

Communique from the Branch Chair 31 December 2022

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

The 2022 fast journey is neigh completed and we are all primed and expectant about the 2023 version.

The earth revolves about its axis twice in each 23 hours, 56 minutes and 4.09053 seconds, called the sidereal period, and its circumference is roughly 40,075 kilometres. Thus, the surface of the earth at the equator moves at a speed of 460 meters per second--or roughly 1,000 miles per hour. The earth orbits the sun star at 30 kilometres per second, or 67,000 miles per hour. In addition, our solar system--Earth and all--whirls around the centre of our galaxy at some 220 kilometres per second, or 490,000 miles per hour. Do the math, if your calculator can handle the telephone numbers involved, on your total 2022 travel as a speck of dust in this universe.

Answer: 7.8 Billion kilometres (4.9 Billion miles)

'Tis little wonder then we often feel as though these years we travel trough are traversed at a fast rate.

Taking each step as a discrete action means a bit more when we have these reference numbers to consider.

'Make each step count' as our teachers and mentors advised brings a dimension to life's journey that makes for purpose, fulfilment, and contentment.

We can all elect to be masters of our forward journey and many at this time of the calendar set aspirational and practical goals. As individual as they may be there is likely a common theme within, viz. the embrace of family and dear friends and the opportunity to bring goodness and happiness into the lives of those less fortunate.

As involved members of our respective communities spread over this vast State we OAA members have witnessed the highs and lows of the past year. The continuing onslaught of the pandemic has created significant family and work place challenges. Abnormal flooding brought misery to thousands. Youth crime has exploded into our once safe homes and vehicles. Far away wars now have immediacy on financial security. The evening news is a litany of out of control negatives.

Our sporting teams, faith, recreational and cultural groups thankfully continue to bring bright light into our lives. As does the myriad of self- help and supported help examples that daily permeate our society, which alas often fall beneath the media radar.

The concerted events associated with the celebration of the reign of our noble monarch, Queen Elizabeth II, from inception to death in such a truncated period exposed us all to the Sine curve of human feeling.

Many of us in aging bodies needed this past year the intrinsic involvement of our health professionals. Largely unseen and unheralded until the critical need arises we are the most fortunate peoples on earth to have access to such quality metier.

Many of us exited the mandated quarantines with renewed desire to participate in a good number of well patronised OAA Queensland events held over the State. Hats off to the organising teams that facilitated with relish such a revival.

There will be vacancies to fill on the Qld Branch Committee at AGM in March and when application notices are circulated please give consideration to bring your energy into the mix.

Some of you will be familiar with the Biophilia concept which is about "the connections that human beings subconsciously seek with the rest of life." In particular "the possibility that the deep affiliations humans have with other life forms and **nature** as a whole are rooted in our biology." I'm sure that you have experienced the well-being that comes from an insertion into a perfumed garden, a forest trail or a bonsai nursery. Indeed the elevated use of plants within closed environments, offices, schools, hospitals has proved beneficial in replicated trials and is technically known as Biophilic design/space.

Some months back I enjoyed a Biophilia experience on the Ile des Pins, New Caledonia, the home of a favourite tree, Cook's Pine. The encounter was amplified when the historical log of Captain Cook's second voyage was referenced (Attachments).

May your steps in 2023 be conducted in health and happiness.

Kind regards



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