

Nil Desperandum

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Isolated but not alone



Moralee 2017

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Improving mental fitness

Researchers at Stanford University (USA) found that memory loss can be improved by 30 to 50 per cent simply by doing mental exercises. The brain is like a muscle - if you don't give it regular workouts, its functions will decline. Suggestions include:

- Keep up your social life and engage in plenty of stimulating conversations.
- Read newspapers, magazines and books.
- Play 'thinking' games like Scrabble, cards and Trivial Pursuit.
- Take a course on a subject that interests you.
- Cultivate a new hobby.
- Learn a language.
- Do crossword puzzles and word games.
- Play games that challenge the intellect and memory, such as chess.
- Watch 'question and answer' game shows on television and play along with the contestants.
- Hobbies such as woodwork can improve the brain's spatial awareness.
- Keep stress under control with meditation and regular relaxation, since an excess of stress hormones like cortisol can be harmful to neurones.

Boost your memory

Good recall is a learned skill. There are ways to improve a failing memory no matter what your age. Suggestions include:

- Make sure you're paying attention to whatever it is you want to remember. For example, if you're busy thinking about something else, you mightn't notice where you're putting the house keys.
- Use memory triggers, like association or visualisation techniques. For example, link a name you want to remember with a mental picture.
- Practice using your memory. For example, try to remember short lists, such as a grocery list. Use memory triggers to help you 'jump' from one item to the next. One type of memory trigger is a walking route that you know well. Mentally attach each item on your list to a landmark along the route. For example, imagine putting the bread at the letterbox, the apples at the next-door neighbour's house and the meat at the bus stop. To remember the list, you just have to 'walk' the route in your mind.

Conditions and events that can impair brain function

Getting older doesn't necessarily mean that the mind stops working as well as it once did.

However, some of the conditions and events more common to older age that affect brain function include:

- Atherosclerosis
- Dehydration
- Dementia, such as Alzheimer's disease
- Depression
- Diabetes mellitus
- Heart disease
- Medications - prescribed medicines should be regularly reviewed so that unwanted side effects are avoided, and drugs should be discontinued if they are no longer required
- Poor nutrition, vitamin deficiency
- Parkinson's disease
- Stroke.

Many conditions can be managed

Many of the conditions that may affect brain function can be managed effectively. The following factors have all proved to be important:

- Lifestyle and diet changes
- Monitoring tests for hypertension, cholesterol and diabetes
- Medications.

Things to remember

- Researchers believe that many of the supposed age-related changes which affect the mind, such as memory loss, are actually lifestyle related.
- Keeping an active body is crucial if you want an active mind.
- Some of the conditions and events more common to old age that may hinder brain function include dementia, Parkinson's disease and atherosclerosis.

Six simple steps to keep your mind sharp at any age, go to:

<https://www.health.harvard.edu/mind-and-mood/6-simple-steps-to-keep-your-mind-sharp-at-any-age>

Vaccine Breakthrough

On 16th July 2020, *The Telegraph* reported that Oxford scientists believe they have made a breakthrough in their quest for a Covid-19 vaccine. Apparently, the jab **triggers a response that may offer a "double defence"** against the virus. The paper says it has learnt that phase one human trials of the world-leading Oxford vaccine have shown that it generates an immune response against the disease. Full details of the promising discovery are [here](#).



Contributed by
Martin Pollins

Did you know? There's no Nobel Prize for Mathematics

In 1895, per the last will and testament of Alfred Nobel, the largest share of his fortune was set aside to create a foundation encouraging and rewarding innovation and advancement in the sciences and culture.

The original categories were Physics, Chemistry, Medicine, Literature, and Peace. Later, in 1968, Sweden's central bank Sveriges Riksbank established The Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel, expanding the stable of prize categories to six.

The category that remains curiously missing from the list is **Mathematics**. Although there has been over a century of speculation as to why Alfred Nobel did not include mathematics, very few of the theories hold water. For years, the rumor was that Nobel had a grudge against a mathematician his wife had an affair with (a rather odd theory given that Nobel never married).

FOR SALE BY OWNER...

Complete set of Encyclopaedia Britannica.
45 Volumes. Excellent condition.
£100 or best offer.
Reason for sale: No longer required.
Got married last weekend. Wife knows everything.

The sergeant-major growled at the young soldier:

*"I didn't see you at camouflage training this morning."
"Thank you very much, sir."*



Do not relax your guard

One of our members has a close friend who is a neurosurgeon working in London. He avidly reads every new scientific medical document he can lay his hands on and strongly advises that no one should relax their guard with regard to personal protection, distancing etc.

Comical

During the 1960's Sussex Police used to supply a sergeant and 6 constables to each Plumpton race day where a room was provided for the officers to eat their sandwiches and make a pot of tea. A regular punter in those days was the actor/comedian the late Roy Hudd who sometimes put his head round the door and asked if there was a cup of tea going. He then had the officers in fits of laughter while relating stories about show business, which included:

Lodgings or 'Digs' for visiting show people were often basic and run by elderly landladies who provided a meal late at night after the shows had finished. At one establishment, Roy found every evening the meal was the same, night after night, beans on toast. However, once, after a Christmas Eve pantomime, Roy was presented the usual beans on toast but with a sausage. Somewhat surprised he said, *'Excuse me there's a sausage on this'* whereupon the landlady replied, *'Yes, that's right. It's Christmas'.*

On another occasion, Roy returned to his 'digs' and on opening the kitchen door where the light was on was greeted with the sight of Semprini, a well-known pianist of the day, making love to the elderly landlady on the kitchen table. Surprised on seeing Roy she said, *'Oh! Mr Hudd, whatever will you think of me?'*

Contributed by Brian Bridges

Internet Encyclopedia of Philosophy

A Peer-Reviewed Academic Resource



Internet Encyclopedia of Philosophy (IEP)

The Internet Encyclopedia of Philosophy is a scholarly online encyclopedia, dealing with:

- Philosophy
- Philosophical topics
- Philosophers.

The IEP combines open access publication with peer-reviewed publication of original papers.

IEP was founded in 1995 and receives no funding, and operates through the volunteer work of the editors, authors, volunteers, and technical advisers. At present, the IEP has over a million visitors per month, and about 20 million page-views per year. The Encyclopedia is free of charge and available to all users of the Internet world-wide. The staff of 30 editors and approximately 300 authors hold doctorate degrees and are professors at universities around the world, most notably from English-speaking countries.

Type <https://www.iep.utm.edu/home/about/> into your browser, enjoy yourself and learn at the same time.

QUIZ 3

Contributed by our own
Quizmaster, David Waite



1. In friendship terms, how many peas in a pod?
2. Who is the longest serving British Monarch?
3. When was the Magna Carta signed and what is its significance?
4. When and who flew the first aeroplane?
5. Who is the current poet Laureate?
6. What is the square root of eighty-one?
7. How many wives did Henry the Eighth have and who survived him?
8. Which English county first manufactured wool?
9. Which English county first manufactured cotton?
10. What is the opposite word for opposite?
11. What is the opposite word for sanguine?
12. When did the London underground system open?
13. In what year did Haywards Heath U3A commence?
14. Who wrote the novel War and Peace?

Answers on the last page

'Unknown pneumonia' deadlier than coronavirus sweeping Kazakhstan, Chinese embassy warns

Report by **Wendy Wu** on South China Morning Post on 9th July 2020

A statement from the Chinese Embassy warns that death rate is 'much higher' for an unknown pneumonia than coronavirus. It says local authorities have yet to identify cause

Kazakhstan authorities have reimposed Covid-19 lockdown in some parts of the country amid a spike in pneumonia cases in June.

Update: However, the Kazakhstan health ministry has rejects Chinese claim of 'unknown, deadlier pneumonia' (says [South China News on 10th July](#)). The ministry says the Chinese embassy misunderstood official count, which includes unspecified cases.

Odd or Unusual Words

- **Aeolian** (adjective) [ee-oh-lee-uhn]: of or caused by the wind; wind-blown.
- **Alligate** (verb) [al-i-geyt]: (used with object) to attach; bind.
- **Chariness** (noun) [chair-ee-nis]: scrupulous integrity.
- **Cleek** (verb, used with object) [kleek]: to grasp or seize (something) suddenly and eagerly; snatch.
- **Crepuscular** (adjective) [kri-puhs-kyuh-ler]: of, relating to, or resembling twilight; dim; indistinct.
- **Croesus** (noun) [kree-suhs]: a very rich man.
- **Dishabille** (noun) [dis-uh-beel, -bee]: the state of being dressed in a careless, dishevelled, or disorderly style or manner; undress.
- **Insufflate** (verb, used with object) [in-suhf-leyt, in-suh-fleyt]: to blow or breathe (something) in.
- **Klatsch** (noun) [klahch, klach]: a casual gathering of people, especially for refreshments and informal conversation.
- **Osmatic** (adjective) [oz-mat-ik]: of or relating to the sense of smell.
- **Panivorous** (adjective) [pa-niv-er-uhs]: subsisting on bread; bread-eating.
- **Spiritual** (adjective) [spir-i-choo-el; French spee-ree-tye]: showing or having a refined and graceful mind or wit.
- **Unctuous** (adjective) [uhngk-choo-uhs]: excessively smooth, suave, or smug.

With help from Dictionary.com



Contributed by
Martin Pollins

Stop your glasses steaming up when wearing a mask

There has been a great deal written about wearing a mask to protect yourself and those you meet but if you wear glasses you will know that the two things can be a tricky combination: wearing a mask causes your breath to mist up the lenses.

BBC Newsbeat has posted some simple tips online for overcoming the problem. It's [here](#). It's also online from *The Telegraph*, [here](#).



Picture Credit: [Cropped], "The whooping pasha" by quinn.anya is licensed under CC BY-SA 2.0

Were you there, at the end of WW2?

Brighton Seafront, circa 1945



4 Tips for communicating whilst wearing a mask



Picture Credit: "Old Swan House" by HerryLa wford is licensed under CC BY 2.0

As lockdown easing continues in the UK, more and more of us are wearing masks or face coverings in public places – and indeed these are mandatory in certain settings, such as on public

transport. But how can we ensure we come across as friendly and approachable, even with our faces covered? Debrett's have shared four tips for communicating from behind a mask.

Here are some simple tips:

- Don't shy away from eye contact
- Remember it's still OK to smile
- Speak more distinctly
- Be mindful of your body language

Read more at:

<https://www.debretts.com/everyday-etiquette/4-tips-for-communicating-with-a-mask-on/>

iPhone Tip: Having your texts read to you by Siri

By Jim Karpen

Since the dawn of Siri, users have wanted their iPhone to automatically read text messages they receive. Now, that wish is fulfilled; with iOS 13 and a compatible set of earbuds, Siri can read your texts to you in the privacy of your earbud audio. When you are sitting in the car, or out on a walk at night, Siri will announce your message contents as they arrive, and save you the trouble of scrambling for your phone and squinting at a bright screen.

Read the article at: <https://www.iphonelife.com/blog/5/tip-day-have-siri-read-text-you>



Brain Teaser from David Waite



How many new words can you derive from the letters in the word:

P I R A T E (S)

Answers on the last page

Lockdown Lament

Until the government told
Me I was Old
I never knew.
Can it be true?
Who said so?
Not me.
And I know.
You'll see
That age is just a number
And I am not a member
Of Old.
So there!

Jean Sedgley
June 2020

Zoom and Beyond

One (of the many) things we have all become more aware of during the lockdown is video conferencing or video calling. It's great for keeping in touch with our loved ones as well as providing a way for clubs and associations to operate and communicate without actually meeting. Zoom has become well-known this year but there are plenty of alternatives.

Google Meet: Click [here](#)

Google Duo: Click [here](#)

Skype: Click [here](#)

WhatsApp: Click [here](#)

Zoom: Click [here](#)

House Party: Click [here](#)

Facebook Messenger Rooms: Click [here](#)

Jitsi Meet: Click [here](#)

Portal from Facebook: Click [here](#)

Discord: Click [here](#)

Microsoft Teams: Click [here](#)

GoToMeeting: Click [here](#)

There's a good overview of some of the above on Age UK: Click [here](#)



Racing Tips



Royal Ascot was held in June. Great tips on one of the days were:

- 1st race. *Loose Button* - it is sure to come off.
- 2nd race. *V-neck* - a very good jumper.
- 3rd race. *Lunch time* at 12 to 1.
- 4th race. *Creosote* - it is excellent over fences.
- 5th race. *Foundation* - you can put your house on it.
- 6th race. *Itchy Nose* - but it has been scratched.
- 7th race. *Bad News* - it travels fast.

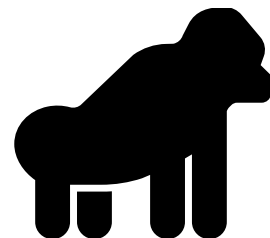
Source: Paul Sloane of Destination Innovation

33-stone gorilla is given CT scan

Just to set the record straight: CT Scans or CAT scans are not scans of cats. They are computerised tomography or computed-tomography scans.

Anyway, did you see the story about a huge ape that need a CT scan? It was airlifted more than 40 miles (from Johannesburg Zoo in South Africa, to the Onderstepoort Veterinary Academic Hospital in Pretoria) for the procedure to be carried out on a scanner strong enough to cope with his 210kg bulk.

Russell Hope, from Sky News reported the story, see [here](#). The 34-year-old male gorilla, called Makokou, underwent a medical procedure usually reserved for humans after unusual growths were found in its nose. It took more than five people to lift the sedated bulky Makokou, off the stretcher after the scan and he was closely monitored.



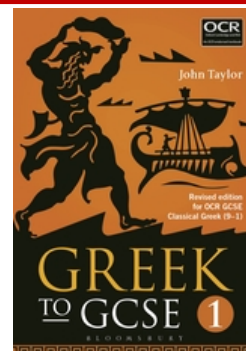
Want to do something new?

How about learning Greek? One of my former colleagues in the Haywards Heath U3A Latin Group that I attended until I was ill at the beginning of the year, is putting together plans to start a Greek Group. Neville Clay is his name and I can highly recommend him.

Several members of the Latin Group will be having a go and the new Group, if it gets off the ground, will be meeting online via Zoom. Everyone except Neville will be new to the subject.

The book they will start with is *Greek to GCSE: Part 1*, published by Bloomsbury.

If anyone from our Probus membership is interested, please contact me (mpollins@onesmartplace.com) and I will put you in touch with Neville. He says that apart from an interest in languages and a willingness to learn, no prior experience or knowledge of Greek is required. Of course, for Zoom meetings, a computer or Tablet is required.



Two Lovely Memories

“I CAN’T REMEMBER”

Just a line to say I’m living – I’m not among the dead
 Though I’m getting more forgetful and mixed up in my head
 I’ve got used to my arthritis – to my dentures I’m resigned
 I can manage my bi-focals but Oh, my absent mind!
 Sometimes I can’t remember when I stand upon a stair
 Have I gone for something or just come down from there?
 Before my fridge, quite often my mind is filled with doubt
 Have I just put some food away or come to take some out?
 And when it’s time for bye-byes and my night-cap’s on my head
 I’m not sure if I’m retiring or just got out of bed
 So if it is my turn to write then please do not get sore
 I may think I have written and don’t want to be a bore
 But now it’s nearly posting time so I’ll say goodbye my friend
 In spite of all my failings I’m getting to the end
 As I stand before the post box my face is blushing red
 I didn’t post this letter but opened it instead!!

“BUMPER STICKERS”

I received a letter from Grandma last week. She wrote...
“The other day I went up to the local Christian bookstore and saw a “Honk if you love Jesus” bumper sticker. I was feeling particularly exhilarated that day because I had just come from a thrilling choir performance, followed by a thunderous player meeting, so I bought the sticker and put it on my bumper. Boy, am I glad I did! What an uplifting experience followed.

I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good he is..., and I didn’t notice that the light had changed to green. It is a good thing that someone else loves Jesus because if he hadn’t honked I’d never have noticed. I found that LOTS of people love Jesus! Why, while I was sitting there, the guy behind me started honking like crazy, and then he leaned out of his window and just screamed, “For the love of GOD! GO! GO! Jesus Christ, GO!” What an exuberant cheerleader he was for Jesus!

Everyone started honking I just leaned out of my window and started waving and smiling at all these loving people. I even honked my horn a few times to share in the love.

There must have been a man from Florida back there because I heard him yelling something about a “sunny beach”. I saw another guy waving in a funny way with only his middle finger stuck up in the air. When I asked my teenage grandson in the back seat what that meant, he said that it was probably a Hawaiin good luck sign or something. Well, I’ve never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign back. My grandson burst out laughing... why, even he was enjoying this religious experience. A couple of people were so caught up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to pray or ask what church I attended but this was when I noticed that the lights had changed. So, I waved to all my brothers and sisters, grinning at them, and drove on through the intersection.

I noticed that I was the only car to get through the intersection before the lights changed again, and I felt kind of sad that I had to leave them after all the love we had shared. So, I slowed the car down, leaned out of the window and gave them all the Hawaiin good luck sign one last time as I drove away. Praise the lord for such wonderful folks. Grandma.”

Contributed by Ken Downs

Source: Heard at a Probus lunch and other experiences



Up The Top

Contributed by Bryan Joyner

Brian Bridges' delightful article about ice cream man Ernesto DiMaschio brought back past memories to me of the war years. I was born and bred in Northumberland Heath, Kent.

In war time I was banned from going to an area known as "Up The Top" (a parade of shops). Nazi Bombers, en route to the neighbouring town of Erith and a large factory, were known, I was told, to drop their nasty bombs prematurely: and they did!

I was confined to a small area outside the house by family members: Granny, five aunts and three uncles. The uncles owned nursery fields and a nursery shop in the immediate area. They all lived on the roads leading to Up The Top. One aunt, Aunt Doll, lived close to the edge of my boundary and Up The Top. Put simply, the family made sure I remained close to home.



Finally, after an end to hostilities, war was over. Now eleven years old, short trousered and adventurous, I went Up The Top! Opposite Aunt Doll's was a similar row of terraced houses. On this adventure, I saw a sign – DiMaschio Ice Cream. I followed the sign to find one could buy a one penny cornet from the kitchen doorway of Ernesto DiMaschio. The ice cream was white with bits of ice in it. Having never tasted such a thing as this I probably thought it likeable.

On a second visit Up The Top the sign had gone but an ice cream parlour had appeared next to the Co-Op. Ernesto DiMaschio was definitely on the UP!!!

Before my first Up The Top experience I was aware of the existence of an ice cream tricycle: sadly it did not come down our end. It probably went Up The Top and to the posh houses beyond. But then we did have our fish n chip shop – do you remember? A 3p bag of chips, usually shared with others to get the cash for the purchase Happy Days! Salt and vinegar, mate?!

And what became of Ernesto DiMaschio? I was delighted and surprised to see Brian's article in Nil Desperandum. I immediately recalled the name and recognised the ice cream van in the photograph. I had seen it, gleaming and new, on the streets of Northumberland Heath all those years before.

Readers' information

Northumberland Heath is a neighbourhood and electoral ward in the London Borough of Bexley, south east London, England. It's often referred to locally as "North' Heath" and is often considered to be part of upper Erith.

The area was once known as Spike Island after the workhouse that was situated there. The area is mainly residential although there is a large industrial bakery in Belmont Road. Much of the housing stock is Victorian with some 1940s council developments and a Cottage estate built for local Vickers armaments workers in 1916. Nearest Railway stations are Erith and Barnehurst. There is a large Catholic Church in Bexley Road (Our Lady of the Angels) with a friary attached, and a Church of England (St Paul's) in Mill Road. A conservation area on Brook Street safeguards some terraces that represent early examples of municipal housing.

'The Cat in Ancient Egypt'

Extracted from a book of that title, by Jaromir Malek, © copyright. Publisher: British Museum, 2006

Even today, cats are held in special regard in Egypt and other parts of northern Africa, as visitors to the region can attest. That standing has a long provenance, as cats were associated with Egypt's great and powerful sun-god, and often appeared, whether as domestic cats or as lions, as guardians of tombs. The most notable example of this is the Great Sphinx guarding the pyramid tomb of King Khafra in Giza:

"In [the Theban tombs of Kenamun] ... there are cats seated in the windows. One may wonder whether this is a straightforward record of a common sight or whether we should look for symbolic connotations. The truth may be somewhere in between. The lion had been from earliest Egyptian history associated with the concept of guardianship, and so representations of these animals or of sphinxes (hybrid forms which combine the lion's body with a human head) are often found in the vicinity of doorways and entrances to temples and palaces. The Great Sphinx which protects the approach to the pyramid of King Khafra (2518 - 2493 BC) at Giza is the best example. It seems quite likely that the cats in the entablature of the doorways in Theban tombs may have had a similar function while at the same time reflecting everyday reality. The motif is also known from some small objects of approximately the same date.

"It is because of its connection with the sun-god that the cat appears on some Ramesside stelae from the Theban area. These monuments belong to the sphere of 'personal piety' and most of them were commissioned by fairly ordinary people, often workmen from Deir el-Medina who would have been able to make them themselves or have them manufactured by their comrades.



Picture Credit: "Penn Museum" by PMillera4 is licensed under CC BY-NC-ND 2.0

"In certain areas of the large temples of the main national gods, particularly near their entrances, private individuals were allowed to set up small round-topped slabs of stone, 'stelae'. Small shrines, so-called contra-temples, were sometimes specially made at the back of large sanctuaries for the ordinary populace to worship.

"A stela may contain a representation of the deity to whom it was presented, with its donor, perhaps accompanied by other members of his family, shown before it. The texts are usually short hymns in honour of the deity and include personal requests which, however, are never too specific..."

Comment from Martin Pollins

Delanceyplace is a FREE brief daily email with an excerpt or quote they view as interesting or noteworthy, offered with commentary to provide context. There is no theme, except that most excerpts will come from a non-fiction work, mainly works of history, and they hope will have a more universal relevance than simply the subject of the book from which they came. And there is not necessarily an endorsement, and in some cases an excerpt may be particularly controversial, and Delanceyplace may disagree with some or all of it, but nevertheless deem it worth noting.

Eclectic excerpts delivered to your email every day

 Delanceyplace.com

Zoom Video Communications

The Covid-19 lockdown has turned us into a nation of Zoom addicts. Older people, families, children – everyone is at it. An **Ofcom study** has revealed that we're becoming addicted to video-conferencing and are spending record amounts of time online.

Just look at these facts:

- Adults are spending a record 4 hours a day online on average, as coronavirus changes the way we communicate.
- Twice as many people are using video calls to keep in touch during lockdown.
- One in three people now watch online video more than traditional TV, with two in five making videos themselves.
- But nine in 10 online adults have concerns around video-sharing sites and apps.
- UK adults are now spending more than a quarter of their waking day online – the highest on record.

Zoom is the web-based video conferencing service that has surged to the front position during the lockdown. It is a local, desktop client and a mobile app that allows users to meet online, with or without video. Zoom users can choose to record sessions, collaborate on projects, and share or annotate on one another's screens. Put simply, Zoom unifies cloud video conferencing, simple online meetings, and group messaging into one easy-to-use platform.

Intelligent design for both desktop and mobile

Zoom Chat keeps the collaboration between mobile and desktop seamless and easy so that your participants can stay productive wherever they are. You can:

- Invite internal and external participants.
- Instantly transition from chat to meetings.
- Messages and shared content stay synced and searchable.
- Intuitive UI makes adoption easy - even for non-technical users.

What is the difference between the Basic and Pro Plans?

Zoom offers a full-featured Basic Plan for free with unlimited meetings. You can try Zoom for as long as you like - there is no trial period. The Basic plan has a 40 minutes time limit on meetings with three or more total participants.

If you need your group meetings to last longer than 40 minutes, you can sign up for a Pro Account [here](#).

What's the cost?

The Basic Plan is free. The Pro Plan costs £11.99 a month with no time limit for Zoom meetings.

How many participants can join the meeting? How many people can use one host license?

All plans allow up to 100 participants by default in every meeting (up to 500 with the Large Meeting add-on). You can host an unlimited number of meetings but if you would like to have more than one meeting concurrently, you will need additional host licenses.

What is a Host and what is a Participant?

A *Participant* is an invitee in a meeting scheduled by someone with a *Host* license. A *Participant* does not require a Zoom account in order to join a meeting. *Participants* can join a meeting from their phone, desktop, mobile and tablet devices.

Host and co-host controls in a meeting

Host controls allow you as the host to control various aspects of a Zoom meeting, such as managing the participants.

The co-host feature allows the host to share hosting privileges with another user, allowing the co-host to manage the administrative side of the meeting, such as managing participants or starting/stopping the recording. The host must **assign a co-host**. There is no limitation on the number of co-hosts you can have in a meeting or webinar.

Co-hosts do not have access to the following controls as they are only available as host controls in a meeting:

- Start **closed captioning** and assign someone or a third-party to provide closed captioning
- Start live streaming
- End meeting for all participants
- Make another participant a co-host
- Start **breakout rooms** or move participants from one breakout room to another
- Start **waiting room** (co-hosts can place participants in waiting room or admit/remove participants from the waiting room)

Co-hosts also cannot start a meeting. If a host needs someone else to be able to start the meeting, they can assign an **alternative host**.

Payment methods

Zoom accepts credit card and Paypal payments online.

How does the subscription service work? Can I cancel my subscription at any time?

Zoom is a subscription-based service, which means that your plan renews every month or year (depending on the term you choose). You can cancel your subscription at any time during your plan term to cancel the auto-renewal of your subscription.

Source: Zoom <https://zoom.us/>



How do you create a vaccine?

Vaccines harmlessly show viruses or bacteria (or even small parts of them) to the immune system. The body's defences recognise them as an invader and learn how to fight them. Then if the body is ever exposed for real, it already knows what to do.

The main method of vaccination for decades has been to use the original virus. The measles, mumps and rubella (MMR) vaccine is made by using weakened viruses that cannot cause a full-blown infection. The seasonal flu jab takes the main strains of flu doing the rounds and completely disables them.

The work on a new coronavirus vaccine is using newer, and less tested, approaches called "plug and play" vaccines. Because scientists know the genetic code of the new coronavirus, Sars-CoV-2, they have the complete blueprint for building it.

Researchers in Oxford have put small sections of its genetic code into a harmless virus that infects chimpanzees. They hope they have developed a safe virus that looks enough like the coronavirus to produce an immune response. Other groups are using pieces of raw genetic code (either DNA or RNA depending on the approach) which, once injected into the body, should start producing bits of viral proteins which the immune system again can learn to fight.



The question on everyone's lips ever since we first learned about a virus called Covid-19 has been: *When will we be able to get a vaccine to protect us against this new coronavirus?* The short answer is - we don't know. It may never be possible to create a fully effective vaccine, or, if trials taking place at the moment go to plan, it could start to be available later this year. More than 80 groups around the world continue to research potential vaccines, with experts in the UK at the University of Oxford carrying out the first human trials in Europe. Other research teams are investigating whether any existing drugs or therapies more commonly used for other conditions may be able to treat or cure Covid-19.

See more at: <https://www.bbc.co.uk/bitesize/articles/znf3c7h>

Recommended Viewing

The film is 'DULCIMA'. It starred John Mills, Carol White and Bernard Lee, produced in 1971 and was directed by Frank Nesbitt. It was entered into the 21st Berlin International Film Festival. The story was taken from a novella of the same name by H. E. Bates. Filming took place in and around Minchinhampton and Tetbury in Gloucestershire.

The Plot: An elderly farmer in a broken-down farm is taken advantage of by a flirtatious but scheming village girl.

There's a trailer online at:

<https://www.youtube.com/watch?v=wwCvkhgmNqg>



Boom, Boom, Silly but Fun

A man goes to the Doctor and complained about a a strawberry growing out of his head.
The Doctor said: 'I'll give you some cream to put on it.'

I rang my local swimming baths.
I said 'Is that the local swimming baths?'
He said 'It depends where you're calling from.'

Two Aerials meet on a roof - fall in love - get married
The ceremony was rubbish but the Reception was Brilliant.

Another man says to his Doctor: 'Doc, I can't stop singing the green, green grass of home.'
The doctor says: 'That sounds like Tom Jones syndrome.'
'Is it common?'
'It's not unusual.'

A man takes his Rottweiler to the vet. 'My dog's cross-eyed, is there anything you can do for him?'
'Well,' says the vet, 'let's have a look at him.'
The vet picks the dog up and examines his eyes, then checks his teeth. Finally, he says, 'Sorry, I'm going to have to put him down.'
'What? Because he's cross-eyed?'
'No, because he's really heavy'

So I rang up a local building firm, I said 'I want a skip outside my house.'
He said 'I'm not stopping you.'

So I was in my car, and I was driving along, and my boss rang up, and he said 'You've been promoted.' And I swerved.
And then he rang up a second time and said 'You've been promoted again.' And I swerved again.
He rang up a third time and said 'You're managing director.' And I crashed into a tree.
A policeman came up and said 'What happened to you?'
And I said 'I careered off the road.'

So I was getting into my car, and this bloke says to me 'Can you give me a lift?'
I said 'Sure, you look great, the world's your oyster, go for it.'

Two cannibals eating a clown. One says to the other: 'Does this taste funny to you?'

Police arrested two kids yesterday, one was drinking battery acid, and the other was eating fireworks.
They charged one and let the other one off.

You know, somebody actually complimented me on my driving today. They left a little note on the windscreen; it said 'Parking Fine.'
So that was nice.

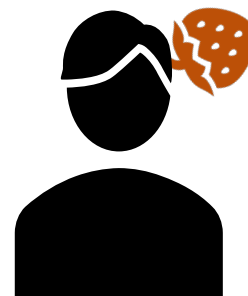
A man walked into the Doctor's surgery. The doctor said 'I haven't seen you in a long time'
The man replied, 'I know I've been ill.'

Another man walked into the Doctor's surgery. He said 'I've hurt my arm in several places.'
The doctor said, 'well don't go to those places'

I had a ploughman's lunch the other day. He wasn't very happy.

Phone answering machine message: '...If you want to buy marijuana.....press the hash key...'

Ireland's worst air disaster occurred early this morning when a small two-seater Cessna plane crashed into a cemetery.
Irish search and rescue workers have recovered 1826 bodies so far and expect that number to climb as digging continues into the night





Yippee!! Alcohol is good for you, researchers find

On 30th June 2020, *The Telegraph* reported news worth raising a glass to. Having two alcoholic drinks a day might slow mental decline and preserve brain function, according to a US study, [here](#). New research by epidemiologists at the University of Georgia identified a "U-shaped relationship" between alcohol and cognitive function scores. The epidemiologists concluded that light to moderate drinking may preserve brain function in older age. The study examined the link between alcohol consumption and changes in cognitive function over time among middle-aged and older adults in the U.S.

"We know there are some older people who believe that drinking a little wine everyday could maintain a good cognitive condition," said lead author Ruiyuan Zhang, a doctoral student at UGA's College of Public Health. *"We wanted to know if drinking a small amount of alcohol actually correlates with a good cognitive function - or is it just a kind of survivor bias."*

Regular, moderate alcohol consumption has been shown to promote heart health and some research points to a similar protective benefit for brain health. However, many of these studies were not designed to isolate the effects of alcohol on cognition or did not measure effects over time.

Zhang and his team developed a way to track cognition performance over ten years using participant data from the nationally representative Health and Retirement Study. Read about it [here](#).

The most important mobile phone thing you should know?

Dial ***#06#** from your phone, you'll get a unique code on your screen, save it. If your phone gets stolen, police can trace instantly by that unique number.

Who said it?

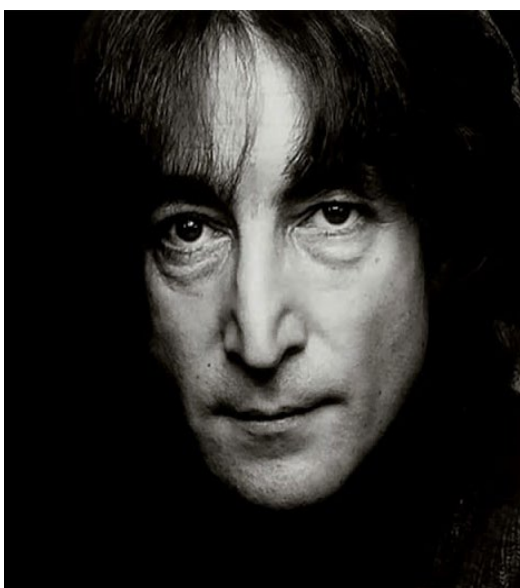
You probably know these famous quotations but who said them?

1. "Life is what happens when you're busy making other plans."
2. "I can resist everything except temptation."
3. "I have nothing to offer but blood, toil, tears and sweat."
4. "A single death is a tragedy; a million deaths is a statistic."
5. "Ask not what your country can do for you, but what you can do for your country."
6. "In the future, everyone will be world-famous for 15 minutes"
7. "I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin, but by the content of their character."
8. "If you can't handle me at my worst, then you sure as hell don't deserve me at my best."
9. "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."
10. "I have not failed. I've just found 10,000 ways that won't work."
11. "You must be the change you wish to see in the world."
12. "The greatest glory in living lies not in never falling, but in rising every time we fall."
13. "There is no such thing as society. There are individual men and women and there are families."
14. "Every child is an artist. The problem is how to remain an artist once we grow up."
15. "Those are my principles, and if you don't like them... well, I have others."

The answers are given on the last page.

Source:

<https://www.cambridge-news.co.uk/news/uk-world-news/match-famous-quote-figure-quiz-18226263>



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Bees under threat



Excerpted from a story by **Fermin Koop** on 10th July 2020 on **ZME Science**

Research has been limited thus far but it seems that bees, like humans, are forced to deal with a pandemic of their own.

A new study has found that a fungal pathogen known as *Nosema* has been infecting bees around the world for the past two decades. The infection has been documented across Europe, Canada, and Kenya. *Nosema* is a fungal pathogen that survives by infecting the stomachs of the bees, where it germinates.

The pathogen has almost exclusively affected the European honeybee, a well-known commercial pollinator. Nothing is known yet about the impact on native and solitary bees, which represent most of the 20,000 bee species that can be found worldwide, the researchers argued.

Native bees are important as pollinators in their local ecosystems and also contribute to the pollination of agricultural crops. Bee populations are being challenged by the colony collapse disorder, a combination of pests, pathogens, poor nutrition, and pesticides.

Pesticides are affecting baby bees, study shows

Earlier this year, Fermin Koop **reported** that up to 40% of invertebrate pollinators, particularly bees and butterflies, are facing extinction, according to UN estimates. The list of threats is large but mainly includes climate change, habitat decline and the use of pesticides in agriculture.

Now, researchers have found a new way through which pesticides are affecting bees: by hurting the brains of baby bees.

These problems are more serious than we might think: Fewer bees in the world can lead to the loss of biodiversity and even affect our food supply, as bees pollinate a large number of plants. More than 75% of the world's food crops are estimated to depend to some extent on pollination by bees.

More on Bees coming

Watch out for an excellent article by Otto Somodi on Bee Keeping in next month's Nil Desperandum.

Picture Credit: "Native bee" by jeans_Photos is licensed under CC BY 2.0



'I have the body but of a weak and feeble woman; but I have a heart and stomach of a king.'

In 1588, Queen Elizabeth I, the last of the five monarchs of the House of Tudor, gave one of the most stirring speeches ever. As the "mighty" Spanish Armada, a flotilla of around 130 ships, sailed toward Britain with intention of invasion, the Queen delivered her rousing oratory at Tilbury. This is what she said:

"I am come amongst you, as you see, at this time, not for my recreation and disport, but being resolved, in the midst and heat of the battle, to live and die amongst you all; to lay down for my God, and for my kingdom, and my people, my honour and my blood, even in the dust. I know I have the body but of a weak and feeble woman; but I have the heart and stomach of a king, and of a king of England too, and think foul scorn that Parma or Spain, or any prince of Europe, should dare to invade the borders of my realm: to which rather than any dishonour shall grow by me, I myself will take up arms, I myself will be your general, judge, and rewarder of every one of your virtues in the field...."

Read the full speech [here](#).

In the world of the woke...

Contributed by Brian Bridges, courtesy of his cousin in Tasmania

In the world of the woke, any form of entertainment that may potentially offend is **removed** or **censored**. But why stop at entertainment? History is full of offensive people and events, so let's put them through the woke revision rewrite machine and make them acceptable for timid modern audiences.

The following are several historical occasions that are now rendered completely judgement-free and harmless, which is just the way woke folk like it:

World War II

Between 1939 and 1945, many nations worldwide joined together in a global population reduction exercise. Some of these nations became so close they were known as "allies". Many different population reduction strategies were used. One of the most successful involved a US relief effort that massively reduced urban overcrowding in two major Japanese cities.

At the end of these exercises, a chain of advanced holistic diet centres was discovered in Germany and surrounding nations. Millions arrived at these centres via eco-friendly rail transport – and some never left!

9/11

On September 11, 2001, freelance Middle Eastern religious evangelists shared a spiritual journey to the afterlife with nearly three thousand compulsory volunteers. Using common household objects such as penknives and passenger jets, the DIY spiritualists also returned the New York skyline to its less intrusive pre-1970s profile. Years later, in 2011, the leader of this outfit was found living in humble circumstances with his family in rural Pakistan. He was shortly afterwards found not living in the same circumstances.

Fall of the Berlin Wall

Berlin had for decades enjoyed the best of both worlds – Western engagement on one side of a symbolic wall and joyful forced collectivism and food shortages on the other.



Ronald Reagan calls for enhanced Berlin inner-city happiness zones

In 1989, due to demand for bicycle lanes and open playing areas, the wall was removed. Western residents were delighted to discover what lay beyond the demolished structure – an enchanted city where time stood still, and so did the queues for month-old cabbage.

The Coronavirus

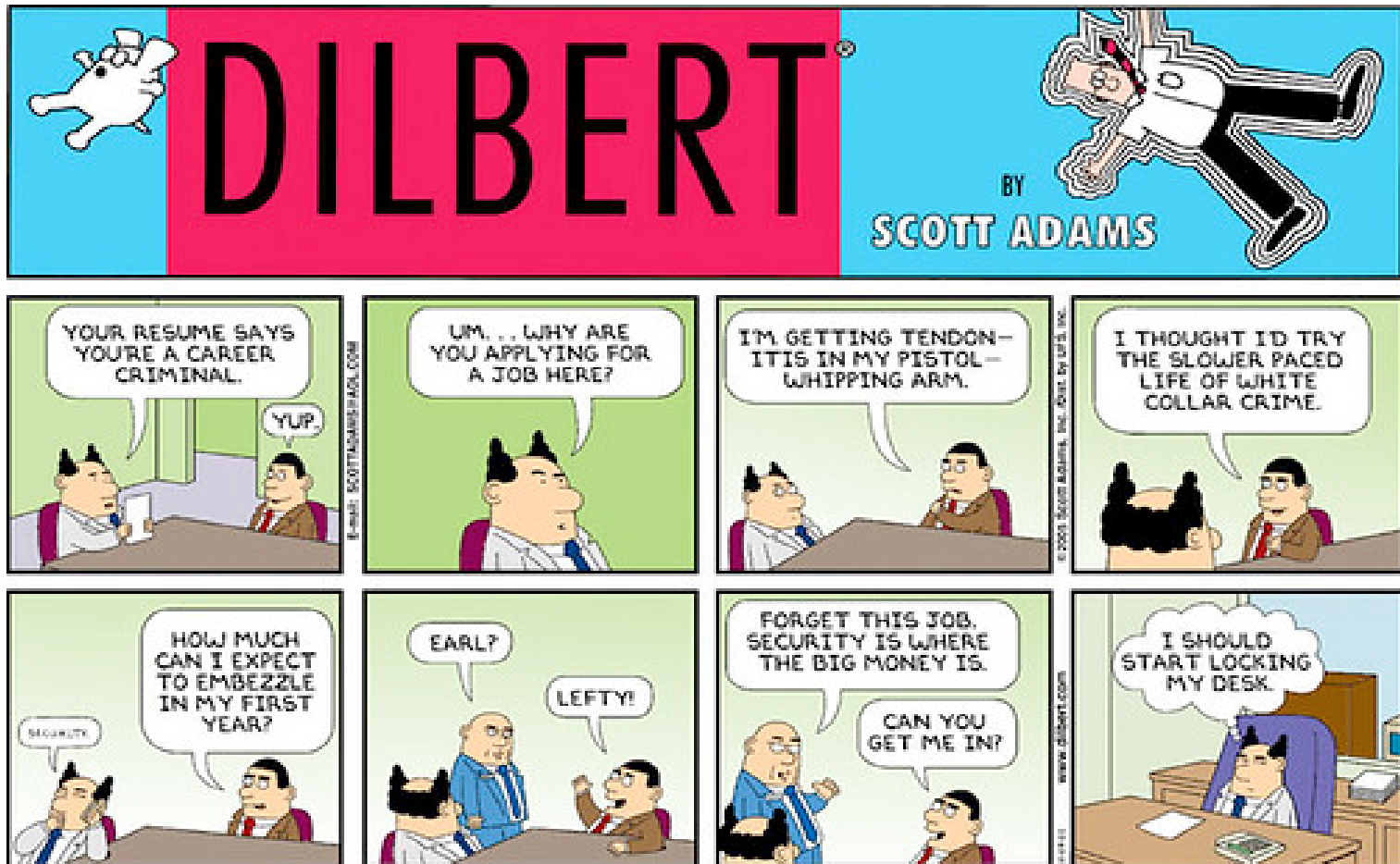
Some of the world's greatest breakthroughs have come about through happy accidents. Vulcanised rubber, penicillin and microwave ovens were all discovered by chance rather than design. Likewise, the miracle of working from home and being with partners and children every single hour of every wonderful day happened because someone in China ate a bat or whipped up a murderous virus in a lab or something.

Just imagine! Without that incident, you wouldn't know the deep serenity that can only be provided by a 24/7 whole-family assault on your senses while you're on deadline during the day's fifth Zoom conference.

Thank you, mysterious land of the Orient!

Source: Written by Tim Blair, a columnist in the Sydney Daily Telegraph

Finish with a Flourish



Picture Credit: "Dilbert_Dec04.png" by mrapplegate is licensed under CC BY-NC-ND

Who said it? ANSWERS

1. John Lennon
2. Oscar Wilde
3. Winston Churchill
4. Joseph Stalin
5. John F. Kennedy
6. Andy Warhol
7. Martin Luther King
8. Marilyn Monroe
9. Albert Einstein
10. Thomas Edison
11. Mahatma Gandhi
12. Nelson Mandela
13. Margaret Thatcher
14. Pablo Picasso
15. Groucho Marx

QUIZ 3 ANSWERS

1. Two
2. Queen Elizabeth the Second who came to the throne in 1952.
3. 15th June 1215.
4. Wilbur and Orville Wright on 17th December 1903.
5. Simon Armitage, on 10th May 2019.
6. Nine.
7. Six wives, Catherine Parr who died in 1548, one year after the King.
8. Yorkshire.
9. Lancashire.
10. Apposite.
11. Pessimistic or gloomy.
12. 10th January 1863.
13. 1991.
14. Leo Tolstoy.

Words from PIRATE: ANSWER

P	Pair Pier Pie Par Peat Pat Part	= 7
I	Irate It Ire	= 3
R	Rate Rip Rat Ripe	= 4
A	Ate Ape Air At Are Apt Art	= 7
T	Tap Tar Tie Tear Tare Tire Tip	= 9
	Trap Trip	= 9
E	Eat Ear	= 2
TOTAL		32

Additional Words from the plural of Pirate – PIRATES

Pest	past	asp	sir
	rest	rasp	strip
	sip	sat	sit
Spate	star	spire	strap
	set	seat	teas

Did you find more?