

THE COMET

Journal of the Australian Pensioners' and Superannuants' League, Qld. Inc.

"Lest We Forget"

Once again on Thursday, April 25, hundreds of thousands of Australians will rise early in order to attend ANZAC Day commemoration services throughout our land.

Many of us have never missed a Dawn Service mainly as we know the history that goes with it. As we gather, some of us will shiver because of the wintry chill in the air; others because of the spine chilling thoughts of our ANZACS landing on those faraway beaches many who never returned home.

I often think of the words "Lest We Forget" and specifically, "We will remember them....".

Coming from an era when we appreciated beautiful poetry, the poem from which the words "We will remember them" are lifted and which was penned by Laurence Binyon, says so much more than the four words we recall on ANZAC Day and Remembrance Day.

Laurence Binyon who was born in 1869 and died in 1943 wrote the poem "For the Fallen" which was published in The Times in England on September 21, 1914. He wrote the poem from his English home and not from the battlefields of the Middle East.

He clearly shows compassion in every word; he tells of concerns for the mothers of the England whose sons made the final sacrifice for King and country.

Of those sons, those young men, his words speak of the bravery shown by young soldiers who so bravely faced the enemy although they were hopelessly outnumbered.

Laurence Binyon summed up Gallipoli well in this poem.

The Great War was to be "war to end all wars" but history has shown otherwise.

The phrase was first used reportedly by H.G. Wells and eventually by others. It was hoped that the sheer unprecedented destructiveness of World War One, would persuade mankind to abandon destructive conflict such as war as a means of solving political disputes.

In this ever-changing political climate, we must never forget the sacrifices made by our ANZACS and those in wars which humanity hoped would never happen again following those awful years.

"Lest We Forget"

Ed.



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Alex Gow Funerals	07 3852 1501
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Contact APSL State Office to enquire about membership. Check with Head Office as to the name of the Branch nearest to you. APSL—YOUR VOICE!

APSL Mission Statement

To lobby powerfully with governments at all levels and private sector agencies, and within community sector, to promote all aspects of the security, well being and dignity of pensioners of all ages, superannuants, other self-funded retirees, low income families and other disadvantaged people, including Aboriginal & Torres Strait Islander (ATSI) and Culturally & Linguistically Diverse (CALD) peoples.



EDITORIAL



Dear Readers,

After waiting for years, glorious rain is falling in areas of the State where it is so badly needed.

In Central Queensland, the Fairbairn Dam at Emerald was at an worryingly all-time low of twenty per cent capacity and although the forecast is only for showers, Central Queenslanders are living in hope.

The absolute heart-breaking loss of cattle; infrastructure and income by our farming families is un-imaginable to most City folk and one could wonder how many of our producers will withstand the challenges to rebuild. So often, Queenslanders are told we're a resilient mob! We are extremely grateful for volunteers who have turned up at properties attending to fences and cleaning up after the flooding.

Blazeaid is a volunteer organisation and their volunteers have carried out a great deal of work after natural disasters which have occurred throughout Australia.

By now, branches should have received their Capitation notices. Also a requirement of the organisation is a list of members for the official Register of Members. The register is held securely at head office. Should a branch member pass away, head office has to be notified and the details noted accordingly. The Register is a requirement of the Office of Fair Trading and contained in the APSL Constitution.

April is a busy month with School holidays; Easter and Anzac Day. The month of May will see a Federal Election held and conference preparations are underway.

With world events featured widely before us, many of us question the future as we come to the holiest time of the year.

Easter is the most important and oldest festival of the Christian Church, celebrating the resurrection of Christ and held (in the Western Church) between 21 March and 25 April, on the first Sunday after the first full moon following the northern spring equinox.

Following adverse ANZAC publicity in the last week of March, I cannot understand how some "learned" people can carry on in their positions at Universities. Lecturing to the gullible and un-informed can mislead students with blatant falsehoods about our WW1 Diggers. How disgraceful is that Lecturer!

Morality has taken a hit in recent times and the younger generation must be feeling very confused if they listen to such un-adulterated rubbish.

Stay safe and keep well,

Cherith Weis

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AUSTRALIAN STORY

Our Nation's flag enshrines the stars
Of timeless Southern Cross
Which grace the sky at night,
Uniting cultures old and new
In ancient Dreamtime Light;
And the small flag in the corner
Plans for a global nation drew
To help those in need from many lands
Make Australia their home too.

Our heads were bowed in sorrow
For mistakes so early made,
Our heads were bowed in sorrow
For the many who have paid.
We searched the long and painful past
For wounds which must be healed;
And when that healing comes at last,
Self respect and pride so long concealed,
And by many long ignored,
Shall by indigenous people be revealed,
Honoured, and restored.

Let's join the move to hope and trust
Across our multi-cultured much-loved land,
For though now dimmed by history's dust
We still strive to understand.
From outback dry red centre to blue ocean coral reef,
The time has come to live our lives as one,
And let hope and trust now ease the grief
Of each mother, father, daughter, son.

So, come on friends, be with it
Brown, Yellow, Black and White;
Let's with a smile greet everyone as friend
And walk together side by side to build a future bright;
For friendship and respect shall see many troubles end,
And Equality in Law for everyone
Forever remain our Nation's Guiding Right.

(Author: Vince Mathers, Gracemere, 2018)

**WOULD YOU LIKE TO HELP IN THE FIGHT FOR A
BETTER DEAL FOR PENSIONERS AND
SUPERANNUANTS?**

**SOME INTEREST HAS ALREADY BEEN SHOWN IN THE
ESTABLISHMENT OF A BRANCH AT KURILPA HALL SO
WHY NOT JOIN.....**

**PLEASE FEEL FREE TO CONTACT OUR OFFICE OR
PHONE 0432 295 344.**

**It is also hoped that we will be able to re-open the
Toowoomba Branch at sometime soon!**

Free Computer lessons

Also Smart phones, etc
at

APSL HEAD OFFICE

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To book with Gabriella

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*Seniors'
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ROAD SAFETY

WITH

LEYLAND BARNETT

Blind spot Checks

What are blind spots, how do they affect your driving and what can we do to make things safer?

Have you ever walked alongside a building and nearly get hit by a pedestrian or cyclist as you go to step out onto the foot path? It can give you a fright and we normally think, where did they come from?

Your line of sight of the pedestrian or cyclist that was approaching along the footpath was blocked by the building and therefore the building has become the blind spot.

Blind spots can occur in a lot of situations where your line of sight can be blocked, from various different objects, causing you to be unaware and leading you into a close call or a collision.

Blind spots can occur quite frequently while driving so it is important that we are aware of what to look out for, when approaching intersections.

Some intersections are quite open and easy to see into and others have hedges, parked cars, buildings and fences that can make it very difficult to see what is approaching the intersection from the sides.

Some blind spots can be created by the windscreen pillar when approaching intersections or roundabouts and rear view mirrors can also have blind spots when attempting to merge or conducting a lane change.

Not having a clear line of sight of an object can be considered as a blind spot so when we are driving we need to be able to identify potential blind spots and adjust to the situation.

How do we make things safer?

Looking ahead helps us to plan ahead and identify any potential blind spots as we approach the intersection so that we can slow down earlier, to check for traffic. If the blind spot is really bad, plan to stop and proceed cautiously until you can see a clear path to enter safely.

When approaching roundabouts look around the windscreen pillar to ensure you are safe to enter. When planning a lane change, check your mirrors and do a quick, shoulder check to the lane you intend to move into, to cover the spot beside the car that the mirrors don't pick up.

Large vehicles can create blind spots if smaller vehicles travel too close to the large vehicle, so always double check before moving into roundabouts and make sure it is clear.

Please drive safely and not blindly, look ahead, plan ahead and watch for blind spots.

Please check out Leyland's website

www.evolutionintraining.com.au/roadrules

Pets and Poisonous Substances:

What you need to do to keep your pets away from danger

Chocolate Warning

Coming up to Easter it's a timely reminder that chocolate is toxic to pets. It takes just 50 grams of chocolate to poison a dog, so make sure to keep any tasty treats well out of reach of your best friend.

RSPCA Queensland's Chief Veterinarian, Dr Anne Chester, warns about chocolate's key ingredient, "Theobromine can cause a range of problems in domestic animals because it triggers the release of adrenaline, which can lead to a greatly accelerated heart rate and an irregular heartbeat. Pets can vomit, suffer diarrhoea and excessive urination and become hyperactive. This can be followed by depression, coma, seizures and death."

If you think your dog may have ingested chocolate, call your local vet immediately.

Plants and Flowers

For those of you who are avid gardeners and may keep indoor plants too, there are some unsuspecting dangers you may not be aware of if your cat or dog ingests plants and flowers. Don't forget, although they're pretty, some flowers in arrangements can be poisonous if eaten by your cat or dog too!

Below are ***just some of the plants*** that should be kept out of reach from our furry friends as they can be toxic and deadly!

Lillies (Pictured on P.8)

Azaleas (as pictured)

Begonia

Aloe Vera

Ivy

Cycads (Pictured on P.8) and Palms

Daphne

Daffodils

Gladiolas

Oleanders

Yesterday-Today-Tomorrows (Pictured on P.8)



Some plants and flowers if chewed or ingested by our pets can cause different symptoms including: difficulty breathing, drooling or difficulty swallowing, vomiting, excessive drinking and urinating, diarrhoea, and an irregular heartbeat.

Cat owner Jessie told the RSPCA about her experience with poisonous plants. Her cat decided to munch on the leaves of her recently purchased peace lily, "The vet said I was very lucky that I brought Winston in so soon because a lot of the time cats don't show any symptoms from eating the toxic plants until 24 to 48 hours later when it's far too late! I was terrified and felt so guilty. When I told her that Google told me that the peace lily plant wasn't as dangerous as other lilies, she assured me that searching online isn't always the most reliable source."

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Pets and Poisonous substances (continued)

If Winston didn't get seen by a vet, he could have suffered kidney failure! Jessie said, "While I was at the vet, I had her check the other four plants that I had purchased that day. It turns out that every single one of them was dangerous to cats! But none of the labels said anything about their effect on pets."

Ask your vet about the plants in your yard and home and find out about alternative pet-friendly plants available.

If you think your dog or cat has eaten a plant or flower that may be toxic, contact your vet immediately

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Cat Grass

There is a tasty alternative that you can grow that is safe for cats – Cat Grass! Dr Anne Chester says, "Cats love to eat greens and whilst it is not known why they do this, many experts theorise it aids their digestion - similar to how some dogs like to munch on grass in the backyard. Cats don't know certain plants are poisonous and so a great alternative is to have cat grass. You can grow your own and keep some inside for your felines to enjoy safely."

Pest Control and Fertilisers

If you use pest control in your yard and around the home, make sure you steer clear of baits and opt for traps instead. There are more humane alternatives on the market. Baiting pellets are not only dangerous to dogs and cats if ingested, our birds of prey can become sick and die too if they eat poisoned rodents.

Safe, natural products can replace many pesticides and toxic slug repellents. Citric essential oils diluted in water, and neem juice diluted in water, for instance, can be sprayed onto leaves as natural bug repellents.

Be careful with fertilisers and sprays in your backyard too. Most brands stipulate that you will need to keep pets away from your lawn for at least 24 hours after use, so you will have to be extra vigilant to ensure your dog or cat does not venture where you have fertilised.

Editor: Many thanks to the RSPCA's Emma who supplied this information about a subject that many of us never give a thought. Only until we nearly lose a precious pet because of an insidious and frightening issue of which everyone should be aware. I hope that the RSPCA will be a regular contributor to The Comet. Ed..



Are you Nomophobic?

Let us talk a walk back in time!

Remember when if you wanted to make a phone call, you would have to find a telephone box?



When you were successful, most times the coin box was packed full with coins and wouldn't take any more; the phone box had been vandalized and on most occasions, the phone book had been stolen or mutilated to a point where, if you didn't know

the number you were wanting to ring, you had a problem.

Many of us didn't have phones in our homes in the Fifties and had to seek out the nearest working phone box.

If you wanted to look something up, you either had to refer to your voluminous and weighty Encyclopedia Britannica; a set of Funk and Wagnalls or spent countless hours at the nearest Library seeking out information..

All we have to do now is hit "Google" and instantaneously the answer is on the screen within sometimes a matter of seconds!

Mobile phones give us access to the Internet giving us immediate information; Facebook; Email; Texts as well as making a call!

Of course, we must govern how much Data we use when one considers costs and seek out user friendly cost efficient plans. We should also discipline ourselves and restrict usage.

We have come so far since *those* days! We now carry our phones and if we forget to take them with us, some of us are overcome with "separation anxiety". We are totally "hooked" on the modern day wonder which many consider magical as they hold the answers to most, if not all of our questions.

However, as wonderful as Mobile Phones are, we now face problems never before experienced.

Should you illegally use your mobile while driving, the use could be deadly to you or someone else. Imagine, your next of kin receiving a call from you as you take your eyes off the road and crash. You

can always place your phone in your bag on the back seat.....out of reach. Don't even think about answering it. Who is going to worry if you take ten minutes to find a suitable place to park and ring the caller back.

Youngsters mis-using their phones and risking ending up with I.T. criminals obtaining personal details of under-aged children and others is of real concern.

Losing or leaving your mobile phone at home is not the only trigger that leads to fearful feelings according to experts. Going into areas with no signal, a dead phone battery and even voluntarily switching the phone off, could send the sufferer into a panicked frenzy.

According to allaboutcounseling.com, some of the signs you can use to spot a nomophobe (or identify yourself as one) include: obsessively looking for their cellphone, worrying about losing their mobile phone even though they know it's in a safe place, or having a panic attack over the lack of reception. While we may not personally know someone who fits these symptoms, the signs are there.

Which brings me to one specific area in Brisbane. In the mornings, we catch the 321 bus from Motel of Gregory into Queen Street and walk through Post Office Square to catch another to West End. I have never seen so many ignorant people who walk (no barge) through the square from the other direction and ninety nine percent would have their heads down reading their mobile phones. There is no left and right in their minds as they walk and as they spread themselves across the walk-way.

I have promised myself that a set of those elbow guards would probably help ward off the inconsiderate Nomophobics as they make their way to work.

It may help if I was built like a front row forward to deal with a confronting crowd of "eyes down" phone users. Ed. Source - some from Syd M. Herald..

AN IMPORTANT REMINDER!

It's time to change your Smoke Alarm Batteries!

Monday, April 1.

This is one of the most important things you have to do!



GRANDMA'S PILLS

A doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her.

As the doctor was looking through these his eyes grew wide as he realized Grandma had a prescription for birth control pills.

"Mrs. Smith, do you realize these are birth control pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely nothing in these that could possibly help you sleep!"

She reached out and patted the young doctor's knee and said,

"Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old Granddaughter drinks.

And believe me it definitely helps me sleep at night."

You gotta love Grandmas!