



PROBUS Global Newsletter June 2021

From the President



For many of us, this is how the world looked by the middle of March 2020 and even now! What is fascinating for me is that by the end of June, many Probus clubs had “grasped the nettle” and were continuing to make considerable efforts to keep in touch with their membership and look after their members’ well-being by involving them in some mental and / or physical activities involving the members to keep them in touch.

It is acknowledged that Probians are creative in adversity and the past eighteen months have demonstrated that. We have had clubs adopt new technologies such as Zoom to keep visually in touch with members, hold picnics in parks with members bringing their own chair and food and enjoying summer weather as well as “phone trees” where club management committee members phoned a small group of members once a week, fortnight or month and then swapped the list around so that the members received calls from another MC member.

Congratulations to all of those clubs that have made the effort to do something. From our business backgrounds, we learned that we must continue to keep in touch with our members. What has also been heartening has been to hear of clubs inducting new members into their midst during this time. Well done.

The next months will also be a test for clubs. With the relaxation of restrictions in terms of numbers in a venue, clubs will have to face the prospect of coping with physical distancing requirements. Of more importance though, are the requirements for respiratory health. This might mean no air conditioning or fans in buildings as we come into summer. Research is pointing to the importance of protection from micro-droplets (1-5 microns or a 1/20 of the width of a human hair) which apparently can float in the air for some time. This impacts on our having speakers, speaking with one another in close proximity and even to those clubs that sing. No doubt the Health Departments around the world are considering these risks too.

In the meantime, Probus needs to continue. Probus is an important means in our lives of overcoming that sense of isolation and separation from families. The challenge of all Probians is how to make the best of the freedoms we have and I suggest more fun with members, less officialdom, more fellowship opportunities and a whole lot of friendship at our gatherings – socially distanced of course.

Regards and stay safe - President Shirley Roberts

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The Effects of the COVID-19 Pandemic on PROBUS Clubs in Canada.

by Bob MacNair President PROBUS CANADA and
Marlene Pearce
Liaison between PROBUS CANADA and PROBUS Global

As of May 30th, 2021, Canada reported a total of 1,376,734 cases of COVID-19 with 25,478 deaths.

The last year has been very challenging for all of us due to the COVID-19 Pandemic. Since March of 2020, PROBUS Clubs across Canada were unable to hold "in person" meetings with only a few exceptions. As our PROBUS Clubs were founded on the "principle of fellowship", it has been especially disappointing for all of us that we cannot meet our fellow members "in person".

To help cope with these challenges, Ontario District 4 Director, Martin Capper, and PROBUS Club of Cambridge (Ontario) Member, Dan Clements, initiated our Zoom Support Program. This Program has been very successful. We have 21 Mentors who have volunteered to help our Clubs across the country use Zoom as a way of reaching Club Members with Monthly Meetings and several Club activities like Book Clubs, Trivia Nights, Bingo, Wine-tasting, Happy Hours, Coffee Chat Groups, Card Games, Cooking Clubs, etc.

The Zoom Support Team is helping Clubs learn about possibly

holding "Hybrid Meetings" in the future. These are Meetings where a limited number of Club Members could meet in their usual venue "in person", while other Club Members would continue to participate via Zoom. Of course, we all look forward to the day when we can all again meet "in person".

We congratulate the leadership of our Club Presidents and Members of Management Committees who have continued to serve their memberships by regularly contacting members via emails, "phone contact programs", and Monthly Newsletters which share recipes, puzzles, humour, recognition of Birthdays etc. and also include pictures of outdoor activities that follow the protocols of Provincial and Health Region Guidelines.

Our total Membership numbers dropped from approximately 40,000 members in 2020 to approximately 37,000 members in 2021 and one Club surrendered its Charter. Although we did lose a significant number of members, 49 of our 255 Clubs actually reported an increase in Membership. In early 2020, we had Chartered two new Clubs, one in February and one in March. In March

there were 6 to 8 new Clubs in the process of becoming members of PROBUS CANADA. These were all put on hold until we return to more normal times.

PROBUS CANADA has created a Sub-Committee that will focus on helping Clubs re-open and will keep Clubs in all Provinces informed as to National and Provincial Guidelines and Protocols regarding meeting in groups both indoors and outdoors.

One positive result of Covid 19 is PROBUS Global. Through Zoom we have found a new way to keep ourselves active and socially involved with fellow Probians. Special thanks go out to the Newmarket ON Club who took the lead position by hosting PROBUS Global meetings on Zoom. They have helped set up, and managed to create, a friendly atmosphere that has opened up communications around the world. *By joining PROBUS Global, you immediately have 550+ new Probian friends that you may contact via e-mail through the PROBUS Global system.*

This has been a great asset to all of us as we emerge from this protracted pandemic.

ROLE OF SENIORS' IN THE SOCIETY by Ram Mukherjee. Probus club of Hyderabad (India)



The increasing presence of older persons in the world is making people of all ages more aware that we live in a diverse and multigenerational society.

Aging has developed a connection with many global agenda. It will play an increasingly prominent role in the way the society interacts with economic and social welfare institutions, family and community life and the roles of women.

When judicious investments are made in advance, experts suggest that aging can be changed from a drain on resources to build-up of humane, social, economic and environmental capital. Older persons should remain integrated in society, seek and develop opportunities for service to the community and to serve as volunteers in position appropriate to their interests and capabilities. The "package" of knowledge, wisdom and experience that so often comes with age is part of inner awareness that cannot be traded, sold and stolen. It should be however activated, amplified and utilized in all crossroads, fields and storefronts of society and in the windows of our creative imaginations. One of Canada's foremost specialists on aging and health of Canada's

senior citizens says that a good dose of volunteer activity is a secret ingredient that can keep people healthy and fulfilled in their senior years. Dr. Neena Chapple, Director of the Center of Aging at the University of Victoria, asserts that the 'social support' that volunteers receive when they are engaged in volunteer activity is linked to their health and sense of well-being. The paper confirms the social interaction does have an impact on quality of life and mortality. The literature reveals that isolated individuals tend to die younger and that social engagement can help mediate the effects of stress in our lives. *It is important for the senior citizens to take a role in making the world better for the next generation.*

PROBUS BELGIUM in COVID-19 times: *alive and active in a different way!*

by Gauthier De Brabandere

President 2019-2021 PROBUS BELGIUM



We have no hesitation in believing that PROBUS members and PROBUS clubs have been affected everywhere in the world as the pandemic has created havoc on all continents. Belgium did not "escape" in 2020, nor in 2021. I was asked to comment on the Covid impact.

The first lockdown was initiated in Belgium on March 13th 2020; a second would follow in the fall. After holding well the Belgian community was hit by a third wave which is gradually being relaxed at this moment.

The consequence for PROBUS clubs has been that very few club meetings were held after March 13th 2020; a few clubs met in the summer of 2020, but most delayed starting again, ... and the re-start is yet to come. Likewise ... all meetings at regional or national level were postponed by two years. I will not get into the details of the lockdown measures. They were strict and severe, but not as drastic as the ones experienced by our son and family in Melbourne!

Let me highlight the positive aspects of the covid 19 pandemic first.

The covid pandemic has proven the value, the necessity, the importance, and the "raison d'être" of PROBUS. It increased the awareness that we really miss our friends when we cannot meet them. We all realised we were eager to meet because we

missed our meetings, we thoroughly became aware that we look forward to get together, to have a conversation, to debate, to enjoy our activities.

The second positive effect: many members and committees experienced a spurt – or should I say an explosion - of creativity of their "little grey cells". This generated a great variety of initiatives to organise contacts by phone, meetings with zoom, teams, or other ..., meetings in the park, walking together in small numbers, at least one club organised a rally which could be done in the own "bubble" or alone. Many clubs created newsletters covering history topics, poetry, suggestions of individual activities, etc... The list and the variety are endless.

Several clubs combined their zoom meetings with a meal delivery at home by their usual restaurant; they held the get together in front of their pc screen, toasted to each other's health, exchanged thoughts, news or wits, and then enjoyed their meal. The good side effect was that they were providing support to the caterer at the same time. Other clubs organised the distribution of Christmas, New Year or Easter gifts (chocolates, home-made biscuits, a bottle of champagne).

On the other hand the pandemic hit the PROBUS generation pretty hard, particularly in 2020. Several friends became ill and unfortunately "did not make it" – substantially more than usual. The fact that attendance to funerals was limited to next of kin, that close contact was prohibited ... created a lot of distress. We are all so used to show our commitment to family

and friends, and could not at such a crucially emotional time.

Now that vaccination is well under way (at present approximately 50% of the adult population have received a first vaccine) the government has begun to draw plans to relax the strict measures, and hopes are high that the summer will allow travels to summer destinations without bringing in a wave of contaminations. And hopefully not the delta version, which seems to be more difficult to combat.

This means that clubs are cautiously planning to restart their usual activities after the summer. More "daring clubs" will test the re-opening of restaurants as of June 9th 2021. Most PROBUS clubs will wait until September to plan the get togethers in their traditional restaurants.

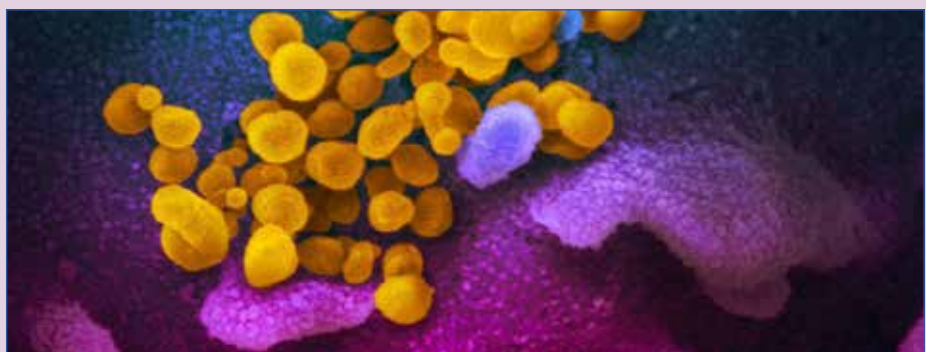
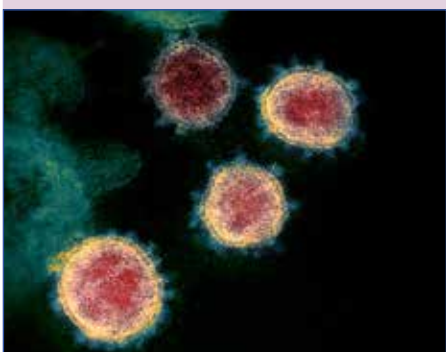
The PROBUS National Committee regrets the additional loss of friends, the suffering of members or families, but is at the same time grateful that not a single club was lost so far. We are delighted about the initiatives taken, the planning that is now emerging again, and the news reaches us that plenty of clubs are ready to accept new members. Despite the covid impact in 2020, we could welcome one hundred and thirty new members, a gratifying surprise. Yes, PROBUS BELGIUM is alive and kicking.

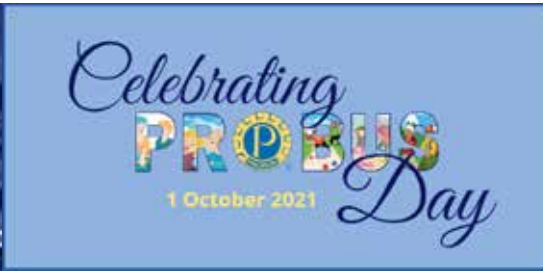
My appreciation is extended to all PROBUS members, their families and friends, and the club committees for keeping up the PROBUS spirit, and sharing their enthusiasm. Long live PROBUS!

Many greetings to all readers of PROBUS GLOBAL Magazine.

The Enemy - the coronavirus

According to the World Health Organization, coronaviruses are a large family of viruses found in both animals and humans. This virus is zoonotic in nature i.e. it is transmitted from animals to humans. A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans.





PROBUS DAY in Australia and New Zealand - a background to planning a national celebration

by Silvana Martignago Chief Executive Officer Probus South Pacific Limited

Background

Last year PSPL agreed and endorsed the declaration of a specific day as *Probus Day*, being the first of October each year. This date acknowledges the *United Nations Day of Older Persons* which was declared by the UN over 30 years ago as an opportunity to highlight the important contributions that older people make to society.

When initially planning this event, PSPL had envisaged that the inaugural Probus Day and the month of October 2020, would be centred on inviting retirees and semi retirees to experience Probus for a Day. Joining members and the public (potential members) together at a meeting or event.

The inaugural annual celebrations held in 2020 were adopted by Probus representatives and Clubs around Australia and New Zealand with enthusiasm, but in many instances and locations, celebrations were constrained due to COVID-19 government restrictions.

Activities varied widely, examples include the lighting of public buildings and bridges in Probus colours (blue and gold), window displays in vacant retail spaces, flying Probus flags on government buildings and numerous Club celebrations with decorations, cakes and attendees wearing blue and gold.

The range of activities undertaken for *Probus Day 2020* by Clubs and Associations provide inspiration and encouragement for the year ahead.

The Purpose and Benefits of Celebrating Probus Day

Probus Day is an opportunity to remind our members and the wider community of the importance of the social connections and support Probus provides its members.

Probus Day activities have the potential to create greater community awareness of Probus and to attract increased membership enquiries for local Clubs where they are seeking to increase and strengthen their Club's attendances.

A worthwhile objective for promoting *Probus Day* is to build better relationships with our communities and the people who live around us. While COVID-19 disrupted Clubs and their activities last year, this objective is looking more achievable in 2021, with widespread vaccinations and continued easing of restrictions.

Probus Day Theme

Throughout the pandemic, many of our members stayed active and connected through Probus. To highlight the importance of staying connected - it is appropriate that this year's *Probus Day* theme is centred on the positive social connections that Probus provides. The theme

CELEBRATE PROBUS - DO A FRIEND A FAVOUR

will hopefully call our members into action – asking them to do their friends a favour by helping them to join, stay

engaged and connected through their local Probus Club.

Our Relationships with Governments

Our initial (2020) approach to politicians to acknowledge and support our inaugural *Probus Day* resulted in a positive and powerful outcome, with the production of a video with testimonials and positive recognition of Probus by representatives of all political persuasions.

Although we maintain and adhere to our non-political stance, securing government support is not contrary to our constitution – it is non-partisan and is a mutually rewarding association. Regardless of their political affiliation, the common thread last year among all government representatives was that they understand and value the important role that Probus plays in helping older Australians stay engaged and connected.

In 2021 we will encourage national, state and territory politicians to issue media releases and make speeches, particularly those responsible for government departments, that focus on communities, health, older people and retirees.

On a local level, we will be reliant on our valued membership representatives to initiate engagement with elected representatives and community leaders which may generate media interest with radio and television stations as well as newspapers and on-line media outlets.

As you are aware, there are significant tactical benefits in advancing relationships with your local elected government representatives and public servants, seeking their support and utilisation of their communications channels and resources such as websites and newsletters, as well as printing and photocopying. Local politicians may also be agreeable to provide funding to assist with staging a function or a prize for *Probus Day* events.

To maintain clear and consistent statements and messaging when approaching government for support, PSPL will provide sample communications (letters & emails) for Club representatives to seek support from local politicians.

Over the coming weeks and months, PSPL will be:

- Writing to Clubs with a variety of concepts to assist with creating their own celebrations
- Writing to Federal and State Government seeking their endorsement and support
- Writing to key media outlets seeking their support
- Providing material to Clubs for use in their own local promotion
- Providing content to Clubs to assist in sourcing financial support from local councils or businesses for their consideration

We hope that over the coming days and weeks you will contact Clubs in your area and talk about *Probus Day* and provide guidance to help them mark this day in some way, shape or form.

Any feedback or ideas that you have on what else we can be doing to help you, please let us know.

Yours in Probus friendship
Silvana Martignago



Hello to all my Probian friends from all over the world.

I am Jacques P. Nollet, the international relations officer of PROBUS France and work with the PROBUS clubs in the north of France.

Here is a short presentation of PROBUS France and of the club PROBUS VAL DE LYS in the north of France to whom I belong.

The first PROBUS club in France has been created in 1991 by a group of friends among them were some Englishmen in le Touquet, on the seaside opposite to England.

Since that time, PROBUS has remarkably expanded in France and we are now 1270 members in 61 clubs.

Each club has in average 20 members, which is few compared to our Belgian friends that have often clubs of 35 to 40 members.

We have a strong concentration of clubs in the north of France (40 clubs) but since a few years, Probus spread out in the south with clubs in Lyon, Marseille, Nice and Toulouse.

The national organisation of Probus in France is the following: a board the mandate of which is annual, composed of the following management team:

- One President: Philippe Cattyn,

- elected for 1 year renewable once
- The past President: Didier Decarne
- 2 Presidents of areas Hervé Scrive for the south of France, in charge of the animation of 22 clubs. Myself for the north and the west of France, in charge of 39 clubs.
- One Secretary: Jean-François Loridan
- One Treasurer: Hervé Gimbert
- One person responsible for the communication: Bruno de Carbonnières
- 2 persons responsible for the international relations: Jean-François Guinet and myself
- 2 persons responsible for the interclub relations: Philippe Delacour for the south part of France and Hervé Gimbert for the north.
- And a college of 10 experts for various functions such as the development of the yearly directory, our web site, correspondence, etc...

Year after year, we have continued to develop strong relations with our Belgian friends and many French clubs and Belgian clubs have now twinned. For example, when a French club wishes to make a trip in Belgium, they are always wonderfully welcomed by the Belgian clubs that show them the treasury of their region and we (French) wish to be able soon to help the Belgian clubs when they will travel in France.

The board of PROBUS France organize once a year a conference addressed by a well-known lecturer on a topical subject. We have a website, at the service of the members, in which each club can inform about the coming conferences and or make

a report on the travels they made. (Probus-France.org)

In France, the PROBUS club members gather usually once or twice a month for a lunch in a restaurant. At the end of the lunch, every member has the opportunity to talk on any subject for around 3 minutes.

Each club organize 1 or 2 conferences a year. Members of the other clubs of the area are generally invited.

Normally, each club organize a trip with the wives.

The original features of Probus France are:

- That we are clubs only for gentlemen, no ladies so far. That let our Belgian friends laugh because for years most of their clubs are mixed.
- That some clubs are ageing and it is difficult for them to recruit new members of 65 when the average age is over 80.

In the club to which I belong, there are 23 men, aged from 90 to 64 years old, and we live in a perfect harmony.

Each year, we elect a vice-president who will be the president in the following year. His board is composed of a Treasurer, a Secretary and 2 or 3 other members of the club. We have our meetings twice a month in a restaurant. Every year, we have 2 or 3 talks made by a member of the club and we have one journey with our wives. In 2019, we went to Berlin, Germany.



In summer 2020, some clubs in Northern Ireland met outdoors. In the south of Ireland, again, a few clubs met in draughty rooms for a few months during the summer. Most clubs have not met at all to this date from March 2020.

We have lost one or two clubs but the rest are alive; keeping in touch

COVID-19 Impact on Probus in Ireland

by Aodh Bourke District Probus Liaison Officer (South)

by text, phone calls, newsletters and Zoom but with the age profile here not everyone is in favour of Zoom.

District Probus Liaison Officers Sam Crowe and myself, Aodh Bourke, are keeping in touch as best we can and are producing the Annual Probus Directory. Most club officers from 2020 have stayed in office for 2021. We, Sam and I, have sent out a newsletter and notifications of interest by email to club officers and have maintained the Probus Ireland web site – www.probusireland.com.

Virtually all Probus members, north and south, have been vaccinated at this stage but because of government guidelines on meetings, clubs have been unable to meet. We reckon it will be autumn before we see a possible return to meetings, but it's 'up in the air' until we see how the summer months go. People in our age bracket are being very cautious as the hospitals, both north and south, have been stretched to cope in ICUs.

POST-COVID Planning - The Australian Experience - Rob Neary

Australia is fortunate that it is an island and a long way away from the major centres of Covid-19 but it didn't prevent the disease from arriving and the various state and federal governments issuing lockdowns for a variety of periods. The longest was from March 2020 when little was known about the disease. The Probuss Association of Queensland (PAQ), an association of Probuss Clubs in Queensland, was concerned that clubs would close as a result of Covid fears and that Probuss would be impacted heavily by the lockdowns. PAQ set about developing some checklists to assist clubs "come back" after the lockdowns were relaxed. These checklists were useful in assisting clubs find new venues as Covid - restrictions resulted in many previously-used venues no longer able to meet the new social-distancing restrictions. The lists were developed and submitted to Probuss South Pacific Limited, the head office of Probuss in Australia, and they, in turn, modified them slightly for each state and circulated them to all clubs in Australia. PAQ presents them here in the hope that they may assist our fellow clubs around the world to plan for their post lockdown meetings.

PROBUS Meetings Checklist

Venue – Low to Medium Risk

Venues used previously may no longer be available for PROBUS meetings. Venues owned and managed by 3rd parties will have their own schedule and requirements for allowing community group use. Assessment of the size of the venue will need to be undertaken to ensure there is sufficient space to meet the requirements of social distancing. Social distancing requirements extend from the general seating, to the food handling, and mingling. The venue may have a requirement that the venue and equipment require deep cleaning. You should also plan to provide hand sanitizer stations for entry and exit.

Venue Availability			
Is the usual venue available for use	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is alternative venue available	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a budget for any additional cost for the regular venue or alternative	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Venue Space, Entrance & Exit Points			
Is the usual venue large enough for social distancing requirements	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Can the venue accommodate your current members with social distancing	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there sufficient space for members with mobility issues e.g. scooters	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a separate Entrance and Exit	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a hand cleaning station at the Entrance and Exit	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Cleaning – Prior to and Post Meeting			
Does venue owner require the Probuss Club to do any deep cleaning	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Can your Probuss Club arrange to do the deep cleaning if required	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a list for the venue of what needs to be deep cleaned	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for such an additional deep cleaning cost	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is hand sanitizer to be supplied for Probuss Club members to use	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a budget for maintaining hand sanitizer supplies	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Seating – Low Risk

Social distancing will need to be considered in the organizing of attendee seating. Current requirement is 1.5m around each person. Fixed seating may require alternate empty seats to be placed. Non-Fixed seating allows more flexibility to implementing the social distancing requirements. Member mobility issues with aids such as walkers and

scooters will place an extra demand on space for moving around the venue.

Availability

Is the usual venue suitable for use - floor size exceeds N° of members x 2m ²	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is alternative venue more suitable	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there an additional cost for using the regular venue or alternative	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there sufficient seating space – allow 1.5m L to R, Front & Back of member	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Has additional spacing/seating been organised for venue	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there Club budget for additional venue costs	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is seating at venue moveable	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there sufficient space for members with mobility issues e.g. scooters	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Cleaning			
Does the seating need to be cleaned before and after use	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Have you planned who will do any required in-meeting cleaning	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for additional cleaning costs	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Meals – Medium to High Risk

If meals such as “morning tea” is provided, special provision will need to be made for both the handling of the food and social distancing. Access to the food and the subsequent socializing of members will need to ensure the required social distances between members is maintained. Personal Protective Equipment (PPE) will need to be made available for food handlers.

Food Handling

Are the usual food supplier/s available	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is the current food supplier able to meet Covid-19 Food Handling Rules	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there an alternative supplier able to meet Covid-19 Food Handling Rules	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for additional costs for regular food or alternative supplier	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Will disposable cutlery and plates be used	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for the additional cost of disposable items	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Will non-disposable cutlery and plates be used	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you have capacity to deep clean cutlery and plates	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Personal Protective Equipment (PPE) is planned for food handlers	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for the additional cost of PPE items	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Queensland Health guidelines will be fully complied with for food handling	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Social Distancing

There is a suitable space for food serving with social distancing requirement	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a plan for keeping members social distanced for food consumption	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Members – Medium Risk

Not all members may be prepared to attend meetings. Clubs should consider what alternatives can be offered to those members not prepared to attend. With social distance requirements, there will be a limitation on the number of members who can attend a meeting. If the venue cannot accommodate all the members, club should consider the appropriateness of recommending meetings. Clubs must have an Incident Plan, should an attendee be tested as positive after a meeting. This should include how attendees will be advised, notifying the venue owner etc.

Numbers			
Do you know the maximum number of members for the venue	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Do you know how many members won't attend	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Non-Attendees			
Will you require non attendees to submit Absentee note	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Process for keeping members social distance during food consumption	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for additional cost for providing to non-attendees	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Incident Responses			
Is there a plan should an attendee test positive after meeting	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Speakers – Low to Medium Risk

Speakers, both internal and external, are valuable to PROBUS meetings. Internal or member speakers are a relatively low risk to the other members. External speakers however are a higher risk. External speakers may not be available for meetings, they may wish to bring resources, handouts etc. to the meeting. The external speakers will need to be added to the attendee numbers to ensure the total number remains within Government guidelines.

External Speakers			
Are external speakers being sought by the Club	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there any specific cleaning required for the speaker e.g. microphone	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there an impact on the maximum numbers in meeting e.g. social distancing	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Internal Speakers			
Are there members available to speak	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there any specific cleaning required before speaker e.g. microphone	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there an impact on the social distancing e.g. speaker too near Executive	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Trips – High Risk

Trips are an important part of PROBUS but are also high-risk events. Careful consideration to the requirements of social distancing, in both the transport stage and at the end point, needs to be given. Numbers may need to be limited and there could be additional costs involved. Due to the risk, clubs should consider if this form of activity should/could be temporarily suspended/replaced.

Destinations			
Are members willing to undertake trips	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is travel permitted to the location	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a maximum number of visitors allowed at destination	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Transport			
Is suitable transport available e.g. numbers of cars or buses	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Is there a plan for social distancing on transport	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Does transport limit the size of group to attend	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for the additional cost of transport	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Activity on Site			
Risks to members have been identified at the location	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a maximum number of visitors for each activity at site	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there food service at site	Yes	<input type="radio"/> No	<input type="radio"/> NA
Do they follow the Queensland Health Food Handling & Service guidelines	Yes	<input type="radio"/> No	<input type="radio"/> NA

Items for Sale & Activity Booking Areas at Club Meetings – Medium to High Risk

Many PROBUS clubs offer various items for sale and donations for members to take or buy. These items have the potential to introduce the risk of contamination. Due to the risk, clubs should consider if this activity should be temporarily suspended.

Food & Books Items for sale or exchange

Will homemade items, such as food, and books be offered for sale/exchange	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Will books be sanitized before sale/exchange	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Will new donations be accepted	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Will new donations need to be sanitized	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Spacing

Is the venue large enough to meet social distancing rules at sale tables	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Will social distancing places be marked at sale tables /floor around tables	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Deep Cleaning

Has the sales area been deep cleaned	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there a list of what needs to be deep cleaned in sales area	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Have you determined who will do the cleaning in these areas	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for additional cost	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is hand sanitizer to be supplied in these areas	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there an additional cost to members	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

Sales Area Entrance and Exit

Is there a separate Entrance and Exit for sale areas	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
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Money

Will cash be accepted (high risk item especially coins)	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
How will be cash be sanitized	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is EFTPOS or IOU to be used	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is additional PPE to be provided	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA
Is there budget for additional cost	<input type="radio"/> Yes	<input type="radio"/> No	<input type="radio"/> NA

The Probus Association of Queensland (PAQ) was very concerned that many of our older clubs would find it difficult to translate the checklists into a plan for their club to return to meetings, especially after there had been a series of lockdown following community transmission events being detected. The Australian Government encouraged industry groups to develop Covid-safe plans for use by organisations in those industries. PAQ set about developing the accompanying Covid-Safe Plan for Probus Clubs as a way forward for all of the Queensland Probus Clubs which were affiliated with it. PAQ also made this plan available to PSPL, which again adapted the references to Queensland Health to each of the state Health Authorities and circulated the Plan to both Australian and New Zealand clubs. The final part of the post-covid planning was the development of a Covid Incident Report as a way of guiding clubs in what to do if a Covid incident occurred in a Probus Club. This was also circulated to all clubs after appropriate modification. It is my hope that these tools will prove useful to those clubs now enduring lockdowns and trying to navigate a way through their local requirements for restarting meetings. PAQ offers the following plan to all Probus Clubs - changes will need to be made for local Health rules. Rob Neary President PAQ

COVID Safe Plan: A Voluntary Plan for Probus Clubs

As at 30th August 2020 – commencing from 12 noon

A guide for COVID Safe Probus Clubs

This general checklist is for those clubs not required to have a COVID Safe Checklist under the Restrictions on Businesses, Activities and Undertakings Direction. If your club uses a venue in a restricted business or industry such as a hotel, licensed club, café or restaurant, please use the appropriate mandatory COVID Safe Checklist for your club type.

1. Check your club can operate

- Check the Queensland Government's COVID-19 website at www.covid19.qld.gov.au for the current Chief Medical Officer Health Directive to confirm you can operate your club and whether any specific restrictions apply such as numbers in a venue.
- If your club has been closed, check the condition of all equipment and any facilities are fully functioning, such as gas, electricity, toilets, and hand-washing facilities. Ensure any food and/or beverages stored at your club venue have not been contaminated or are now out of date.
- Ensure that you have adequate hand sanitising equipment and/or adequate soap and water stations as well as any required Personal Protective Equipment (PPE) for your club members.

2. Wellbeing of members and guests

- Direct members and guests to stay at home if they are sick, and to go home immediately if they become unwell.
- Require them to be tested for COVID-19 if they have any symptoms of acute respiratory disease (cough, sore throat, shortness of breath) or a fever or history of fever. They must remain in isolation at home till they get a negative result for COVID-19.
- Consider the safety risks of the venue and manage these using Personal Protective Equipment (PPE) where required.
- Implement measures to maximise the distancing between members and guests to the extent it is safe, as defined by the Chief Medical Officer of Queensland, and practical and minimise the time that members and guests are in close contact.
- Appoint a club member to act as the club Covid Officer for the period of the pandemic and ensure adequate information and training.
- Where it is practical, and safe to do so, review tasks and processes that usually require close interaction and identify ways to modify these to increase social distancing between members and guests e.g. any stalls selling goods, morning teas, BBQs, etc.
- Introduce work from home arrangements where members, and guests, are able to work from home, undertaking tasks such as administrative work where no face to face contact is required.

- Modify processes behind the counter (especially in kitchens) to limit members and guests as much as possible having to be in close contact. Assign members and guests to specific areas to minimise the need to go into other spaces and time breaks to ensure social distancing can be observed.
- Consult with members and guests on COVID-19 measures in the venue and brief members and guests with any changes to club procedures, tasks and practices and appropriate cleaning and disinfection practices at the venue.
- Put signs and posters up to remind members and guests and others of the risk of COVID-19.

3. Social distancing

- Place signs at entry points to instruct members and guests not to enter the venue if they are unwell or have COVID-19 symptoms. The sign should state that club has the right to refuse entry and must insist that anyone with these symptoms leaves the premises.
- If practicable set up separate exit and entry points to minimise contact.
- Implement measures to restrict numbers within the premises in accordance with the latest Chief Medical Officer Health Directive. Currently, this means maintaining a maximum of 50 people at any one time, in addition to staff, and ensuring an average distance of 4 square metres per person. However, in accordance with the latest Chief Medical Officer Health Directive, for smaller venues below 200 square metres, clubs can have one person per 2 square metres up to 50 persons at a time.
- Ensure social distancing by placing floor or wall markings or signs to identify 1.5 metres distance between persons for queues and waiting areas or in accordance with the latest Chief Medical Officer Health Directive.
- Consider using physical barriers where practical, such as plexiglass around serving counters.
- Remove waiting area seating or space seating at least 1.5 metres apart or in accordance with the latest Chief Medical Officer Health Directive.
- Limit the use of cash transactions by encouraging members and guests to use tap and go, direct deposit or other contactless payment options.
- Limit walk-in visits and interaction at the reception area through the use of online/phone bookings.
 - If members or guests need to travel together in the same vehicle:
 - encourage passengers and drivers to spread out, using front and back seats;
 - members should only handle their own equipment and bags where possible;
 - have processes to clean the vehicle hand touch areas at the end of each journey with a detergent/disinfectant;
 - encourage members to set the car air-conditioning to external airflow rather than recirculation.
- Have strategies in place to manage gatherings that may occur immediately outside the premises.

4. Hygiene and cleaning

- Ensure members and guests are provided with hand washing facilities or appropriate alcohol-based hand sanitisers. Alcohol-based hand sanitiser containing at least 60% ethanol or 70% iso-propanol are recommended.
- Members and guests and staff must not be barefoot.
- Where members and guests and staff were previously required to use masks and gloves to control for risks other than COVID-19 infection (e.g. dust exposures), they must continue to do so. For controlling the risk of COVID-19 infection, masks and gloves may be considered as part of a range of controls.
- Instruct club members and guests to practise good hygiene by frequently cleaning their hands. Hand washing should take at least 20 to 30 seconds. Wash the whole of each hand, covering all areas with soap before washing with water. If hand washing is not practical, alcohol-based hand sanitiser containing at least 60% ethanol or 70% iso-propanol is recommended.

- Reduce the sharing of equipment and tools, remove shared books/ magazines from common areas e.g. gavels, bells, computer equipment, microphones, etc.
- Refrain from using product samples or printed literature which have been handled by more than one member. Members and guests should refrain from any unnecessary contact with items they are not purchasing or taking with them.
- Refrain from offering communal refreshments such as self-serve morning teas or water stations.
- Clean frequently touched areas and surfaces, at least hourly, with detergent or disinfectant (including shared equipment and tools, EFTPOS equipment, tables, counter tops and sinks).

5. Deliveries, contractors and non-meeting visitors attending the club venues

- Where practical, direct delivery drivers or other contractors visiting the premises to minimise physical interaction with members and guests.
- Use electronic paperwork where practical. If a signature is required, discuss providing a confirmation email instead, or take a photo of the goods onsite as proof of delivery.

6. Review and monitor

- Regularly review your systems and procedures to ensure they are consistent with the current and in accordance with the latest Chief Medical Officer Health Directives and advice provided by Queensland Health authorities.
- This checklist is a key part of your COVID Plan as outlined on the WorkSafe website.
- Publicly display this signed checklist as evidence that you are a COVID Safe club.
- Keep up to date and find additional guidance at www.covid19.qld.gov.au and www.worksafe.qld.gov.au.

Name of Club President: _____

Signature and Date: _____

Name of Club Covid Officer: _____

Signature and Date: _____



LITTLE KNOWN OCCUPATIONS #237



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Ed Wellersby

Assembly line worker who puts the bugs in new automobiles

Old Guy Classmates

A group of secondary school classmates discuss where they should meet for dinner on the night before their 20 year reunion. Finally it is agreed they should meet at Charlie's restaurant because the waitresses there have low cut blouses and nice breasts.

10 years later, at the time of their 30 year reunion, the group once again discusses where they should eat the night before their reunion. Finally it is agreed they should meet at Charlie's because they have a two-for-one special on drinks.

10 years later, at the time of their 40 year reunion, the group once again discusses where they should eat the night before their reunion. Finally it is agreed they should meet at Charlie's because the food there is very good and the wine and beer selection is good, also.

10 years later, at the time of their 50 year reunion, the group once again discusses where they should eat the night before their reunion. Finally it is agreed they should meet at Charlie's because they can eat there in peace and quiet and the restaurant is smoke free.

10 years later, at the time of their 60 year reunion, the group once again discusses where they should eat the night before their reunion. Finally it is agreed they should meet at Charlie's because the restaurant is wheel chair accessible and they even have an elevator.

10 years later, at the time of their 70 year reunion, the group once again discusses where they should eat the night before their reunion and agrees they should meet at Charlie's because they have never been there before.



A little more humour

Jail Mail

A prisoner in jail receives a letter from his wife: "Dear Husband, I have decided to plant some lettuce in the back garden. When is the best time to plant them?"

The prisoner, knowing that the prison guards read all mail, replied in a letter: "Dear Wife, whatever you do, do not touch the back garden. That is where I hid all the money."

A week or so later, he received another letter from his wife: "Dear Husband, You wouldn't believe what happened, some men came with shovels to the house, and dug up all the back garden."

The prisoner wrote another letter back: "Dear wife, now is the best time to plant the lettuce."

Sherlock Holmes and Dr Watson

were going camping. They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the stars, and tell me what you see." Watson replied: "I see millions and millions of stars."

Holmes said: "And what do you deduce from that?"

Watson replied: "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like Earth out there. And if there are a few planets like Earth out there, there might also be life."

And Holmes said: "Watson, you idiot, it means that somebody stole our tent."

The Widow at a Farmhouse

Jack decided to go skiing with his buddy, Bob. They loaded up Jack's station-wagon and headed north. After driving for a few hours, they got caught in a terrible blizzard.

They pulled into a nearby farmhouse and asked the attractive lady of the house if they could spend the night.

"I'm recently widowed," she explained, "and I'm afraid the neighbors will talk if I let you stay in my house."

"Not to worry," Jack said, "we'll be happy to sleep in the barn."

Nine months later, Jack got a letter from the widow's attorney. He called up his friend Bob and said, "Bob, do you remember that good-looking widow at the farm we stayed at?"

"Yes, I do."

"Did you happen to get up in the middle of the night, go up to the house and have sex with her?"

"Yes, I have to admit that I did."

"Did you happen to use my name instead of telling her your name?"

Bob's face turns red and he said, "Yeah, I'm afraid I did."

"Well, thanks! She just died and left me everything!"

This morning on the way to work I wasn't really paying attention and I drove into the back of a car at some traffic lights.

The driver got out and it turned out he was a dwarf.

He said, "I'm not happy."

I said, "Well, which one are you then?"

Doctor: "I am not exactly sure of the cause. I think it could be due to alcohol."

Patient: "That's ok. I will come back when you are sober."

Poem about the Coronavirus

Jan Beaumont

I'm normally a social girl
I love to meet my mates
But lately with the virus here we can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.
They'll never know the things we did
Before we got this old
There wasn't any Facebook
So everything was told
We may seem sweet old ladies
Who would never be uncouth,
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.
Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?
We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside

for 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me

I'd while away the hour

I'd bake for all the family

But I've got no flaming flour!

Now Netflix is just wonderful

I like a gutsy thriller

I'm swooning over Idris

Or some random sexy killer.

At least I've got a stash of booze

For when I'm being idle

There's wine and whisky, even gin

If I'm feeling suicidal!

So, let's all drink to lockdown

To recovery and health

And hope this awful virus

doesn't decimate our wealth.

we'll all get through the crisis

And be back to join our mates

Just hoping I'm not far too wide

To fit through the flaming gates!





A little more humour



If I dropped something when I was younger, I just picked it up.
Now I'm older and I drop something, I stare at it for a while, contemplating if I actually need it anymore.



EVERYTHINGFUNNY.ORG

The Weather Channel said dress for the mid 70s today.



Who's idea was it to sing "Happy Birthday" while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.

My husband purchased a world map and then gave me a dart and said, "Throw this and wherever it lands that's where I'm taking you when this pandemic ends." Turns out, we're spending two weeks behind the fridge.

I never thought the comment "I wouldn't touch them with a six-foot pole" would become a national policy, but here we are!

What's the difference between COVID-19 and Romeo and Juliet? One's the coronavirus and the other is a Verona crisis.

Being quarantined with a talkative child is like having an insane parrot glued to your shoulder.

Ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg, tomorrow remains to be seen.

I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.

You know what they say: feed a cold, starve a fever, drink a corona.

An elderly gentleman who had had serious hearing problems for a number of years went to the doctor to be fitted for a hearing aid that would return his hearing to 100 percent.

The elderly gentleman went back for further tests a month later and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

To which the gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

