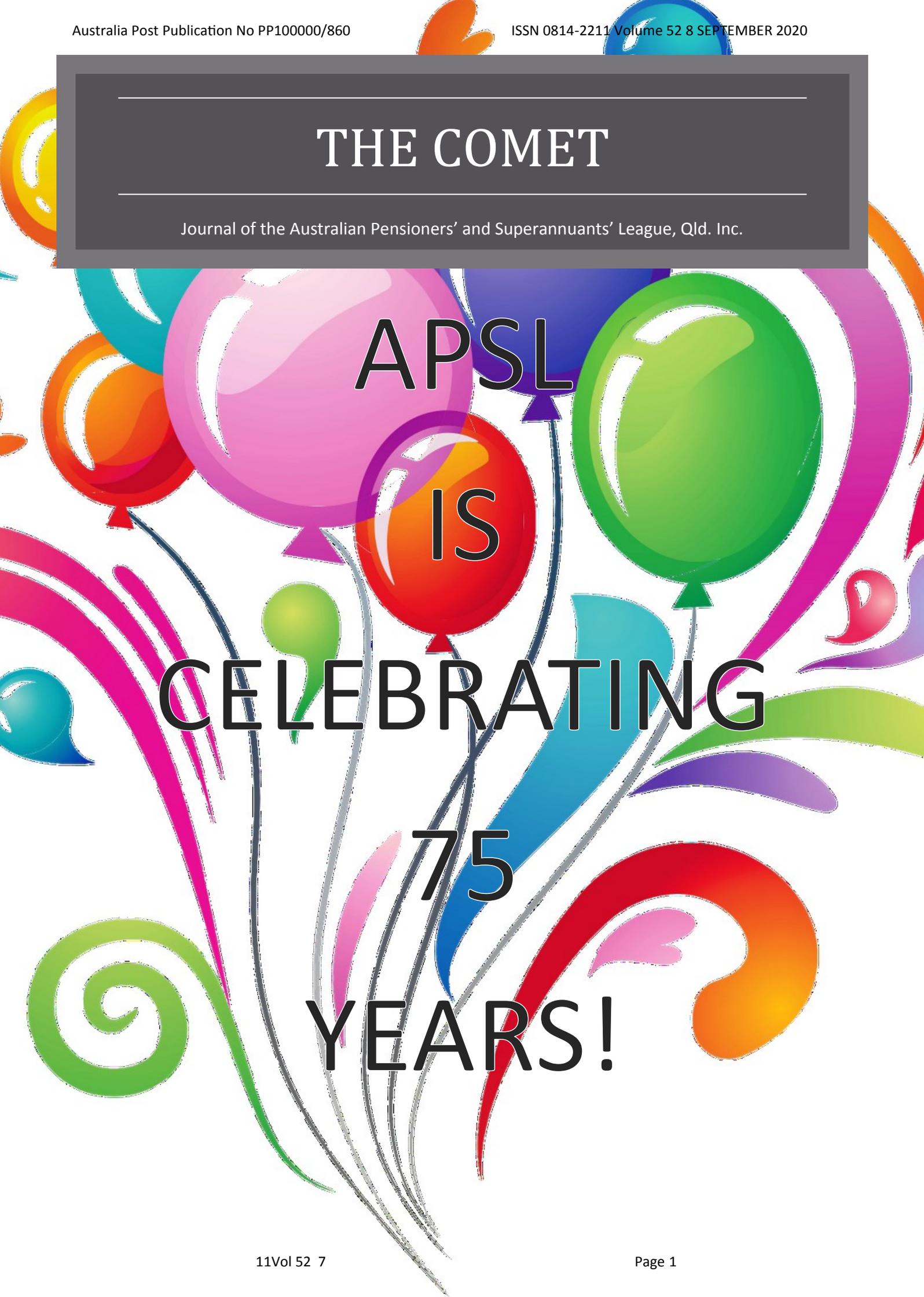


# THE COMET

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



APSL  
IS  
CELEBRATING  
75  
YEARS!

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The Australian Pensioners' and Superannuants' League Qld, Inc. (APSL) provides advocacy and support services to pensioners and superannuants in Queensland.

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### Commonwealth Government Directory

Administrative Appeals Tribunal	1300 366 700
Aust. Competition & Consumer Commission	1300 302 502
Australian Hearing	131 797
Aust. Securities & Investment Commission	07 3867 4700
Aust. Taxation Office	132 861
Centrelink (Older Australians line)	132 300
Child Support Agency	131 272
Commonwealth Respite and Life Flight Centre	1800 052 222
CRS (Commonwealth Rehabilitation Services) -	
Human Services	1800 277 227
Family Court of Australia	1300 352 000
Home & Community Care (65+ years)	1800 200 422
Human Rights & Equal Opportunity Comm.	1300 369 711
Immigration & Border Protection Department	131 881
Medicare	132 011
Migration Review Tribunal	1300 361 969
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Legal Services	1800 012 255
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### Queensland State Government Directory

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Electricity & Gas	134 387
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Public Trustee	1300 360 044
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Qld Ombudsman's Office	1800 068 908
Residential Tenancies Authority	1300 366 311
Safe Food Queensland	1800 300 815
Senior's Advocacy Information	
& Legal Services (SAILS)	07 3214 6333
Senior's Card	13 74 68
Senior's Enquiry	1300 135 500
Senior's Legal & Support Service	
Brisbane	07 3214 6333
Cairns	07 4031 7179
Hervey Bay	07 4124 6863
Toowoomba	07 4616 9700
Townsville	07 4721 5511
State Emergency Service Office	13 74 68
Youth & Family Support Service	07 3274 9917

### Community Support Services Service Directory

<b>Domestic Violence Crisis Line</b>	<b>1800 811 811</b>
Immigrant Women's Support Service	07 3846 3490 07 3255 1420
Qld Aged & Disability Advocacy	1800 818 338
Seniors & Go Card	13 74 68
Senior Shopper	1300 360 265
Sexual Assault Help Line	1800 811 811
South Brisbane Immigration & Community	
Legal Service	07 3846 3189
The Incapacitated Servicemen	
& Women's Assoc. of Aust	07 3356 9022
Women's legal Service	07 3392 0670
National Welfare Rights Network	1800 358 511

### Department of Health Service Directory

Department of Health	1343 2584
Health Services Info Line	07 3837 5986
Medical Aids Subsidy Scheme	1300 443 570



## SEPTEMBER 2020

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Contact APSL State Office to enquire about membership and a branch near you. You can still contact Head Office on the usual number and Anneliese will answer.

**APSL — MAKING A DIFFERENCE!**

**A MEMBER OF THE EVERY-AGE COUNTS COALITION OF ORGANISATIONS**





## EDITORIAL

By

Cherith Weis



Dear Friends

It is with deep regret and with heavy heart I have to inform you that at our State Management Committee meeting held on Wednesday, September 3, supported a resolution that the State Conference should be cancelled for 2020.

The Australian Pensioners and Superannuants League Qld. Inc. should be celebrating its 75th anniversary having been formed in 1945 at the end of the Second World War.

However, COVID19 has upset our plans. We postponed the conference from September 7, 2020 and then to November. With the rise in cases in the South East corner, the Management Committee's plan saw support for the cancellation this year because of the rise in cases in S.E. Queensland.

We believe that an Annual General Meeting should be held due to the Office of Fair Trading rules and regulations. At the time of writing this, there appears to be confusion over just when the AGM can be held.

We included in the minutes of the last Management Meeting held on September 3rd that we may be able to extend the holding of the meeting to February. Although the Office of Trading website says so, we have found out otherwise. We have been told **now** by the OFT that we have to make every attempt to hold an AGM this year, which means holding a Zoom meeting.

The APSL has been conducting Executive; Kurilpa Kitchen Team meetings; Legal meetings and of course, Management meetings. Some members have joined us via a speaker phone hookup on Zoom and that has worked very well.

Zoom has proved itself, and has given us the opportunity to successfully continue what the 2019 Conference elected us to do.

Without Zoom and the amazing technology, APSL would have found it extremely hard to survive.

**Job Keeper** helped out with supplementing wages; a \$40,000 donation which continues into next year from Meals on Wheels was a surprise and has helped us through this COVID19 era. TransitCare delivers meals to our clients.. We qualified for Job Keeper as our hall hire income disappeared and access to meals on the premises ceased.

Branches have been unable to hold fundraising events/functions and so for next year (only) the Management Committee has waived Capitation fees. We will probably have to review it again towards the end of next year depending on this COVID curse's status.

Your feedback would be appreciated on whether you think you can handle a Zoom meeting. Really, it's quite easy. We will soon be in touch with branches.

Stay safe; stay well.

Cherith

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# ROAD SAFETY

WITH

*LEYLAND BARNETT*

## Road Safety is in Your Hands

Rural road safety month starts in August and there were 835 lives lost on rural roads in Australia last year, 835 lives too many.

A launch was done at Kershaw gardens by the Australian Road Safety Foundation with events coordinator Donna Caley and founder, Russel White. Every year they promote Fatality Free Friday events and this year 3 people died in Australia on that day, including my niece Emily Barnett.

The display at Kershaw gardens was very poignant with 100's of hats laid out to represent the fatalities on Australian rural roads.

A bill board at Midgee creek, designed by ARSF, has been sponsored by many community people to send a clear road safety message, "The keys to road safety are in your hands."

How many times have you heard people say, "Drive to the Conditions" and how many people actually understand or care about what it means? It is so easy to blame the roads, the government and the police, but at the end of the day it is your responsibility to make good safe decisions while driving.

I can not understand why some people take high risks on our roads; overtaking on double lines; driving out into intersections without looking; speeding; driving under the influence of drugs or alcohol and dis-

tracted from using a mobile phone. Do people really think that it can't or won't happen to them, to justify the risk taking? I can ensure you, that your luck will one day run out and you and another innocent victim will be either maimed for the rest of their life or killed, RIP Emily and good luck Emily.

Common sense is sadly lacking today, you need to slow down if road conditions are not great as you need reaction time if something goes wrong, it takes 1.5 seconds for the brain to register an incident and react by either swerving or braking. If you want to be an idiot, then drive into a tree and not swerve over into the wrong lane at 100 km/hr and kill and maim innocent lives?

Please make a pledge to road safety and return home to your families and loved ones, together we can make a difference.



## Amazing Escape!

A young Agile Wallaby has survived against all odds after it was hit by a car near Laura, three and a half hours north-west of Cairns, late Thursday afternoon.

A family were driving from Bamaga to Cairns when they hit the wallaby. They stopped the car to look for it but presumed it had hopped into the bush when they couldn't find it. When they arrived in Cairns they went to sleep and woke up in the morning to inspect the car. It was then that they heard a noise and discovered the wallaby was alive and trapped behind the grill of the car.

They called the RSPCA and Cairns Inspector Ben Newman was able to free the wallaby.

I couldn't believe it. This would have to be one of the greatest animal survival stories of all time! Incredibly he only had a few scratches and after a visit to the vet was deemed fit to be returned to the wild."

Ben released one very, very lucky wallaby on Friday afternoon.

Pics on this link

<https://www.dropbox.com/sh/ejrud7xrqa9jwpa/AACq-5EJXd-aeR2720ciAY-ya?dl=0>

### **Adopt a dog!**

RSPCA Qld is lending its support to the single by children's music legend Donna Dyson. The film clip that has been released to accompany the song was partially filmed at the RSPCA's Cairns Care Centre.

"Even though I'm an oldie I love it. It's SO catchy"! Said RSPCA Qld spokesperson Michael Beatty.

Adopt a Dog debuted at No 1 on the children's charts, beating Baby Shark and even the Wiggles!

Donna Dyson has become a legend in the music industry through her work with MGM global distribution. She has her own music label Spotty Kites and everyday song titles from this label are programmed on #ABCKidsListen along with many children's radio stations. In 23 months, Spotty Kites has celebrated 22 #1 hit releases!

Donna's personal story is not only interesting but inspiring. After spending her earlier career as a venerated teacher, education leader, lecturer and children's author, she was suddenly diagnosed as being legally blind after an unexpected medical condition. She lost most of her sight but this only spurred a surge in her creative vision. This creativity is now poured into music, professionally composing and producing fun songs with educational content for children.

By 2014, Donna started to receive recognition by her song writing peers at the APRA ASA annual awards and

by 2016 was named the Australian Songwriter of the Year for her song Spirit of Australia shared with her good friend Damien Leith. Donna's original songs are produced with Qld Symphony Orchestra (QSO) instrumentalists and gifted vocal artists.

Knowing children sing before they read, Donna has devoted her past three years to creating the world of Spotty Kites. This powerhouse creates music, books, school musicals, choir and curriculum content, and is presently developing touring shows for 2021 season and beyond

Early childhood is the most critical stage of connectivity," says Donna. "By contributing to this area in a child's development, we form an excellent foundation for our children."

Donna, may never literally, or physically see these children she creates for but her creative vision will lead them forward.

"She's an inspiration," continued Michael Beatty. "She inspires us and she says that the work we do inspires her." Over 2,500 dogs and puppies have found homes through RSPCA Qld in the past year.



# Sneezing 101 - what is a sneeze, why do we sneeze and how to sneeze safely

You know it's coming; you feel the tickle, your eyes start to water, your nose wrinkles up, and then it happens...ah choo! You sneeze!

Whether it's an allergic reaction, a viral infection, a change in temperature or a sudden bright light, your nose becomes agitated. When this happens, your body does what it needs to do to get rid of the pesky irritant — it causes you to sneeze, also known as sternutation.

## What happens when I sneeze?

When something does enter your nose, like germs, dust or pollen, a message is sent to a part of your brain called the sneeze centre. The sneeze centre sends signals to the parts of your body that need to work together to help you sneeze. Your chest muscles, diaphragm, abdominals, vocal cords and the muscles in the back of your throat all work together to help you expel the irritant.

## Why do we always close our eyes when we sneeze?

Have you ever tried to keep your eyes open when you sneeze? You'll find it's virtually impossible to do so. It's not known why this happens, but scientists think that when we sneeze, our brain sends a message to close our eyes (as well as the other signals mentioned above). It's an involuntary reflex – like when the doctor taps your knee and your knee jerks.

It is possible to sneeze with your eyes open if you try really hard. But the urge to close your eyes when you sneeze is very strong, and you are fighting against your body's natural reflex. The body is putting as much effort into clearing out its airway as it can, so keeping them closed is a way to do this. Some people think it's your body's way to stop the irritant from entering through your eyes.

## Why do I sneeze more than once?

We all know that one person who sneezes, not once, not twice, but three times. Why do these people sneeze multiple times? It's thought that sometimes, the sneeze is just not powerful enough to get rid of whatever causes you to sneeze in the first place. It might take a few goes for your nose to get out the irritant. It could also be a result of allergies and ongoing inflammation that means you must sneeze more than once.

But what about those "mega-sneezers" – you know the ones – you can hear them sneeze a block away. It's likely because of the person's lung capacity and how much air they breathe in pre-sneeze. The more air, the bigger the sneeze!

## Why is it so important to sneeze correctly?

When you sneeze, droplets are expelled from your nose and mouth which can travel up to two metres away. These droplets may land on surfaces, such as tables, benches, doorknobs and other frequently touched items. When you have a respiratory virus, someone may then touch these surfaces or items and the virus is transferred to their hands. They can then become sick if they touch their mouth, nose or eyes. Check out more on the Queensland Dept of Health web page.

## FROM GRACEMERE BRANCH

### Sticky Date and Pear Muffins - Serves 12

*These delicious muffins are a healthier option.*

*Only sweetened by the natural sugar in the dates and pears*

#### **INGREDIENTS:**

**1 ½ cups dates, pitted**

**1 tspn baking soda**

**300mls boiling water**

**¼ cup grapeseed oil**

**2 eggs**

**300g can pears, drained and diced**

**1 tspn vanilla**

**¾ cup whole meal SR flour**

**½ cup plain flour**

#### **METHOD:**

**PREHEAT** oven to 180C and line muffin pans with baking paper

**FINELY** dice dates or blend in a food processor, then place in boiling water with baking soda

**STIR** and let stand for 5 mins

**COMBINE** eggs, oil, vanilla and

**POUR** into date mixture, add flours and stir until just combined.

**SPOON** mixture into prepared muffin tins.

**BAKE** for 25mins or until skewer comes out clean.

**I didn't have any Whole meal SP Flour, so**

**Substituted rolled oats blended to consistency of wholemeal flour**

**and added 2 tspns baking powder.**

**Also used gluten free Plain flour and added heaped tblspn of coconut flour.**

**NB: Check your oats if you are gluten intolerant. Pure oats are gluten-free and safe for most people.**

—

*Since restrictions have been lifted, the Gracemere Branch has been holding monthly meetings. Due to the regulations associated with Covid, we held meetings at a member's home and are now*

*meeting at the local RSL Councilor Ellen Smith attends our meeting and gives a comprehensive report on what is happening around Gracemere.*

*It was a pleasure to have Cr Smith chair the Annual meeting at the end of July. Mrs Desiree Reynolds accepted the nomination for President, along with Margaret Laughton as Secretary and Cheryl Smith as Treasurer.*

*It certainly has been a very different year for all members. While the "stay at home" restrictions were in place, members' tackled the task of de-cluttering. Some were able to get their gardens in ship shape condition. Others' took up their knitting needles and crochet hooks and finished off their UFO.*

*Vice President, Linda O'Dea was busy with a project of*



*making two, 1 metre square rugs for the CWA's Centenary in 2022.*

*We are not alone in experiencing the lack of fund-raising opportunities in our communities. The Local monthly market is still cancelled until further notice.*

*Plans are being made to have a function later in the year.*

*Enjoy your muffins with a cuppa.*

*Take care and stay safe!*

*Gracemere Branch!*

## GYMPIE BRANCH PRESENTATIONS



The Gympie Branch of the Australian Pensioners and Superannuants League met on Thursday August 13 to present four local community groups with donations from the two concerts held at the beginning of the year.

From left to right: Ron Douw, Lifelight Helicopter; Bill M'Naught, Gympie Senior Citizens; Geoff Knowles, Gympie Community Bus; Jessica Mann, Gympie Volunteer First Aid; Kevin Ward, Gympie Branch President and Gympie Regional Council Mayor Councillor Glen Hartwig.

Well Done, Gympie!

**oooOooo**

*The APSL is extremely thankful for the effort/s made by Gympie's Secretary, Maureen Perry not only one occasion but on two occasions in trying to organize our State Conference this year. Gympie was to be host branch.*

*Maureen pursued venues which could handle a COVID distanced number of people which had been booked (twice — as the conference was firstly postponed from September); she organized the GRC Mayor to open the conference; lined up a Guest Speaker. and caterer. She was also receiving a grant to help run the conference*

*It was with deep regret that because of the persistence of the COVID19 situation, it was deemed necessary to cancel this year's conference.*

*It is an absolute shame that we had to take this decision as this year sees the 75th Anniversary of our organisation having been formed in 1945.*

*Many thanks, Maureen for all the work you have done for APSL, in particular the on-again / off-again conference. We appreciate your untiring efforts.*

# **BOWEN BRANCH ANNUAL MEETING**



Above—pictured left to right— Dot Matthews Bowen Vice President; Stacia Wilson ; Jess Kerswell and Nola Tapp at the Bowen Branch meeting held in August.



Picture left to right — Chris Wilson, Bowen Branch Secretary; Guest Speaker and Chairperson Whitsunday Regional Council’s Councilor Michelle Wright and Bowen Branch President who is also State President, Joyce Macdonald.

## SOME BACKGROUND TO 75 APSL YEARS

The Australian Pensioners' and Superannuants' League Qld. Inc. is a voluntary support, referral, information, advocacy and lobby group with members of varying ages but with one in common: we are people who are receiving various types of pensions with many living partly on superannuation funds.

We support all pensioners, Aboriginal and Torres Strait Islanders, culturally linguistically diverse persons and disadvantaged persons. The League is predominately run by volunteers.

The first Branch of the Australian Pensioners' and Superannuants' League Qld. Inc. was formed in Warwick on September 23, 1937 and still going strong. Although that's a misnomer as there was no APSL when Warwick was formed. They became a branch later in time.

The Warwick Branch was born out of the pain of the depression when a concerned citizen, Albert Ernest Pacey decided that it was time that a suitable group be formed to help the destitute and poor in the community. Branches followed in Gladstone in 1945, Gympie in 1959, Mount Morgan in 1961, and Emerald followed in 1970's.

Our founder Marj Nunan was actually deeply involved in the introduction of the Widows Pension in Australia.

Unfortunately records are not available regarding branches which may have existed for nearly as long as these above branches were lost in a fire at the then first headquarters based in Red Hill, Brisbane in 1984.

Since then, the State Office has been based at Kurilpa Hall in West End. (Check out page 14).

In February 1947, led by Mr H.W. Leary the first Annual Conference of the Australian Pensioners' League as it was then called, was held in the Brisbane Trades Hall.

Some of the resolutions considered at the 1947 Conference were:- pension increase of \$2 (one pound) a week and request for a rise according to increasing

cost of living; a decrease in Age Pension age eligibility; lobbied for increases in Invalid and Widow Pensions and the introduction of fare concessions for pensioners.

Over the years some of our achievements include:- upgrading the wife's allowance to a pension; the electricity rebate; rail concession cards; telephone concessions; wheel chair access to toilets; user rights in nursing homes; Police liaison committee task force; elder abuse; Seniors' advocacy, information & legal services; and representation on numerous other committees, such as AVEO Retirement Village.

These days we have come a long way with the work we do. Our primary purpose is still that of a lobby group.

We continue to hold a State Conference annually in different locations throughout the State. Delegates attend from all round the Queensland. Issues that are raised at our Conference include a variety of health issues including oral health, patient transit schemes,

transport, the nursing home legislation, home and community care, concessions, healthy ageing, pensions, superannuation and banking.

In addition, we obtain many grants to run a variety of projects. Some of the activities that we have run in the past include:

• Abuse of Older People – a Representative of our Organisation attends Meetings on Elder Abuse second monthly.

• Kurilpa Kitchen – a program where older people or people with a disability can come and have a meal. This is a program to educate and reduce poor nutrition through improving people's socialisation.

The program is sponsored by the Federal Government. We are currently delivering clients' meals partnering with TransitCare.

Another aim of our organisation is to try and create a positive attitude to ageing through events like Seniors Week.

APSL is now a member of the newly introduced coalition of similar groups — **The EveryAge Coalition Counts Coalition of Organisations**, which adds more power to all our seniors groups.



# VIDEO CONFERENCING

From Mid-April, APSL Management decided to front technology head on and of course, anything new generally has teething problems. However, we have managed really well considering that we are “up in years”.

We have made many decisions during the past six months; some of them vital. Some on line with our solicitor; others with staff.

After taking out a year’s subscription to Zoom which cost a little over \$200, our organisation has been able to hold various meetings and attend to our commitments. Up to 100 people may “attend” a video meeting on Zoom although we haven’t come anywhere near that number.

There isn’t any charge to the participants who join the meeting. Email addresses is all you have to supply to our Office Manager, Anneliese.

Without this modern technology we would have seriously been in trouble at this point in time; most probably in dire straits.

I would recommend that if you are on line, click into the Zoom website and learn all about it, if you haven’t already. I know that many groups; committees have regularly used Zoom or some similar video conferencing group for meeting with their members.

## **COVID19 VACCINE?**

I believe that this virus is going to be with us for quite some time so we must learn to live with it in all its diversity.

With regards to the introduction of a safe vaccine, don’t count on it happening any time soon.

- *The Polio vaccine took from **1935** when the first vaccine trials were held and it took twenty years to be consid-*

*ered safe to introduce. However, extensive work had to be carried out to ensure its safety.*

***1953** saw Jonas Salk running early tests on his family apparently without consequences to any members.*

***1955** saw the launch of the Polio vaccine not without some “hiccups” when some fell ill. Apparently the problems were ironed out and although suspended for a short time it went ahead in 1955.*

I believe that we must “get with it” as I believe we have to learn to live with this dreaded virus. I also think the vaccine can only be introduced after stringent tests to satisfy us that it is a safe vaccine.

## **VIDEO MEETINGS**

If any branch would like to hold a meeting with the Management Committee, the meeting could be easily set up to take place.

The possibility of holding a State Conference via Zoom is being investigated.

**Information found on the Office of Trading Web Page may not cover an extension of time to hold an AGM into next year for our organisation.**

Conflicting and extremely confusing advice has been given to us and we are working urgently on the matter as to when and how it can be held. We have to decide very soon as to whether or not we are now able to organize the Annual Meeting with branches via Zoom before the end of the year.

It’s now over to branches, so please get back to us and let us know your opinions on this issue and if you can handle or have handled video conferencing.

*Cherith Weis*, State Secretary

Check out the Zoom web site

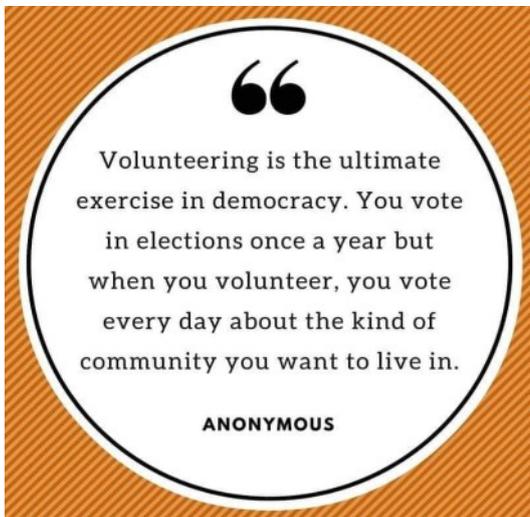


## ODDS & SODS

Wrestled with bottle caps? Stuck the neck of the bottle in door jambs; pulled out a drawer and pressed them shut on the bottle neck; used hot water; cold water - all to no avail and you are thinking - they must use something that mechanics do when they change your tyres around, when they cap these bottles! Most of us are battling with a weakness in our wrists, and/or Arthritis and I am one. Then I bought a NUT CRACKER.....Zimples!



Ooo0ooo



C Q residents received the third copy of **C Q Today** this week and although it is only a weekly publication so far, there's a probability that a Saturday edition will be printed. From what I have ascertained, readers are extremely happy and have found the content a very good read.

Who remembers the wise old Owl from our childhood years?

***A wise old owl***

***Sat on an oak.***

***The more he saw***

***The less he spoke.***

***The less he spoke***

***The more he heard.***

***Why can't we all***

***Be like that wise old bird. Anon.***

## **FIVE BEST SENTENCES**

- 1.** You cannot legislate the poor into prosperity, by legislating the wealthy out of prosperity.
- 2.** What one person receives without working for, another person must work for without receiving.
- 3.** The government cannot give to anybody anything that the government does not first take from somebody else.
- 4.** You cannot multiply wealth by dividing it.
- 5.** When half of the people get the idea that they do not have to work, because the other half is going to take care of them, and when the other half gets the idea that it does no good to work, because somebody else is going to get what they work for, that is the beginning of the end of any nation!

# LEMONADE SCONES

3 1/2 cups self raising flour , plus extra for dusting

1 cup thickened cream (heavy cream), not whipped!

1 cup lemonade

TO SERVE

Whipped cream

Jam

Instructions

Preheat oven to 200°C/390°F (180°C fan). Line tray with baking/parchment paper.

Combine the flour, cream and lemonade in a bowl and mix until flour is mostly combined. Do not over mix, it will make the scones dense! The dough should be soft and fairly sticky.

Turn out onto a floured surface, and knead gently just 3 - 5 times to bring dough together, then gently pat into a disc shape 2.5cm/1" thick.

Use a 6cm/2.5" round cutter to cut rounds - press straight up and down (don't twist), flour cutter in between.

Use a knife or similar to scoop up (avoid touching sides) and place on tray, slightly touching each other (they help each other rise).

Brush the tops lightly with milk.

Bake for 15 minutes until golden on top. Place on rack to cool. Place tea towel over them to stop the tops from getting crusty.

Serve with copious amounts of cream and jam, and of course tea!

Recipe Notes:

1. Self raising flour (called self-rising flour in the US and Canada) is simply flour that's already got baking powder in it. To make your own self raising flour, just add 7 tsp baking to 3 1/2 cups plain/all purpose flour (no need to minus 7 tsp flour, dough is quite sticky).

2. Lemonade - I use Schweppes and Kirks. "No brand" lemonade works fine too, as does 7Up and Solo so I presume any brand of any of these should work fine. Just need something fizzy and sweet!

3. Cutting tips - If you don't have a round cutter, which I didn't for ages, use an empty tin (cleaned!) or you can just cut them into squares with a knife. Just be sure to flour the knife between cuts so the dough doesn't stick to it.

TIPS: Push cutter straight up and down, do not twist. Flour the cutter in between so the dough doesn't stick. I usually get 6 out of the first batch, then I combine and pat out the offcuts to make another 3 - 4.

4. Milk brushing - This makes the tops nice and golden, and helps smooth the top too.

5. Storage - keeps for 3 days in an airtight container but needs to be reheated to serve. Also freeze well, for up to 3 months.

6. Nutrition per scone - jam and cream not included (I cannot be held responsible for how much you pile on!!).

## NUTRITION INFORMATION:

Serving: 74g Calories: 188kcal (9%)  
Carbohydrates: 31.5g (11%) Protein: 4.1g (8%)  
Fat: 4.8g (7%) Saturated Fat: 2.8g (18%)  
Polyunsaturated Fat: 2g Cholesterol: 16mg (5%)  
Sodium: 6mg Fibre: 1g (4%) Sugar: 2.6g (3%)

## DID YOU MAKE THIS RECIPE?

*These Lemonade scones are an American recipe.*

*I would be interested in hearing your feed back as there are multiple recipes for Lemonade Scones.*

*I would also appreciate contributions from members— your favourite recipe — may have been your Mum's recipe —Let's share!*

One day I would like to re-visit Cooberrie Park at Yeppoon.

When Gracemere P & S L visited several years ago, we found this beautiful fellow and he put on a show for us. Until then, I had no idea white peacocks existed. We nursed pythons and came eye to eye with Emus and others.

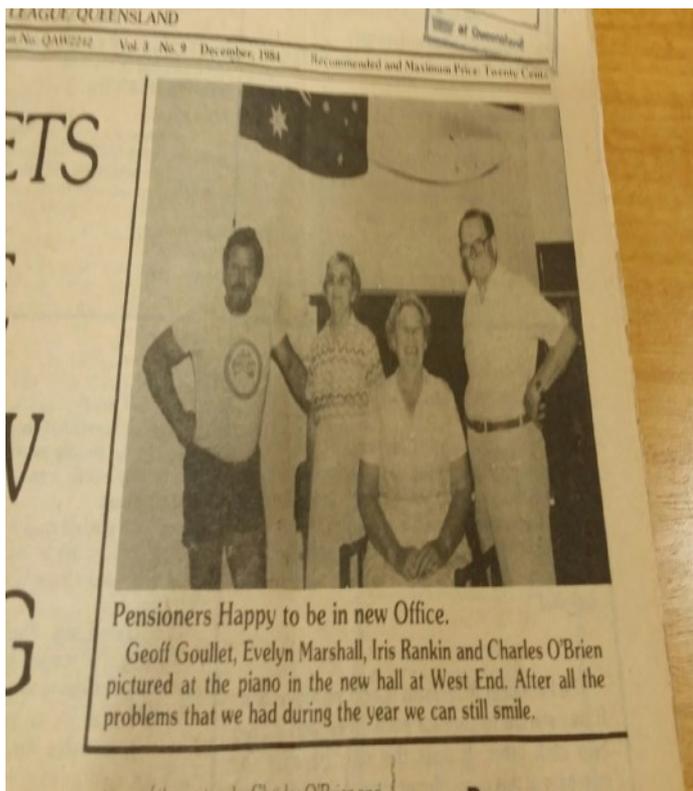
A great day out!



Following on from APSL history these grainy old photos in the archive files on the fire at Red Hill; the appeal for help to rebuild and the move to 174 Boundary Street, West End.

I think it's such a shame that our work record in around the first 20 plus years, is non-existent and there's nothing to which we can refer.

Fire consumes all.



## ODDS and SODS!

### 10 WORDS AND PHRASES PEOPLE SAY INCORRECTLY

1. Supposably — *Supposedly*
2. For all intensive purposes  
*For all intents and purposes*
3. #regardless — *Regardless*
4. I ~~could~~ care less  
*I couldn't care less*
5. Espresso — *Espresso*
6. Pacifically — *Specifically*
7. Ex Cetera — *Et Cetera*
8. I seen it — *I saw it*
9. Of #pmost importance  
*Of utmost importance*
10. I need to lay down  
*I need to lie down*

Sometimes I just want it to stop. Talk of Covid, protests, looting, brutality. I lose my way. Become convinced that this "new normal" is real life.

But, then I meet an 87 year old who talks of living through Polio, diphtheria, Vietnam, protests and yet is still enchanted with life. He seemed surprised when I said that 2020 must be especially challenging for him. "No", he said slowly looking me straight in the eyes, "I learned a long time ago to not see the world through the printed headlines, I see the world through the people that surround me. I see the world with the realization that we love big. Therefore, I just choose to write my own headlines. "Husband loves wife today." "Family drops everything to come to Grandmas bedside." He patted my hand "Old man, makes new friend".

His words collide with my worries, freeing them from the tether I had been holding tight. They float away. I am left with a renewed spirit. My headline now reads "woman overwhelmed by the spirit of kindness and the reminder that our Capacity to love is never ending"

**I'm a dyslexic,  
atheist, insomniac;  
I stay up all night  
wondering if there  
really is a Dog.**

## Memories

**Memories remind us that nothing lasts  
forever**

**Time is precious**

**Enjoy life and**

**Remember don't count the days,**

**Make the days count.**

**If my body is ever  
found dead on a  
jogging trail, just  
know I was  
murdered  
elsewhere and  
dumped there.**

**Message to Branches**

This space box is provided to insert your Branch contact details when you leave The Comet at Doctors' Surgeries /Libraries and so on



## CODE of ETHICS and PERSONAL CONDUCT

### The Australian Pensioners' & Superannuants' League (Qld) Inc.

**Be patient** and courteous in all dealings with fellow members.

**Be inclusive** - Members to welcome and support people of all backgrounds and identities and discriminate against no one.

**Be considerate** - Each member should respect fellow pensioners and superannuants. Our decisions and comments will affect our fellow members, therefore we must always take this into consideration.

**Be respectful** - Each member may not agree all the time, but disagreement is no excuse for disrespectful behaviour. Each member may experience frustration from time to time, but we cannot allow this to become a personal attack. An environment where people feel uncomfortable or threatened is not productive or creative and not in the best interest of The League.

**Choose your words carefully** - Always conduct yourself professionally. Harassment and exclusionary behaviour is not acceptable in The League. Differences of opinion and disagreement will occur, each member must resolve disagreements and differing views constructively and respectfully.

**Our differences can be our strengths** - Members can find strength in diversity. Different people have varying perspectives on issues, and that can be valuable for solving problems or generating new ideas for the betterment of The League.

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#### 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.