spirits up.

Kind regards

gary 11.7.21



Dr Gary Bacon AM, Chair OAA Queensland Branch.