



CORINDA BRANCH NEWSLETTER

National Seniors
AUSTRALIA



FEBRUARY 2020

National Seniors Australia provides information regarding topics of interest to seniors and a collective voice to ensure matters concerning seniors are heard. Corinda Branch provides a local face to this National Organisation to enable information to be disseminated and Seniors to join together to socialise and meet friends and to have a bit of fun.

Meetings

- Branch Meetings are held on the 2nd Tuesday of each month February to December.
- We meet at **The Croll Memorial Precinct, Sherwood/Indooroopilly RSL Sub-Branch, 2 Clewley St, Corinda.** (opposite the Services Club)
- Registration at 9.30am for 10.00am start.
- Meeting fee of \$3.00 includes morning tea

Welcome to 2020

Another great year ahead at National Seniors Corinda of good company, interesting speakers, entertainment and of course *questionable* trivia quizzes.

We finished 2019 with a great Christmas Party at the Sherwood Services Club. This is the third year we have had our Christmas Party here and they really look after us in style as well as providing a delicious Christmas Lunch.

Our guests Cr Nicole Johnston and Jess Pugh MP brought us up to date with what is happening in our area and we were treated to a surprise guest, Senior Constable Lisa Easton from Oxley Neighbourhood Police Beat. Lisa is newly appointed to the position and we look forward to seeing her at our meetings this year. She promises to keep us posted on issues relevant to Seniors in our Neighbourhood.



Branch Calendar February to April 2020

Tuesday 11 February	First Meeting for 2020. nbn in your community – Ray Krebs nbn local – Community Ambassador QLD
Tuesday 10 March	Meeting to be held at Regis Chelmer including Lunch. Speaker TBA
Tuesday 14 April	Arthritis Queensland Branch's 30 th Birthday and Sausage Sizzle
Tuesday 12 May	Estate Planning Loan Chow, YHC Lawyers and Ms Jennie McIntosh, KM Smith Funeral Directors.
Tuesday 9 June	TBA
Tuesday 14 July	Hoy Morning
Tuesday 11 August	Annual General Meeting & Lunch
Tuesday 8 September	Sausage Sizzle Speaker TBA
Tuesday 13 October	Bring and Buy Speaker TBA
Tuesday 10 November	TBA Donations for the Christmas Hamper
Tuesday 8 December	Last meeting for 2020 Christmas Party

(While the program is correct at time of printing changes may occur due to unforeseen circumstances)

Climate Change

With the recent devastating bush fires our thoughts turn to the question of climate change.

“The science of climate change is more than 150 years old and it is probably the most tested area of modern science.

The climate of the Earth has always changed, but the study of palaeoclimatology or “past climates” shows us that the changes in the last 150 years – since the start of the industrial revolution – have been exceptional and cannot be natural. Modelling results suggest that future predicted warming could be unprecedented compared to the previous 5m years.

A study using 700 climate records showed that, over the last 2,000 years, the only time the climate all around the World has changed at the same time and in the same direction has been in the last 150 years, when over 98% of the surface of the planet has warmed.

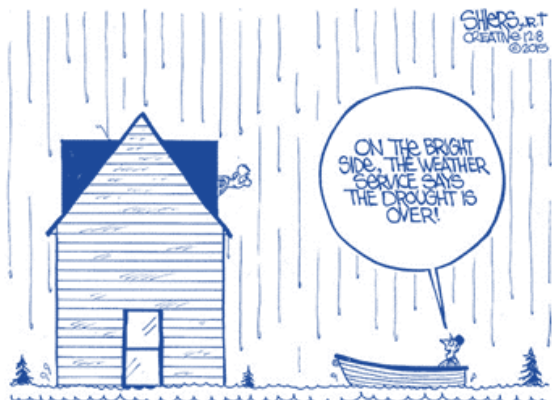
By combining all our scientific knowledge of natural (solar, volcanic, aerosols and ozone) and human-made (greenhouse gases and land-use changes) factors warming and cooling the climate shows that 100% of the warming observed over the last 150 years is due to humans.” By **Mark Maslin**, Professor of Earth System Science, UCL

From the CSIRO

Changes to the climate system have occurred and are likely to continue.

The international scientific community accepts that increases in greenhouse gases due to human activity have been the dominant cause of observed global warming since the mid-20th century. Continued emissions of greenhouse gases will cause further warming and changes in all components of the climate system.

Australia's changing climate represents a significant challenge to individuals, communities, governments, businesses, industry and the environment. Australia has already experienced increases in average temperatures over the past 60 years, with more frequent hot weather, fewer cold days, shifting rainfall patterns and rising sea levels. More of the same is expected in the future.



Observed changes will continue into the future

Research has shown that most of the changes observed over recent decades will continue into the future. Projections suggest that for Australia:

- hot days will become more frequent and hotter (very high confidence)
- sea levels will rise (very high confidence)
- oceans will become more acidic (very high confidence)
- snow depths will decline (very high confidence)
- extreme rainfall events will become more intense (high confidence).

Seasonal-average rainfall changes will vary across Australia.

- In southern mainland Australia, winter and spring rainfall is projected to decrease (high confidence), but increases are projected for Tasmania in winter (medium confidence).
- In eastern Australia, there is high confidence that in the near future (2030) natural variability will predominate over trends caused by greenhouse gas emissions. This means that while the trend is skewing the natural variability towards winter decreases, it will be relatively minor compared to the natural seasonal and annual changes, so continuing to manage for large natural variability will still be appropriate. For late in the century (2090), there is medium confidence in a winter rainfall decrease.
- In northern Australia and northern inland areas, there is high confidence that in the near future (2030), natural variability will predominate over trends due to greenhouse gas emissions. There is low confidence in the direction of future rainfall change by late in the century (2090), but substantial changes to wet-season and annual rainfall cannot be ruled out.

The time in drought is projected to increase over southern Australia (high confidence).

There is high confidence in increasing potential evapotranspiration (atmospheric moisture demand).

There is high confidence in decreasing soil moisture from mid-century in the southern regions (particularly in winter and spring) driven by the projected decrease in rainfall and higher evaporative demand. There is medium confidence in decreasing soil moisture elsewhere in Australia where evaporative demand is projected to increase but the direction of rainfall change is uncertain.

Southern and eastern Australia are projected to experience harsher fire weather (high confidence).

Tropical cyclones may occur less often, but become more intense (medium confidence).

<https://www.climatechangeinaustralia.gov.au/en/>

World Health Organisation's Decade of Healthy Ageing (2020-2030)

The World Health Organisation (WHO) has told us all to get out of our chairs and go run around the house, a bit. Well, not really BUT that would seem to be a good thing to do, if you can, in keeping with the WHO's self-declared Decade of Healthy Ageing (2020-2030).

Healthy Ageing replaces the World Health Organization's previous *Active ageing: a policy framework* developed in 2002. *Healthy Ageing*, like Active Ageing, emphasizes the need for action across multiple sectors and enabling older people to remain a resource to their families, communities and economies.

Healthy Ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives. Everybody can experience *Healthy Ageing*. Being free of disease or infirmity is not a requirement for *Healthy Ageing* as many older adults have one or more health conditions that, when well controlled, have little influence on their wellbeing.

WHO defines *Healthy Ageing* "as the process of developing and maintaining the **functional ability** that enables **wellbeing** in older age". **Functional ability** is about having the capabilities that enable all people to be and do what they have reason to value. This includes a person's ability to:

- meet their basic needs;
- to learn, grow and make decisions;
- to be mobile;
- to build and maintain relationships; and
- to contribute to society.

<https://www.who.int/>



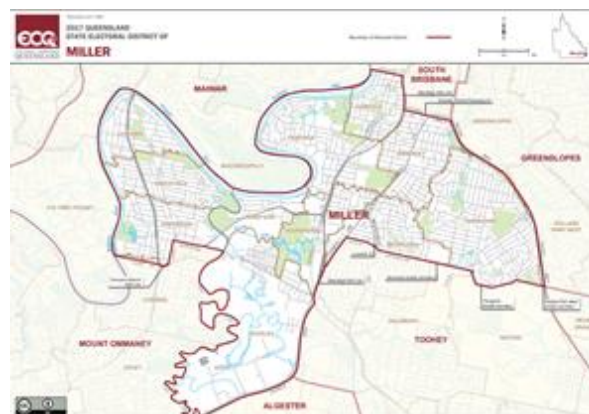
Election Year

2020 is an election year beginning with the Brisbane City Council elections in March and ending with the State Elections in October.

28 March 2020 Local Government Elections
Council Electoral Boundary



31 October 2020 State Government Elections
State Electoral Boundary



Chinese Zodiac

You probably know there are 12 Chinese zodiac animals used to represent years, **2020 is the Year of the Rat**.

Zodiac signs play an integral part in Chinese culture, and can be used to determine your fortune for the year.

According to the Chinese horoscope, the animal ruling a person's birth year has a great influence on personality, and destiny.

Which animal are you?

What Is Your Chinese Zodiac Sign? (Chinese Zodiac Chart)											
Rat	Ox	Tiger	Rabbit	Dragon	Snake	Horse	Sheep	Monkey	Rooster	Dog	Pig
1912	1913	1914	1915	1916	1917	1918	1919	1920	1921	1922	1923
1924	1925	1926	1927	1928	1929	1930	1931	1932	1933	1934	1935
1936	1937	1938	1939	1940	1941	1942	1943	1944	1945	1946	1947
1948	1949	1950	1951	1952	1953	1954	1955	1956	1957	1958	1959
1960	1961	1962	1963	1964	1965	1966	1967	1968	1969	1970	1971
1972	1973	1974	1975	1976	1977	1978	1979	1980	1981	1982	1983
1984	1985	1986	1987	1988	1989	1990	1991	1992	1993	1994	1995
1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031
2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043

Animal Personality Traits

Rat: quick-witted, smart, charming, and persuasive

Ox: patient, kind, stubborn, and conservative

Tiger: authoritative, emotional, courageous, and intense

Rabbit: popular, compassionate, and sincere

Dragon: energetic, fearless, warm-hearted, and charismatic

Snake: charming, gregarious, introverted, generous, and smart

Horse: energetic, independent, impatient, and enjoy traveling

Sheep: mild-mannered, shy, kind, and peace-loving

Monkey: fun, energetic, and active

Rooster: independent, practical, hard-working, and observant

Dog: patient, diligent, generous, faithful, and kind

Pig: loving, tolerant, honest, and appreciative of luxury

What's on at Corinda Library

641 Oxley Road, Corinda - Bookings required. Phone Corinda Library on [07 3407 7701](tel:0734077701) to reserve your place.

Computer skills one (free)

Date & time Wed 12 Feb 2020 11:00am to 12:30pm

Learn how to use the keyboard and mouse, and find your way around a Windows computer. Perfect for the first time user.

Meet T M Clark (free)

Date & time Tue 25 Feb 2020 10:30am to 11:30am

Join T M Clark as she discusses her latest novel, *Cry of the Firebird*. Books will be available for purchase, or bring your copy from home for T M Clark to sign.

Committee Members

Elected Branch Committee

July 2019- August 2020

President: Norma Spinetti

Vice President: Val Spinetti

Secretary: Bronwyn Quinn

Treasurer: Heather Hallam

Publicity Officer: Lorna Norris

Committee Members

Margaret Maynard

Wendy Ostrofski

Ruby McFarlane

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