

The Probus Club of Holland Park Central



PO Box 5151 Mt Gravatt East 4122

Meetings: 9.30 a.m. to 11.45 a.m. every third Thursday of the month.
Venue: Newnham Hotel, Newnham Rd, Upper Mt Gravatt

<https://www.probusouthpacific.org/microsites/hollandparkcentral/Home>
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December 2020 Issue No.148

The HP Source – It's a bottler!

Jill's Jottings

Hello to you all,

The year is racing away and the Christmas season is upon us with lots of decorations in the shops. It is great to have a little normality in what has been a difficult time for many months. There seems to be so much hope for 2021 to be better than this year.

The committee, and in particular Bill, our Activities Officer, have been working hard to ensure our Christmas lunch on the 17th December will be a fun, happy and enjoyable time. If you wish to join in the celebrations but haven't put your name on the list, please let Bill know no later than 4th December. The club appreciates the success of our application for the Brisbane City Council's Seniors Celebration donation, which will be used to cover the entertainment at the lunch.

The November meeting was well attended. I was disappointed to miss the first half of the meeting and appreciate our vice-president, George, taking over. We are delighted to welcome 2 new members, Judith and Maxine, who were inducted by George at the meeting.

I was grateful to be able to be there for the guest speaker, David Nicoll, and found it interesting to listen as he guided us through the methodology and procedure for solving a homicide and then an actual case study. Perhaps the fact he is my son might have had an influence!

I heard from several people that Mary B's talk for the 5-minute spot was a good lead-in to David's subject. Mary does find some great topics for her short talks.

Now is the time for us all to think about the Club's committee for the coming year. Several of the existing committee do not plan to stand for election at our AGM next March. We need volunteers to take on positions such as President, Secretary, Activities, Membership, general Committee. We are in the process of looking at the responsibilities for each position to enable us to have something concrete to help members consider being on the committee. Please think very seriously about this over the holiday season as the Club cannot function without a committee.

Are you like me and become a little irked when you read something where there is a lack of punctuation? If you are, apparently it is a sign of our age. I came across an interesting article a few days ago about the full stop, let alone the comma. When I send a text, I use punctuation but the young generation, meaning teenagers, do not. It seems they find the full stop rather rude and offensive and that it can convey annoyance with the reader. It's a little confusing. Rather than send long, wordy texts with full stops, they send several short, sharp texts minus any punctuation. I guess I'll just continue to be an oldie regarding this.

That's all folks.

Jill



The committee wishes all members a wonderful festive season! We, in Queensland have been lucky in that Covid has not impacted on our lives as much as it has in many other states and around the world. So take advantage, stay safe, stay well, and have a very Happy Christmas.



Looking for a Christmas gift? Launched at the end of September, "2020: The Year That Changed Us", is a collection of essays written by Australia's and New Zealand's leading academics. The authors use the latest research and evidence to reflect on this year, predict how our lives may be different moving forward, unearth what we may have missed in 2020 amongst the chaos, and spotlight some of the best writing from the year. Available on line and some

book stores.

Researchers have long suspected there's water - or ice, to be precise - on the Moon. New research now confirms it, and suggests it lurks in sun-starved nooks and crannies called 'cold traps'. It's a boost for the prospect of extracting water from the Moon, which can help support humans, or be converted to rocket fuel, (although the situation is far from simple).



The sign on the left is at the entrance of the city of Coburg, Ontario, Canada. As you can see, a Probus logo is prominent on the right. What a great idea! The sign reads "Ontario's Feel Good Town".

CBD retail is dying

Declining commuter foot traffic and an increase in people working from home present new challenges for CBD retailers. Lockdowns, changing work practices and the need for social distancing have left some of Australia's largest city centres at times resembling ghost towns. CBD-based department stores have fared worse than those in the suburbs. Myer's Annual Report shows that CBD store sales fell 33%, whereas suburban store sales contracted by only 9%, in the final seven weeks of the financial year. Online shopping now accounts for 11.5% of total retail sales in Australia. It has been estimated that 39% of all jobs in Australia — 41% full-time jobs and almost 35% of part-time — can be done from home. Public transport use to the city has fallen to an all-time low. The life of CBD retailing looks bleak, but we can expect to see a growth in

“localism”. Indeed, it is not just retailing, but CBDs as a whole, may never completely recover.



From the Editor

Three of us members of Probus Global recently chatted for a while by video link. One was from the UK, and the other from Victoria. It was lovely to compare notes and to learn how others are faring. Instigated by the UK member, she explained that she wished to also include Canada, but with the time differentials, it was too difficult. As it was, at least we were all “meeting” on the same day. It was 10 am in the UK, 9 pm (daylight saving) in Victoria, and 8 pm for me. Why not hop on line and explore Probus Global? The only criteria for membership is being a member of a Probus club, and it is free. *Mary*



Beware! Tens of thousands of small and medium Australian businesses that rushed to outsource the management of their COVID check-in obligations could find themselves snared in a looming data privacy calamity. At stake are the personal details of millions of Australians who have visited cafes, restaurants and pubs or attended places of worship, wedding and funeral venues. All because electronic QR code check-ins are outsourced to registration platforms that are often owned by companies that deal in collecting data, some operating under opaque rules about how that information is stored and used. And there are concerns that the data could potentially be resold, used for identity fraud or to track a person's location and social groups, and employed in micro-targeted advertising for misinformation campaigns. There are no available figures around how many private entities are managing the digital check-in process, nor the volume of check-in data that has been generated. The data often moves overseas and while regulations exist, they are rarely monitored.



Pictured left are some of the members who attended the lunch that was organised at Easts Club last month. Needless to say, everyone who went, thoroughly enjoyed it.

Smart ear tags for livestock have been around for a few years. Now, a smart collar for dogs and cats is being developed. the prototype collar uses both Bluetooth and satellite communications, rather than one or the

other, to track an animal's movements in real-time. Updates are sent to the owner's phone via an app whenever their pet wanders outside of a boundary they've established. Other information such as specific behaviours, out of the ordinary activity and data for health metrics will also be monitored by the collar, with information being uploaded to the cloud and displayed on a smart phone app. The collar will need to be recharged around once a month, depending on the animal's activities.

Help us revitalise our club! We need more and younger members! Also, our male/female ratio is now at its limit. We need more male members!



Christmas spending

One in five consumers plan on spending \$500 on gifts – down 30 per cent from 2019. One in 10 say they don't want any gifts and the same number say they will skip buying gifts, nearly double compared with 2019. Around 50 per cent said a gift card would be their ideal gift, and just under half (48 per cent) would prefer cash.

This is all contrary to Federal Budget hopes for a big spend up and a speedy financial recovery. The better news is that those who do wish to buy presents are keen to support local businesses, with almost four in 10 saying they plan to buy from Aussie-based retailers.

Did you know that Probus in Latin means fidelity, friendship, and trust?

Governments fail to recognise the dividends that longevity in the population pays. Policy makers are so fixated on the direct costs of ageing that they fail to notice the significant and growing contributions that older people make. In countries that spend more on health, older people work, volunteer, and spend more. Increasing preventative health spend by just 0.1 per cent can unlock a 9 per cent increase in annual spending by people aged 60 plus and an additional 10 hours of volunteering. Older people's unpaid contributions are strengthening communities and underpinning the formal economy. A modest increase in workforce participation by over-55s would bring billions to the national economy and reduce public expenditure on age pensions and health.

A Quiz from the Probus Association of Queensland

1. How many days did it take Phileas Fogg to go around the world?
2. What is the total number of letters you would need to make a clock face showing the 12 hours in Roman numerals?

3. How many trombones are there in a famous song from *The Music Man*?
4. What is the number that people with triskaidekaphobia fear?
5. How many symphonies did Beethoven compose?
6. How many minutes are there in a professional boxing round?
7. In a well known US song, what is the number of the traffic route that you could “get your kicks” on?
8. How many playing cards are there in a standard deck?
9. How many lines are there in a Shakespearian sonnet?
10. What is James Bond’s number – backwards?
11. How many books precede I Corinthians in the New Testament?
12. How many blackbirds were baked in a pie?
13. According to The Beatles song, how many days are there in a week?
14. In *Treasure Island*, in the pirates’ song, “Yo ho ho and a bottle of rum”... how many men were on a dead man’s chest?
15. What is a perfect score in a gymnastics exercise?

Answers below:

1. 80 2. 26 3. 76 4. 13 5. 9 6. 3 7. 66 8. 52 9. 14 10. 700 11. 6 12. 24 13. 8 14. 15 15. 10
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If you use social media, the chances are you see (and forward) some of the more than 3.2 billion images and 720,000 hours of video shared daily, not to mention texts. When faced with such a glut of content, how can we know what’s real and what’s not? Misinformation (when you accidentally share false content) and disinformation (when you intentionally share it) in any medium can erode trust, and fake photos and videos are often the most potent. Social media also uses sophisticated “deepfake” videos showing (usually famous) people saying or doing things they never did. While one part of the solution is an increased use of content verification tools, it’s equally important we all boost our digital media literacy. Ultimately, one of the best lines of defence — and the only one you can control — is you. Unlike emails, where we can mostly verify the message’s origin, consider where it may have come from, ask yourself if there may be a vested interest in the message or the images, and why, apart from its curiosity value are you getting the message.

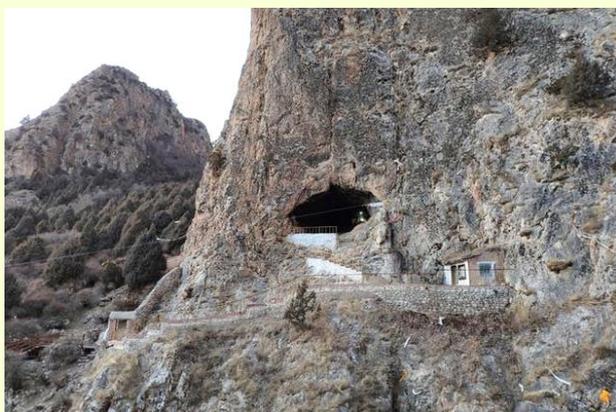
Why not join our December coffee and chat morning? The last one attracted 15 of us, and now that we can move around and play musical chairs, it is a wonderful opportunity to socialise in a setting more intimate than those of our meetings.

December Duty Roster: Door: Lyn and Ron



The ever increasing demand for technology is placing a strain on raw resources and creating a growing stockpile of e-waste. The use of lithium-ion batteries (LIBs) are the driving force of these devices and in Australia, it has grown by more than 250 per cent in the last decade. While they can be recycled, most spent LIBs are either sent to landfill or incinerated. With more than 25 per cent of a LIB made up of heavy metal and five per cent a toxic electrolyte, neither of these options is sustainable. Also, any residual energy stored within the battery presents a huge fire risk. We have developed a process for the discharge and recycling of the stored energy. In the meantime, our scientists are working on sustainable recycling solutions of the LIBs which are estimated to be able to earn Australia \$40 billion once developed. However, the complexity of full processing, it will make it over a decade before a complete cycle will be operational.

A few Victorian Probus clubs have become quite comfortable and enthusiastic with Zoom meetings and get a large number of their members attending. They even have guest speakers and follow their normal meeting routines. While restrictions are slowly being lifted, Zoom meetings continue, but given people can now have visitors in their homes, members are encouraged to invite their less computer literate cohorts to their place to attend meetings with them. Other clubs, while not holding actual meetings via Zoom, hold regular virtual "coffee breaks". For some it was their first experience with Zoom, but most managed OK and many shared their stories of what they were doing and discovering during the months of lockdown. One club even organised a virtual lunch where participants were asked to "show and tell" what they were eating! Then another club established a theme for its monthly newsletter, such as "furry friends" and "gardening". Our Victorian counterparts have been nothing but innovative!



In a mountainside cave now used as a Tibetan Buddhist sanctuary was found a jaw bone of a Denisovan prehistoric human. Following two years of negotiations Tibetan authorities and the monks finally gave permission for a team to create a very small archaeological dig in the cave in freezing mid-winter and at night only. Findings were published in *Science* last month. Stone artefacts and animal bones (maybe brought in as food by the Denisovans) were buried throughout the sediments. There

was also evidence of fires and mitochondrial DNA which matched Denisovans in cave sediments between 100,000–60,000 years old. Denisovians were originally found in Siberia, so the 160,000 year old mandible found in one of the world's most remote and mountainous and inhospitable places was a surprise. It opens many questions about prehistoric humans which could be answered given greater Tibetan co-operation.

Did you know that each year, 90 billion tonnes of primary materials are extracted and used globally for plastics? Only 9 per cent is recycled.



C SIRO's Parkes radio telescope has been honoured with a traditional name chosen by Wiradjuri Elders and revealed at a local naming ceremony last month. The 64-metre telescope is located on Wiradjuri country in central west NSW, approximately 380km west of Sydney. It received the name Murriyang, which represents the 'Skyworld'

where a prominent creator spirit of the Wiradjuri Dreaming, Biyaami (Baiaame), lives.

Dale is baking and decorating a Christmas cake which will be raffled at the Christmas function. Prices will be \$2 for one ticket, or \$5 for three tickets. Be in it!

Did you know that a 25 year old Australian man successfully sued his super fund over climate risk? The groundbreaking legal case has changed the game for how Australia's \$3 trillion superannuation industry invests, and how members are protected from climate risk.



Have you ever heard of pardalotes? Very few have, yet these thumb-sized birds are quintessentially Australian. Their diet is unusual, comprising mostly the sweet manna that seeps from eucalypt foliage, and "lerp", the sugary coating of psyllid insects (a specialised group of bugs). They track these resources with the seasons but of the four species, one is now endangered through loss of habitat.

Are any of our tech savvy members willing to take charge of our computer to hook up to the data projector at meetings? We tend to manage most of the time, but would like one person to take charge. Please speak with Jill if you are willing to volunteer.

Privacy and travel

How much of your privacy are you willing to sacrifice to go travelling again? Privacy for overseas travellers post-Covid is set to be threatened. Downloading tracing apps will be mandatory in most countries. Amnesty International established that Bahrain, Kuwait and Norway had rolled out some of the most invasive Covid-19 contact tracing apps around the world, putting the privacy and security of hundreds of thousands of people at risk. The apps stood out as among the most alarming mass surveillance tools. Facial recognition programs for travellers is already a reality at many airports and when visiting some countries, government officials have the right to access your devices. Therefore when it comes to the information stored on your phone and other devices, the best advice is to pack light in a digital sense. If privacy is important to you, then do some research before picking your destination.

What's on?

December

****Thursday 3rd Lord Mayor's Seniors Christmas Party. Note: meet at Ann St Entrance now at 1.15pm (fully booked)**

**** Sunday 6th 10.30am **Coffee and Chat** Pacific Golf Club.**



****Thursday 17th Club's Christmas Party** Newnham Hotel 10.30 for 10.45am We are looking for a good attendance to celebrate Christmas and bid farewell to 2020 – a year to remember for all the wrong reasons. We have entertainment commencing at 11.00am with Christmas lunch served at 12.15pm. Lunch will be roast

chicken, baked ham and roast pork with vegetables, gravy etc. Dessert will be alternate servings of Pavlova and Christmas pudding. Also a complimentary drink of wine/beer or soft drink will be provided. Cost will be \$45. Should have been paid for at November meeting.

January 2021

***** Sunday 3rd 10.30am **Coffee and Chat**, Pacific Golf Club.**

***** Thursday 21st Monthly meeting, 9.30am Newnham Hotel**

***** Thursday 28th **Fish and chip Dinner**, 5.30 pm Pelican's nest, Wynnum**

Date claimer:

February Thursday 25th – a day in the Lockyer Valley, visiting museums, local townships and a pub lunch. Details TBA

A report released last month claims that a decade's worth of digital transformation occurred within the space of a few months during Covid, and that the digital technology sector is expanding at speed worldwide.

An Anecdote from PAQ

A lovely little girl was holding two apples with both hands. Her mother came in and softly asked her little daughter with a smile: "My sweetie, could you give your mum one of your two apples?" The girl looked up at her mum for some seconds, then she suddenly took a quick bite on one apple, and then quickly on the other. The mother felt the smile on her face freeze. She tried hard not to reveal her disappointment. Then the little girl handed one of her bitten apples to her mum, and said: "Mummy, here you are. This is the sweeter one." No matter who you are, how experienced you are, and how knowledgeable you think you are, always delay judgement. Give others the privilege to explain themselves. What you see may not be the reality of the situation.



Australians can find humour in most things. The Aussie word of the year, as nominated by the Australian National University, is "iso". You guessed it! It relates to isolation during a pandemic.

Not only is *iso* distinctively Australian in usage, it has also been linguistically productive by combining with other words to form compounds such as iso baking, iso cut and iso fashion. Humour in language can be used as a way to cope with our changed working and social circumstances, so why not talk about a bad self-inflicted haircut as an iso cut, or the extra weight gained due to lack of exercise as iso kilos?

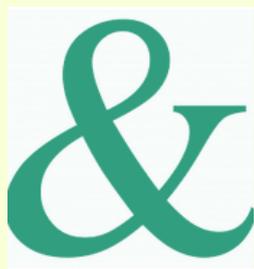


Pictured left are new inductees Maxine (left) and Judith with Vice President George who was Acting President at our November meeting. Welcome Maxine and Judith! Enjoy our friendly club.

It will be interesting to see how regional Australia develops. The pandemic has driven our workers and their employers to embrace the option of working remotely. Has that opened people's eyes to the possibilities of living in regional Australia?

The government's 2017/18 figures reveal that most home-owning retirees are comfortably off. However, whereas very few retired home owners are in poverty, most retired renters are. This is, in part, because home owners are not burdened with rent and rent assistance available is meagre. Even a 40% increase in such assistance would lift only 1% out of financial stress. Downsizing homes gives retirees more financial liquidity

and they can remain comfortable providing they still own a home. Retired home owners do not regard their home as a retirement asset. They are also reluctant to borrow against the value of their home. However, over 15 years, the number of Australians over 65 who do not own their home outright is expected to double. This fall in ageing Australians' home-ownership rates looms as a seismic shock for housing policy. The solutions for nonowner retirees are not easy, because it is all tied in with super funds, health care and our social security system.



How did the '&' symbol come to be called an ampersand? Long story. It involves a corruption of the language and a mispronunciation when reciting the old alphabet. According to the Wikipedia, when the alphabet was traditionally recited in English-speaking schools, any letter that could also be used as a word in itself ("A", "I", and, at one point, "O") was repeated with the Latin expression *per se* ("by itself"), as in "A per se A". It was also common practice to add the & sign at the end of the alphabet as if it were the 27th letter, pronounced as the Latin *et* or later in English as *and*. As a result, the recitation of the alphabet would end in "X, Y, Z, and per se and". This last phrase was routinely slurred to 'ampersand' and the term had entered common English usage by 1837.

Great news! The club has received \$270 from the Lord Mayor's Seniors Celebration Donation fund to go towards our Christmas function. It is fortuitous because we had calculated its receipt into our Christmas budgetting.

Addictions are frequently and wrongly stigmatised in Australia. People most often think of drugs, alcohol and gambling addictions, but the truth is, anything that can cause a change in your mood can become addictive. Addictions involve repeatedly engaging in an activity or using a substance for pleasure, even if it becomes harmful to yourself or those around you. Here are five common addictions dismissed as harmless, but in fact ones that can cause physical and mental problems, Caffeine: Withdrawal can cause anxiety, fatigue and headaches. Smartphone: Handling these can be compulsive and may need psychological treatment. Shopping: This can cause financial distress and anxiety if it becomes uncontrollable. Chocolate: Addicts can show similar behaviour to people addicted to drugs. Plastic surgery: It is called body dysmorphic disorder and causes people to obsess over perceived flaws.

Families are like fudge...mostly sweet, with a few nuts.

It was a wonder so many (19) attended the high tea on the 25th, because we attended the same function in July. Then we were limited to 12. There was food aplenty, so much so, that doggy bags were produced and filled by most members. And to top off a very enjoyable function, lucky door prizes were won by two of our group – Ron and Margaret.



Christmas will see fewer Australians loosening their belts after “pigging out” on holiday feasts. Why? All because of Covid. In Australia as well as the US and UK, those who are buying pants are frequently opting for stretchy, comfortable styles rather than formal or tailored ones. People working from home have boosted the sales of “tracky dacks” and you don’t need a belt when your pants have an elastic waistband. It has been estimated that sales of belts will see a decline by 13% this financial year.



Did you know that it took more than two hours to do it, but a group of volunteers managed to avoid having their faces caught by one of the 89 spy cameras on

a 1.1 km stretch of road in Beijing? Moving slowly and carefully along the pavement, some crouched, others tilted their heads towards the ground, as curious onlookers snapped photos. By 2018, there were already about 200 million surveillance cameras in China. And by 2021 this number is expected to reach 560 million, according to the Wall Street Journal, roughly one for every 2.4 citizens.



While we may not get as many attending, it was decided that we shall still hold the Coffee and Chat morning in January (3rd) even though it is a long weekend with the Friday being New Years Day.

Amazingly, ANU research showed that 6 per cent of the population definitely wouldn’t want to be vaccinated and a further 7 per cent said they most likely wouldn’t. Only 58.5 per cent of Australians said they would definitely get the vaccine. The balance were undecided.

It is said that 40% of seniors are chronically under-hydrated and adults aged 65+ have the highest hospital admission rates for conditions brought on by dehydration. Older people tend to suffer more from dehydration because with age, their system is less honed to indicating thirst. How can you tell if you are dehydrated? You are thirsty, yes, but the darker your pee (and smellier) the more you are dehydrated.



This would be funny except there's no punch line...



2020/21 Committee

President: Jill
 Vice President: George
 Secretary: Margaret O'D
 Treasurer: Ron
 Activities: Lyn and Bill
 Newsletter: Mary W
 Committee: Rosemary
 ++++++++
 Welfare: Lyn

Quotes:

"Only the guy who isn't rowing has time to rock the boat." –Jean-Paul Sartre

"What lies behind us and what lies before us are tiny matters compared to what lies within us." –Ralph Waldo Emerson

"In the end, it's not going to matter how many breaths you took, but how many moments took your breath away" –Shing Xiong

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The Probus Club of Holland Park Central was sponsored by the Rotary Club of Carindale

Right: Contributed by Lorelei from a friend in the UK.

Overheard remarks about Covid-19:

- *Just wait a second –so what you're telling me is that my chance of surviving all this is directly linked to the common sense of others? You're kidding, right?*
- *When this virus thing is over with, I still want some of you to stay away from me.*
- *The spread of Covid-19 is based on two factors: 1. How dense the population is and 2. How dense the population is.*
- *So let me get this straight, there's no cure for a virus that can be killed by sanitizer and hand soap?*

No Nativity this year because the 3 Wise Men face a travel ban. The shepherds have been furloughed. The Inn keeper has shut under tier 3 regulations and had a slump in bookings. Santa won't be working as he would break the rule of 6 with Dasher, Dancer, Prancer, Vixen, Donner and Blitzen. As for Rudolph, with that red nose, he should be isolating and taking a test. 😂😂