

WELCOME – Our June meeting guest speakers from the Queensland Police Crime Prevention Unit provided some very helpful information on staying safe both in the home and while out and about. Members and guests enjoyed a couple of extra activities in June with those attending the QPAC show 9 TO 5 THE MUSICAL thoroughly enjoying the show and highly recommending it. Another group attended a Sunday matinee session of AUSTRALIAN OUTBACK SPECTACULAR and had a great time as well. Thanks again to everyone who provided items for the Care Kits For Kids collection – these items are always appreciated.

2022 BRANCH MEETINGS

Our July branch meeting will be held on Thursday 14 July at the Coorparoo RSL Club. Arrival will be at 10:00am for a 10:30am start with guest speaker, updates on branch and national activities, raffles and refreshments. The cost will be \$7.00 cash per person payable at the door. Our guest speaker will be Sally Romano from the Genealogy Society Queensland to pass on some more tips on tracing family history.

We hope you can join us and perhaps stay for lunch at the club afterwards (at your own cost). The remaining meeting dates for 2022 will be:

11 August (AGM)	8 September
13 October	10 November

MORNING TEA CATCH-UP

Our July morning tea catch up will be on Monday 25 July at 10:00am at Easts Leagues Club, 40 Main Avenue, Coorparoo.

There is ample free parking, or it is a short stroll from the bus stops. The car park opens at 9:50am and the club opens at 10:00am. We hope to see you there.

JULY BIRTHDAYS

Best wishes to:

Kay Foster	Agnes Knight
Marilyn McLintock	Olive Whelan

who celebrate their birthdays in July. We hope you enjoy your special day with family and friends.

CARE KITS FOR KIDS DONATIONS

Some suggestions of items are listed below that can be brought to our monthly meetings and will be delivered to Care Kits For Kids. Most can be purchased at discount shops, and not everything needs to be provided each month. Every donation will help Queensland children in need.

July – Hairbrush, comb, bands, clips, baseball cap

August – roll-on deodorant (no glass or spray), shampoo, conditioner (travel or small size)

September – Summer pyjamas, girls crop tops (all sizes to 16)

October – Reading book (all genres & ages), small soft toy or doll (no beads or stick-on eyes)

November – Backpack, small lunch box

DAY BUS TRIP – SCENIC RIM WINTER HARVEST FESTIVAL

It's winter in the Scenic Rim and they're celebrating with the annual Eat Local Week which showcases the delicious array of food and wine that's produced in the Scenic Rim.

Join us for a day bus tour on Saturday 2 July departing the Coorparoo RSL Club at 8:30am. Our trip plans to visit the Winter Harvest Festival at Aratula, the Rathloggan Olive Grove & Shed Café at Rathdowney and the Elderflower Farm Shop & Café at Kalbar. The bus will return to Brisbane at approximately 4:30pm.

The cost of the bus will be dependent on the number of passengers but is expected to be between \$40-\$60 per person payable on the day. Winter Harvest Festival entry is \$10, and morning tea and lunch will be at your own cost. There are still seats available on the bus so please advise Pat Will on 0437 774 049 or 3398 8726 as soon as possible if you would like to join us for an enjoyable day in the country. The final cost will be confirmed once all bookings are received.

The Winter Harvest Festival showcases the delicious array of food and wine that's produced in the Scenic Rim and features producers, suppliers, retailers and chefs from across the region offering visitors the opportunity to literally eat their way around the Scenic Rim.

SAVE THE DATE FOR A DAY BUS TRIP TO STRADBROKE ISLAND

Pat Will is coordinating a day bus trip to Stradbroke Island for Monday 15 August 2022. Further details will be advised when finalised.

MISSION TO SEAFARERS BRISBANE

We wish to continue to support the Mission To Seafarers Brisbane by knitting beanies and scarves during the winter months. These are donated to the Mission which then distributes them to ship's crew members who are heading to colder climates.

We have some patterns and a box of wool that has been donated to our branch if members would like to collect some at the next meeting.

DENDY CINEMAS, COORPAROO

Thanks to our friends at Dendy Cinemas, Coorparoo, for providing complimentary tickets for use as raffle prizes over the coming months. Look out for these great movies currently showing:

ELVIS; *MOTHERING SUNDAY*; TOP GUN; MAVERICK; *TO OLIVIA*; THE KITCHEN BRIGADE; *OPERATION MINCEMEAT*

and coming soon:

THE PHANTOM OF THE OPEN (comedy – 14 July); *WHERE THE CROWDADS SING* (drama – 21 July); THE FORGIVEN (drama – 28 July); *BULLET TRAIN* (action - 4 August); JUNIPER (drama - 4 August); *ANDRE RIEU Happy Days Are Here Again!* (musical - 27 August)

POWER PRICE SURGE – HOW YOU CAN INSULATE AGAINST THE SHOCK

How quickly things can change, especially when it comes to power prices. Just last December the Australian Energy Market Commission forecast that many Australians could expect substantially lower electricity prices – the lowest since 2017 in fact. Prices would be driven down by the clever integrating of more and more renewables-generated electricity with the coal-fired generation system.

That was then. We're now told we face power bills rising by hundreds of dollars because of surging fossil fuel prices and coal plant breakdowns, hiking up wholesale prices. NSW customers will pay between \$119-\$227 more on their power bills next financial year, SEQ households an extra \$165, and SA \$124 more, depending on usage.

According to Energy Consumers Australia, consumers who are in the Default Market Offer face these increases:

New South Wales: between 8.5% and 14.1%

South-East Queensland: 11.3%

South Australia: 7.2%

Victoria: The state's Essential Services Commission determines its own default market offer, which has been capped at 5%

The Australian Energy Regulator attributes the rises to the ongoing war in Ukraine, which has led to significant pressure on coal and gas prices globally; extreme weather in New South Wales and Queensland which has affected coal supplies and electricity demand; and further unplanned outages at multiple generators.

In Queensland, the La Nina weather pattern was to blame for electricity demand reaching near record levels due to warmer weather and increased humidity in the north. This high demand was met with supply issues caused by planned and unplanned generator outages and limits on the Queensland-NSW Interconnector which caused high prices, particularly in the evenings between 6pm and 9pm.

Tony Wood from the Grattan Institute is reported to have said some electricity providers were more exposed than others. For example, bigger retailers such as ASX-listed companies AGL and Origin were better able to manage the risks of the wholesale market through long-term and stable supply contracts.

On the other hand, he said smaller retailers were often heavily exposed to the spot market and shorter-term supply contracts, meaning they could be badly squeezed in the surging market. "A Queensland-based retailer with about 20,000 customers basically told their customers to go away," he said. "They said, 'We can't supply you with a product we think you're going to be able to afford, therefore we suggest you go and find another retailer'."

Despite this, Energy Consumers Australia (ECA) says it is incumbent on retailers to do all they can to look after their customers and provide them with clear and useful information that can help minimise their bills. CEO, Lynne Gallagher said "We know that many Australians are not on the best deal that could deliver lowest possible bills for them. We'd like to see retailers being more proactive in reaching out to their customers and offering them a better deal rather than waiting for consumers to call and ask for one."

Retailers are also legally obliged to help households that are unable to pay their bills by offering repayment plans and hardship assistance.

The Queensland Government has promised Queenslanders a one-off \$175 Cost of Living Rebate on their next power bill. It will be automatically applied as credit to the next household power bill. Pensioners and seniors may also be eligible for the Electricity Rebate of \$340.85 per year or the Reticulated Natural Gas Rebate of \$76.19 per year.

What can consumers do?

- Contact your retailer – if you get a bill that alarms you, don't be shy. Contact your retailer as soon as possible. Ask if you are on the best deal available. Many Australians are not.
- Request assistance – if you need assistance paying a bill, let your retailer know. They are legally obliged to offer you options to make payment easier. Ask for help early if you are

struggling. Don't leave it until you've accumulated a large debt.

- Use smarter, pay less – Changing when and how you use some appliances can greatly reduce your energy bill. A shorter shower, a small adjustment to your thermostat, or using some appliances during the day instead of at night could make a big difference, especially if you have rooftop solar panels.
- Switch retailers for a better deal – if your existing retailer can't offer you a better deal, chances are somebody else can. ECA's Powercall resource of the Australian Government's Energy Made Easy comparison website can help you find the best deal for you, potentially saving hundreds of dollars.
- Hack your home and save – Door snakes, floor rugs, weatherproof tape, and other inexpensive home hacks can reduce your bills, whether you are a homeowner or you're renting. For those who own their homes and can afford the outlay, adding insulation to your walls or ceiling can greatly reduce heating and cooling costs.
- Solar roof-top and battery installation – as the adage goes, you have to spend money to save money. Energy Analyst, Bruce Mountain, has also recommended looking into solar roof-top as a way to help manage rising energy prices. (*Sources: Australian Energy Regulator; Energy Consumers Australia, ABC News, The Australian*)

FROM THE MOUTHS OF BABES...

A five-year-old girl was always super chatty with strangers. Most of the time it was fine, but one day she was at the supermarket with her mother, after a long day of collecting crab shells at the beach. When they got to the check-out she said loudly to the cashier "Hi, I'm Audrey and this is my mom Shelli and she has crabs!". Of course they weren't holding any crabs at that time, and mum turned bright red as the whole line went dead silent.

When a two-year-old boy saw a man with long brown hair and a long beard, his eyes grew big and round and he shouted "That's Jesus!" over and over, despite the desperate (but discreet) attempts by his mother to quiet him. Finally she just told him, "No, that's his brother", and strangely that was enough to get him to settle down.

ARE WE LOSING THE WINTER VIRUS BATTLE?

After two flu-free years, influenza is back. 40,000 cases were reported so far this year with 26,000 of those in the first few weeks of May. That's compared to just 598 reported flu cases in the whole of 2021, due largely to closed borders and COVID-19 restrictions.

The issue for many Australians is that our uptake of the flu vaccine is extremely low. That, combined with low exposure to the virus in recent years, puts vulnerable people at risk. The possibility of co-infection with COVID-19 has been identified as presenting a potentially deadly mix. Yet, the pleading of experts to get the flu vaccine appears to be falling on deaf ears as vaccine rates remain stubbornly low.

Sheena Sullivan, in infectious diseases epidemiologist at the Doherty Institute is worried that older people are especially vulnerable. She told ABC News "And then for our older populations...we don't know exactly how frequently people get infected, but normally, there would be a higher level of protection in the community than there is now."

Grandparents should be rightly concerned about the high number of flu cases in young children, who – alongside older adults, pregnant women and adults with chronic health conditions – face a higher risk of complications should they be infected.

Everyone over the age of 6 months is recommended to have a seasonal flu vaccine. Vaccination protects you against serious disease and also helps to protect people around you by reducing your risk of passing it on. You can now get your COVID-19 booster and flu jab at the same time.

How does the flu vaccine rate? While vaccination is the best way to protect yourself against influenza, flu vaccines give better protection in some years than others. That's because the viruses that cause the flu can mutate quickly and slip past our immune defences – as well as any protection bestowed by vaccines. To stay a step ahead, the World Health Organisation (WHO) monitors what viruses are circulating and where, and uses this to predict what will be in our next seasonal flu vaccine.

The flu vax protects against four viruses:

- Two influenza A: H1N1 which caused the 2009-10 swine flu pandemic and H3N2 was behind the 1968 flu pandemic, which killed an estimated one million people worldwide.
- Two influenza B: B/Victoria tends to infect younger people and B/Yamagata may now be eradicated.

Of the four flu viruses covered by the vaccine, two are influenza A viruses and two are influenza B. Influenza B viruses generally only infect people, while influenza A viruses – such as H1N1 or swine flu – can bounce between us and other animals. This year, influenza A viruses have been behind the lion's share of laboratory-confirmed cases. Professor Barr said: "It's about 75% H3N2 and 25% H1N1." The highest level

of protection from a flu shot occurs during the three to four months after vaccination.

More potent vaccines for older Australians:

How well the flu vaccine works also depends on your age and overall health. Experts estimate the flu jab can prevent illness in about 50-60% of young children and healthy adults under the age of 65, though this figure varies year by year.

Older people and those with compromised immune systems may not respond as well to vaccination, meaning they may be less protected. That's why over 65s are recommended one of two enhanced flu jabs, specifically designed to increase their immune system's response to the vaccine. "They have an adjuvant (in the vaccine) or higher dose vaccine, basically because the immune system just needs more of an immune stimulant," Sydney Paediatrician Dr Nick Wood told the ABC. "For younger kids, their immune system is a bit more robust...it's the same thing we were seeing with COVID vaccines." (Source: ABC)

THE LEGEND OF THE VIOLET

That first glad Easter morn,
When earth united to rejoice
Christ walked into a garden
And each flower raised its voice

And as they sang their hymns of joy
With happy sweet accord
A little violet tried in vain to see
The risen Lord

And as HE came, the violet sighed
"If only I could be as tall and bright as
Other flowers, then HE might notice me.
But when HE reached the violet

The Saviour paused a while
The violet blushed and bowed its head
Beneath the Master's smile

And it did not really matter
Not being grand and tall
For Jesus loves all living things
However great or small

And to this day, all violets
Bow their faces towards the sod
Remembering that meeting
With the Blessed Son of God

BONE HEALTH – HOW TO GET IT AND KEEP IT

Did you know our bone health peaks at about the age of 30? At 50 years, we can expect 50% of women and

20% of men to have broken a bone because of osteoporosis. Bone health declines the older we get.

In a new consensus paper published in the *British Journal of Sports Medicine*, a panel of experts reviewed evidence to determine what type of activities will best preserve our bones. The paper, titled *Strong, Steady and Straight*, argued that strengthening our postural muscles (the core muscles deep in the abdomen, pelvis and back) is critical for bone health. This is achieved by performing high-load resistance or high-impact weight-bearing exercises.

Healthy Bones Australia (HBA), formerly Osteoporosis Australia, has developed a Healthy Bones Australia Exercise Guide focusing on three types of exercises for bone health. Not all exercise is the same. A combination of weight bearing, resistance training, and balance exercises is best, done regularly and increased in difficulty over time to ensure the exercise remains effective. You can exercise at any age, as long as you start within your capacity and increase gradually.

Recommended types of exercise

- Weight bearing impact loading exercises: these work against gravity to stimulate bone growth. It is through the weight of the body on the bones that the bones become stronger over time.
- Resistance training moves: these emphasise power and balance using added weights to enhance strength and stability.
- Balance training exercises: strengthen the muscles that keep you upright such as your legs and core which helps to improve stability and assist in preventing falls.

Exercises to avoid

People with diagnosed osteoporosis should avoid exercises that involve twisting of the spine and hip motions such as golf, tennis, or bowling. They should also avoid movements that involve extreme curving of the spine forward, such as toe touches and sit-ups. If you want to do any of these activities and have osteoporosis, consult a health professional first about how to build sufficient capability and capacity to introduce yourself to these movements. Healthy Bone Australia has a guide which describes and illustrates the exercises you can begin doing in your own home.

Diet matters too

Maintaining bone strength is not just about calcium intake. The risk of osteoporosis increases if you're underweight or overweight, so keeping your body weight in a healthy range can help with prevention. Ensuring you meet the recommended daily intake of the following foods and vitamins is also important:

- Prunes: A recent review showed women who consumed 100 grams of prunes – about ten

prunes – every day for a year improved bone mineral density in their arms and lower spine. Prunes contain minerals, vitamin K, phenolic compounds and dietary fibre, which combine to boost bone health, according to researchers.

- Leafy green vegetables: a high intake is associated with strong, healthy bones. In addition to calcium, they are a rich source of vitamin K1, known to have benefits for bone metabolism. Consuming 200 grams a day of leafy greens is enough to increase vitamin K levels within a month according to a 2020 study.
- Vitamin D supplement: Vitamin D helps your body absorb and use calcium, which gives your bones their strength and hardness. Most of us get enough by spending ten minutes a day outdoors in the sunlight. Depending on the amount of sunshine where you live, health advice says during autumn and winter we should consider taking a 10 micrograms of vitamin D daily.
(Source: Healthy Bones Australia & The Times)

A GERMAN SHEPHERD, A DOBERMAN, AND A CAT DIED

In heaven, all three faced God, who wanted to know what they believed in.

- The German Shepherd said, “I believe in discipline, training, and loyalty to my master.” “Good!” said God. “Sit at my right side.”
- “Doberman, what do you believe in?” asked God. The Doberman answered, “I believe in the love, care, and protection of my master.” “Aha,” said God. “You may sit to my left.”
- Then God looked at the cat and asked, “And what do you believe in?” The cat replied, “I believe you are sitting in my seat.”

PERSONAL SAFETY TIPS

Following a very informative session from the local Policing District Crime Prevention Unit at our June meeting, your local police urge community members to be more prepared and cautious when walking on the suburban streets on the way to and from home. To help you be more confident on the street, here are some safety tips when you are out and about:

- Be aware of your surroundings and people around you when you are walking on the street
- Strong and confident body language
- Assertive communication
- Safety Plan and Action; for example, if you are confronted by someone
- Use well-lit and busy streets
- Trust and act on your instinct if you sense danger
- Walk against the traffic direction

- Carry a mobile and some form of identification
- Avoid carrying a large sum of cash
- Avoid listening to iPod on high volume
- Speak to others about any incident
- Safety in numbers – avoid walking alone especially after sunset
- Store In Case of Emergency numbers in your mobile

When you need to contact police:

000 – for life threatening emergency or crime happening right now.

131 444 – for non-urgent property reporting and general enquiries 24/7, call Policelink

PHONE SCAMMERS – HOW TO IDENTIFY THEIR LIES

Scammers stole more than \$100 million from Australians last year alone.

That phone call you get from someone with such a ‘nice’ voice and caring attitude is not just a random thing. Scammers have developed clever strategies and lots of verbal tricks to convince older people they’re honest and trustworthy, when they’re not.

Macquarie University’s Cyber Security Hub has analysed more than 100 hours of scam phone calls to identify clear call ‘stages’ and pinpoint the social engineering techniques scammers use on their victims.

The team, headed by Professor Dali Kaafar, used machine-learning techniques and natural language processing to uncover scam ‘scripts’ that use various topics and emotions. It’s hoped the findings will develop better ways to detect and prevent scams. It’s not just the gullible and uneducated who are victims. Professor Kaafar says scammers are “relentless and very clever. I have even known a post-doctoral researcher, with years of experience in cybersecurity, who was tricked out of \$8,000 in a phone scam,” he said.

In 2021 alone, phone scammers stole more than \$100 million from Australians during more than 144,000 incidents reported to the ACCC’s Scamwatch service – and that’s just the tip of a fast-growing iceberg.

“Advances in technology allow attackers to hide their identities and use things like recorded robocalls and VOIP platforms like Skype to reduce call costs, and lower their own risk,” Professor Kaafar said.

Technology – just part of the solution – Professor Kaafar says technology-fixes such as blocking known bad numbers and using pattern recognition on outgoing calls stops only a small portion of scam calls.

More difficult to combat are the social engineering techniques scammers use to manipulate their victims into revealing personal and account details, purchasing online vouchers, or transferring funds to bank accounts controlled by the scammer.

Dark art of analysing scam calls – Professor Kaafar’s team transcribed more than 300 scam calls published on YouTube. Using artificial intelligence, the researchers looked for particular phrases and keywords, and common transitions between topics that reflect steps in a scam script. The team found that scripts used by scammers contain multiple paths, which can be simplified into four different stages:

- **Stage 1 – Introduction.** The scammer establishes themselves as credible and in a position of authority, then talks about a serious threat to the recipient in a matter-of-fact way – with the threat supposedly from a higher authority (such as the legal system or tax office).
- **Stage 2 – Assistance** – The scammer poses as a helpful instructor, using rapport-building conversations, ostensibly helping the recipient to resolve the supposed problem, giving step-by-step guidance to navigate to a website, install software, or fill out online forms.
- **Stage 3 – Threat** – Emotions can ramp up at this stage, as the scammer reinforces threats for non-compliance, citing police, court orders, arrest warrants, jail, and other negative consequences, using legal-sounding terms, talking over the victim to defer questions and introducing time pressure to prevent the victim thinking it through.
- **Stage 4 – Payment/Close** – Once the scammer gets what they want – like a credit card payment or enticing the victim to download malicious software – the conversation becomes less organised, and scammers finish the call, sometimes promising to call back with confirmation. (Source: Macquarie University)

WELFARE OFFICER

Please notify Julie Jermy on 3395 2056 of any member you know who is ill or injured, so that we can give our support where needed.

BRANCH CONTACT DETAILS

If you have any queries please contact our Secretary, Graham Tienan, on mobile 0407 736 453 or email nsacooparoosec@gmail.com. Do remember to update any changes to details. Emergency contacts need to be current.

SMILE

My neighbour was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up in his front lawn. He

rushed to help an elderly lady driver out of the car and sat her down on a lawn chair. He said with excitement, “You appear quite elderly to be driving.”

“Well, yes, I am,” she replied proudly. “I’ll be 97 next month, and I am now old enough that I don’t even need a driver’s license anymore.”

“You don’t need a driver’s license anymore?”

“That’s right! The last time I went to my doctor, he examined me and asked if I had a driver’s license. I told him “yes” and handed it to him. He took scissors out of the draw, cut the license into pieces, and threw them in the wastebasket, saying “You won’t need this anymore.” So I thanked him and left!”

A doctor, a lawyer and a banker all attended the funeral of a very good friend. They were standing by the open coffin when the Doctor said, “I just remembered. I owed Ben \$100.” He reached into his wallet and took out two crisp new \$50 notes and placed them into the coffin.

The lawyer then said, “You have reminded me that I also owed him \$100” and with that the lawyer took five \$20 notes from his pocket and placed them into the coffin.

The banker stood silent for a few minutes before he too said “By gosh, I recall that I also owe him \$100”. The banker then took out his cheque book, wrote a cheque for \$300, dropped it into the coffin and took the \$200 in change.

