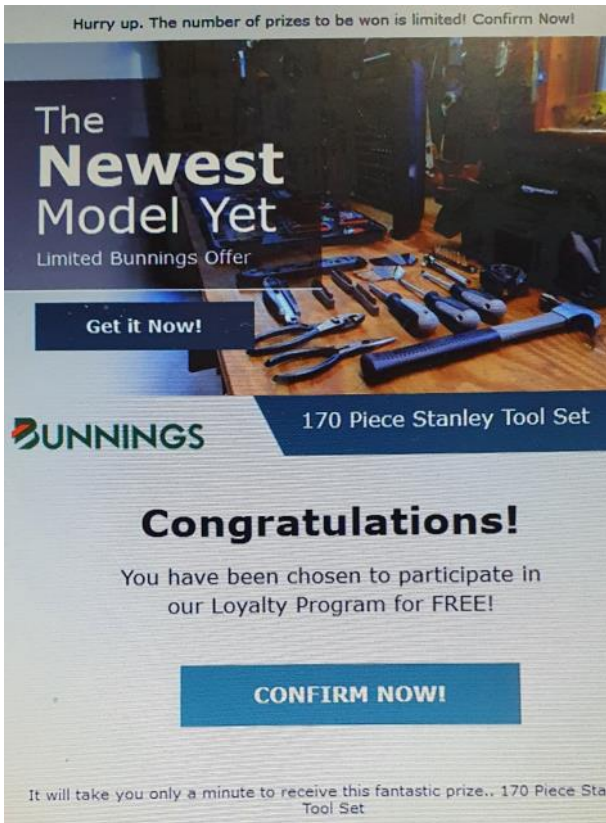


THE COMET

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

A WARNING FROM APSL!

Should you receive ANY emails supposedly from BUNNINGS immediately delete them! There are a couple of SCAMS at the moment using Bunnings, a familiar brand name to all of us, but do not be misled. The scammers are using Stanley Tools and Flybuys through the trusted name of Bunnings to scam you!



There has been an increase in “suspect” emails so do not be a victim. Be alert.

If you become a victim of cybercrime, report the matter to ReportCyber.

ReportCyber is administered by the Australian Cyber Security Centre, Australian Signals Directorate, with reports directed to each state or territory for processing and investigation.

For further information visit the following sites:

Australian Government ACSC: <https://www.cyber.gov.au/>

Queensland Police Service: <https://www.police.qld.gov.au/safety-and-preventing-crime/r-u-in-control/all-cybercrime-articles>



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Services Directory

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
National Aboriginal & Torres Strait Islander Legal Services	1800 012 255
Pharmaceutical Benefit's Scheme	1800 020 613
Private Health Insurance Complaints	1800 077 308
Private Health Insurance Ombudsman	1800 640 695
Translating & Interpreting Service	1300 655 820
Veteran's Affairs Department	133 254

Queensland State Government Directory

Anti-Discrimination Commission	1300 130 670
Department of Communities	137 468
Department of Energy & Water Supply	134 387
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Water	1800 662
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Legal Aid Qld	1300 651 188
Office of Fair Trading	137 468
Public Guardian (Adults & Children)	1300 653 187
Public Trustee	1300 360 044
Qld Competition Authority	07 3222 0555
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	07 3214 6333
Brisbane	07 4031 7179
Cairns	07 4124 6863
Hervey Bay	07 4616 9700
Toowoomba	07 4721 5511
Townsville	13 74 68
State Emergency Service Office	

JULY 2023

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



YOUR VOICE MATTERS!

The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

EDITORIAL WITH CHERITH WEIS



Greetings Friends!

A writer by the name of Bert McCoy wrote "Time flies when you're multitasking. How true! July is here and it's just over 2 months until we meet again in Brisbane.

At the moment, the weather in Rocky is freeeezing! Raining? Well, we have had a few spits and a little overnight rain, but that's about it. Most of us, need some good rain as we haven't seen any for quite some time.

In this month's issue I have used some stories from the Courier Mail for which I thank the paper. There are so many SCAMS hitting the community at the moment so please be diligent. If you have something new arrive on line; say something like I have used on the front page, before you do anything else check out the sender's email address. That's the giveaway!

I have dealt with a number of issues which are topical in this issue and would like to hear from you, the readers on those matters.

There are problems out there in the community. Maybe they don't affect you as seniors, but someone in your family could be affected.

If branches have any contributions for the next Comet, please get them to me by the 20th of July. We need your contributions; we need to share what you are doing in your area. The email address is on Page 2 of this edition.

The Management Committee has a lot on its plate at the moment. In particular, organising of the State Conference which will be held on September 12 and 13.

Youth crime appears to be on the rise. I know that we are very aware in our area. Updating our security.

The housing crisis appears to be getting worse. While we welcome newcomers to this state, there isn't enough accommodation. I remember the days of Housing Commission homes and in particular the Toowoomba suburb of Harlaxton was "housing commission". What happened? I would have thought that looking after our population; building houses would be the most important aim in this state.

Your opinions are welcome!

Cheers, Cherith.

Advertisement for Alex Gow featuring a colorful face painting and text: "Every life is an amazing story. Write your final chapter and ensure your story is remembered by prearranging your funeral with Alex Gow. ALEX GOW Pre-arranged Funerals alexgowfunerals.com.au phone 3851 7800 | 24/7 NEWSTEAD | BROWNS PLAINS | REDLANDS | DECEPTION BAY"



CLASH OF THE 81 YEAR OLDS

By Anne Ring

As an 81-year-old, I was – of course – very interested to find out about the same aged Martha Stewart’s photoshoot, as the oldest woman to appear on the cover of Sports Illustrated. And here’s what I noticed in the series of informal photos of her that were within a feature about that, that I checked out. Golden hair, yes; and no surprises there: 75% of American women are reported to have dyed hair. But, also and more realistically, whatever cosmetic procedures she may or may not have had, in several of those photos there were lines on her face and neck that were in keeping with her age. Lines that – to the last wrinkle – had all disappeared in the photo that made it onto the cover. She had been photoshopped into a dishonestly positive image of ageing.

As an 81-year-old, here’s a photo of me, taken a few weeks ago, having a bit of fun dressing up for a Hungarian event that I was hosting:



And, as you can see, this is what most of we octogenarians circa 2023 look pretty much like: our au naturel age, with hair colour a matter of choice. We might play with our looks a bit, but no one is going to mistake our daughters and us as sisters.

Does that, then make me such a shocking sight, and that I would look so much better by being digitally enhanced? Here I am, in my well-worn body that has done pretty right by me for all those years that I’ve evolved from babyhood up to this point. What machine could do so well after 81 years?

And sure, there has been some wear and tear, and I’m definitely not eschewing the technological and medical advances that are now helping me to keep on keeping as well as possible.

I’m currently trialling the most amazing auto-directional hearing aids, since my high frequency hearing has plummeted to below acceptable levels. And, a few weeks ago, I had a pacemaker popped in to keep my heart beating regularly, as someone with a tricky type of atrial fibrillation. And – suddenly – no more AF episodes: how good is that!

So, I’m not in any position to criticise anyone who wants to use what’s now available to make their lives better, including those who want to keep on turning back the clock (even though, personally, I do think that there are way better things that that money could be spent on). What I do criticise is all those industries – and especially the collusion

between the cosmetics and the mass media industries – whose profits flourish from so many ways of promoting the benefits of looking younger. Such as how much better for a woman if she can look 20 when she’s 30, and look 30 when she’s 40, and so on up the decades. And so, endlessly contributing to continuing unhappiness with looking the age that she’s in.

When you think about it, wouldn’t it make way more sense (but, unfortunately, way smaller profits) to encourage people to enjoy looking whatever age they’re in, when they’re in it? Such as 30 when they are 30, instead of putting the likes of women of even such a ridiculously young age in the invidious position of having to battle such social pressures in our youth-oriented society, with all of its negative stereotypes about old age?

Most of us as older and old people are fortunate to be living longer and healthier and very fulfilling lives, and that is something to acknowledge, appreciate and celebrate as we are. So, let’s join forces to combat ageism by promoting honestly positive images of ageing, and showing that looking – as well as being – our age is something to be upbeat about.

Anne Ring ©2023



ROAD SAFETY

WITH LEYLAND

BARNETT

Roundabout Markings

(some photos may not be in the correct position)

It is very important to not only be aware of road signs, but also of road markings to ensure of a safe journey on our roads.



The Feez Street roundabout in Rockhampton, is becoming more dangerous every day around 330 pm when people are approaching the roundabout from Moores Creek road to exit into Kerrigan street.

There are 2 lanes clearly marked as approaching the roundabout, the left lane is only to be used for turning left as there is only a left turn marking painted on the road while the right lane is to be used for either going straight



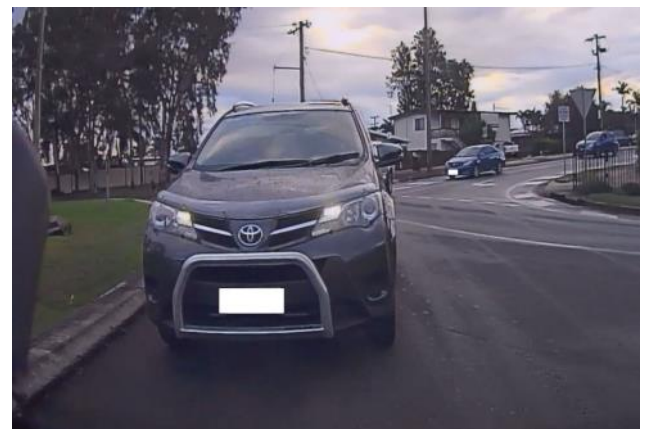
Road Markings continued.....

I have had several occasions of where impatient or ignorant drivers have used the left turning lane as an overtaking lane going into the roundabout where the exit point is only suitable for 1 vehicle, increasing the risk of a side impact collision.



The incident has been reported to Councillor Shane Latcham, with video dash cam evidence and he has ensured me that council will look at this problem and provide more signage and markings as well as police enforcement to solve this issue.

The attitude of some drivers today is beyond reproach and I believe that the police need to extend a strong arm out by enforcing the law, to stop this dangerous behavior happening at 330 pm every afternoon on this roundabout, where school children are being picked up from school.



School zone times are high risk times with the increased traffic and extra care should be taken in regards to following road rules, but also in avoiding the idiots.

Leyland Barnett operates driver training "Evolution in Training" in Rockhampton.

UPDATE ON ROCKHAMPTON HOUSING MATTER FROM LAST MONTH'S COMET

In the June edition of The Comet readers will recall reading about the shocking state of a residence within group housing, which is run under the umbrella of the Department of Housing in Rockhampton. Neighbours had to put up with the terrible conditions next door to them for quite some time.



The number of tyres surprised everyone including a huge "tractor type" tyre! Many of which were hidden in the undergrowth at the rear of the building which has a

reasonably small back yard.

Credit for quick action probably comes from a number of persons which has brought about swift action to clean up and remove numerous loads of rubbish to a local tip. Our North Rockhampton Vice President, Dudley Pound paid a visit to Barry O'Rourke, the Rockhampton Member and spoke to staff and from there, the action swung into gear. Our sincere thanks to everyone to involved.



These two workers (Matt and Mike) have done a great job cleaning up and making countless trips to the tip. Thanks, Fellas!

If you want to compare the difference, just check out the three photos in the June Edition of The Comet!

A great outcome! The cleaning up of this accommodation means that someone who is waiting desperately for local housing, this unit will soon be available. Thanks to a number of people who have worked for some time to have the area restored. Thank you one and all!



MAY GIBBS BIRTH FLOWERS

JULY

LILLY PILLY



North Rocky's Indoor Bowls is played on Wednesdays!

Last week and for the first time in about 3+ years, the branch laid down three mats .

Nth Rocky has welcomed some new members, however anyone interested in playing is warmly welcomed. For more info, phone 0408 306 196

SCAM WARNING FROM BUNNINGS WEB PAGE

Scam warning

Scams illegally use the Bunnings' name and logo to trick people into giving out personal information.

These schemes target people using fake emails, Facebook pages, text messages and/or websites offering the opportunity to win, or receive, gift cards, prizes, or false employment opportunities.

These scams are represented in some of the following ways:

- Filling out a 'customer satisfaction' survey and giving personal details
- Sharing, commenting and 'liking' a Facebook page
- Calling a specified telephone number and providing personal information
- Other organisations making contact to 'confirm' personal details
- Claiming a 'prize' in a Bunnings branded email and filling in personal information to collect the prize

Bunnings is in no way associated with any of the above activities and does not use email or social media for any promotions offering free gift cards. Bunnings will also never ask for personal information, or banking details in unsolicited communications.

Bunnings works with third parties to take action against these scams and encourages customers to help eliminate them and protect others by also reporting your experience to the **ACCC**.

If you think that you may have become a victim of a scam, here's a few things you can do:

- Think carefully about what information you may have provided to fraudsters. Write down what you remember sharing.
- If you provided any banking or other financial details such as a credit card number, contact your financial institution immediately. Be sure to monitor your accounts closely in the future as well.
- If you provided any usernames or passwords, immediately change your passwords to a new and secure version. If you use the same password with multiple online services, change your password at those services too.

If you've shared other personally sensitive information, such as your driver's license number, Medicare, passport or contact details (such as your mobile phone number), then you may want to visit IDCare at **www.idcare.org**. IDCare can help you with how to address potential identity theft.

Consider filing a report at **www.cyber.gov.au/acsc/report**. This will assist law enforcement become better resourced to provide assistance to victims.

SCAM WARNING!

IF YOU RECEIVE AN EMAIL LIKE THIS DO NOT CLICK ON IT!

Hurry up. The number of prizes to be won is limited! Confirm Now!

The
Newest
Model Yet

Limited Bunnings Offer

Get it Now!

BUNNINGS

170 Piece Stanley Tool Set

Congratulations!

You have been chosen to participate in
our Loyalty Program for FREE!

CONFIRM NOW!

It will take you only a minute to receive this fantastic prize.. 170 Piece Stanley
Tool Set

You have two choices/ Before you delete it, do a screen shot; send it to the address on the front page!

OUR FLAG



HERE'S A FLAG FOR ALL

**Our flag bears the stars that blaze at night,
In our southern sky of blue
and the little old flag in the corner,
That's part of a our heritage, too.**

**It's for the English, the Scots and the Irish
who were sent to the ends of the earth.
The rogues and schemers; the doers and the dreamers
who gave modern Australia birth.**

**And you, who are shouting out to change it
you don't seem to understand,
It's the flag of our law and our language,
Not the flag of a faraway land.**

**There are plenty of people who'll tell you
how when Europe was plunged into night,
That little old flag in the corner
was their symbol of freedom and light.**

**It doesn't mean we owe allegiance
to a forgotten imperial dream,
We've the stars to show where we're going
and the flag to show where we've been.**

Penned many years ago by an unknown soldier.

Warwick Branch Trip to Killarney

Members of Warwick Branch enjoyed lunch at the Wild Grounds Cafe on Warwick Killarney road. It's a good place to go and a very pleasant experience.

From Michael



PROCRASTISEWING:

Verb:

**When you have a long list of things that need to be done,
But ignore it all and start sewing!**

APSL STATE CONFERENCE

SEPTEMBER 12 & 13, 2023

KURILPA HALL

179 BOUNDARY STREET

WEST END



2024 PLANNERS will be ordered very soon. The price will remain the same as previous years. \$4.00 Members and \$5.00 Non-members.

If you haven't got your order in, do it as soon as is possible, please!

REMINDER TO BRANCHES - Agenda items are also required ASAP!

TRAVEL - if you are traveling by train to Brisbane, please make sure that you know if there has been any changes.....

Should you have any questions, just contact us!

FROM CPSA (NSW) NEWSLETTER (July 2023)

The VOICE of Pensioners and Superannuants

July 1 changes are routine but put this time round it's different with pension age going up and runaway inflation boosting assets limits.

LOTS of things to do with the pension changed on 1 July 2023.

Pension age

First up, the pension age will be 67 on 1 July. If you turn 66-and-a-half on 30 June, you'll be able to claim the pension from that day. But if you turn 66-and-a-half on 1 July, you will have to wait until 31 December.

It will be interesting to see how long it will take for the push to make the pension age 70 to take off now that 67 has been established. Already the Daily Telegraph has covered a new report by Macquarie University's Business School, which says Australia's pension system will require a pension age of 70 to be affordable.

Pension assets limits

1 July is also the date on which assets limits related to the pension are indexed. That isn't usually a big deal, but this time round it is worth noting that rampant inflation is having an effect on assets limits.

The lower assets test limit for couples, which was \$419,000, will increase to \$451,500, up almost 8 per cent.

It means a \$50 a week pension increase for pensioner couples with between \$451,500 or \$954,000 in assets. This is not because the pension is going up, but because they will now qualify for a full pension or a higher part pension.

For anyone with assets up to \$419,000 there will be no pension increase, because they were already on a full pension.

The higher assets limit will also increase substantially, from \$954,000 to \$986,500. Self-funded retirees with assets above \$954,000 up to \$986,500 will now be able to claim a part pension.

It's a similar story for single pensioners. The lower assets limit will increase from \$280,000 to \$301,750. The higher assets limit has increased from \$634,750 to \$656,500. The maximum rise in pension payments for singles as a result of this will be \$32.50 per week.

Deeming rates and income free areas

The pension deeming rates themselves are on hold until 1 July 2024, but the deeming thresholds will increase on 1 July 2023. The singles' threshold will go up from \$56,400 to \$60,400, while the couples' threshold will go up from \$93,600 to \$100,200.

Because the pension income-free areas are also going up (from \$190 per fortnight to \$204 for singles; from \$336 per fortnight to \$360 for couples), the vast majority of pensioners will continue to not be affected by deeming rates. This is because deemed income from financial assets will mostly not exceed the income-free area.

However, with interest rates going the way they have been, it's very likely that after 1 July 2024 the deeming rates will increase. By how much nobody knows.

For more information please call our media contact on 0410 612 182.

HOUSING STRESS THROUGH THE ROOF

STEPHANIE BENNETT - ROSE INNES

Hundreds of thousands of Queenslanders are in housing stress, with many locked in a desperate and futile bid to find somewhere to live – and the industry accusing the government of having “no plan”.

Queensland Council of Social Services chief executive Aimee McVeigh said the problem had actually been getting worse in the eight months since the state government’s housing summit, with 300,000 Queenslanders – more than the population of Townsville, Cairns or Toowoomba – now with unmet housing needs.

And state Housing Minister Meaghan Scanlon has effectively conceded any solution was years away, with just 1/20th of the government’s promised 13,500 new social and affordable homes currently under construction.

Ms Scanlon said it would not be until at least 2027 that the full \$5bn in promised new homes would be delivered.

“We don’t have a plan that looks at the scale of this problem,” Ms McVeigh said.

“The housing crisis is currently affecting so many Queenslanders who haven’t previously struggled to find homes – there are a lot of people in full-time employment who are struggling, living in cars, in tents, couch surfing.”

Ms Scanlon, who was promoted to Housing Minister after months of sustained pressure on the portfolio in mid-May, said the government was “doing everything we can to make sure that we can get more people into safe, appropriate homes, sooner”.

“We have also introduced a 12-month frequency limit on rent rises, like other states, which comes into effect on 1 July and will help to stabilise the market,” she said.

But the government has been accused of failing to predict the disastrous circumstances which have contributed to the crisis over a number of years.

REIQ chief executive Antonia Mercorella said Queensland faced “a perfect storm” of circumstances which had led to the crisis.

“I think we’ve got to call out the elephant in the room and say, we also just haven’t seen governments doing enough to encourage more supply,” she said.

“Thirty-six per cent of us rent our homes, we know that the vast majority of that supply comes from Mum and Dad investors.

“And I am often surprised at the level of, frankly, contempt that is sometimes shown towards this cohort, particularly over the last few years.

“It’s a dangerous strategy that government is adopting when they put their noses up at the group who are doing the majority of the heavy lifting when it comes to housing.”

Opposition Leader David Crisafulli accused the state government of making the issue worse by repeatedly making changes to tenancy and investor laws.

“Whenever governments are looked upon as being risky, the flow on ironically hurts the most vulnerable,” he said.

“It doesn’t matter if that risk is investment from the smallest of individuals or the largest company, in the end risk translates to the person who can least afford it.”

Editorial P65

Thanks to the Courier Mail.

MORE SAFETY CALLS AFTER LATEST E-SCOOTER DEATH

ROSE INNES

The Opposition and paramedics have called for a re-think of Queensland's e-scooter safety laws after a man in his 60s died falling from one in Fortitude Valley during a night out with friends.

Police confirmed the man from Victoria had been travelling along Barry Pde when he fell near the intersection of Alfred and Gipps streets, about 3.35am on Friday.

Friends provided immediate first aid before emergency services arrived, but the man died at the scene.

QAS High Acuity Response Unit Officer James Wylie said the patient appeared to have been travelling on the hire scooter "at speed".

It's believed the man, who was from Victoria, had just left a venue.

Mr Wylie said the man is believed to have clipped a gutter and subsequently struck his head on a concrete kerb.

"Unfortunately when we arrived the patient was in cardiac arrest," he said. "When hiring these scooters I would advise people to take the appropriate precautions.

"Definitely wear a helmet when available and make sure that you obey the road rules and keep an eye out for traffic."

Queensland Ambulance Service Deputy Commissioner Claire Bertenshaw said scooter accidents were proving a "significant burden on the healthcare system", with crews attending two to three incidents per day.

"Yes they're good in regards to tourism and providing a way for people to get around in congested cities, (but) they do have a few concerning safety issues," she said.

A Courier-Mail special report at the beginning of the year revealed hundreds of people were being taken to Queensland emergency departments battered and bruised with e-scooter injuries, amid "alarming" trends of drink driving, doubling and a lack of safety gear.

In November last year, speed limits on some footpaths were halved to 12km/h, a range of new and increased penalties for speeding, co-riding, drink riding and using a phone while riding were also introduced as part of reforms.

But Opposition Leader David Crisafulli said those regulations were not working.

"If it means we need better enforcement and better legislation we stand ready to play our part to do that," he said.

"The senselessness can't continue and there is no doubt at the moment we have a problem with e-scooters in the state.

"We must do something about it."

Dr Bertenshaw said people needed to be aware of speeds and wearing a helmet at all times while on an e-scooter.

"It's not just you on the scooter it's also the people that you are sharing the path with," she said.

"We are sharing pathways with our pedestrians so that's a key message here, not only thinking about yourself on the e-scooter it's the people you share the pathway with."

The Forensic Crash Unit will investigate the incident and police have appealed for witnesses, including passing motorists and businesses with relevant dashcam and CCTV footage to come forward.

From the Courier Mail.

From an unknown publication - - - July 1965

SNOW IN THE TROPICS

Monday, July 19, 1965, has gone down in history, as the first time on record, that snow fell, on, and north of the Tropic of Capricorn in the Central Highlands area.

By mid-morning, reports were coming into Emerald of light snow and sleet falls in a 100-mile arc from south of Springsure, through Alpha in the west, to Kilcummin in the north.

District temperatures plunged to the low twenties, and rose only into the low fifties during the day.

Emerald's minimum recording was 28.2 degrees and Springsure 24 degrees while Clermont's was 29 degrees.

TO THE WEST

First reports of snow came from Ganger Jacques at Hannam's Gap, at the top of the Drummond Range, at 8.15 a.m.

Ganger Jacques reported to the District Superintendent of Railways at Emerald (Mr M. Misfeld) that the railway sleepers, railway tricycles and buildings were coated with snow.

Hannam's Gap is 1,718 feet above sea level.

At 9 a.m. Guard Elmslie who had worked a train from Alpha reported the snow falling from the "Fig Tree," almost through to Drummond, with particularly heavy snow at Hannam's Gap.

AT "PORT WINE," PREVIOUS

The snow first fell at Port Wine at 7.10 a.m. "like a thick shower," leaving a white sheet over everything. It cleared away until 7.45 a.m., then fell like sleet for 15 minutes. The temperature was 23 degrees.

Mr Comiskey said that he could remember very light snow falling at "Port Wine" about 35 or 36 years ago.

Other reports of snow came from Bogantungan at the eastern foot of the range, from "Jo Jo," "Clontarf," and Alpha at the western foot of the range.

TO THE SOUTH

Snow falls were reported from "Wharton Creek," 80 miles south-west of Springsure, "Fairview," and "Petrona," 58 miles west.

At Wharton Creek, the grass temperature was 16 degrees.

The fall at Petrona lasted for 20 minutes.

Mr Russel Squire, who has lived in the district all his life, said he never thought he would ever live to see the day snow would fall in the Springsure district.

His daughter, Barbara, just returned from a world tour, is hopeful that the colour slides she took will record the event.

In some places, the snow remained on the ground for up to two hours.

TO THE NORTH

Snow was also reported from Peak Vale, Craven and Tango stations, south-west of Clermont, and sleet at Kilcummin was re-



I OPENED A BOOK

by Julia Donaldson

I opened a book and in I strode.
Now nobody can find me.
I've left my chair, my house, my road,
My town and my world behind me.
I'm wearing the cloak, I've slipped on the ring,
I've swallowed the magic potion.
I've fought with a dragon, dined with a king
And dived in a bottomless ocean.
I opened a book and made some friends.
I shared their tears and laughter
And followed their road with its bumps and bends
To the happily ever after.
I finished my book and out I came.
The cloak can no longer hide me.
My chair and my house are just the same,
But I have a book inside me.

For more free printables, please visit www.flandersfamily.info



TASTE OF THE TROPICS

COCONUT, LYCHEE & RASPBERRY POPSICLES

- 300ml coconut milk
- 1 tbsp maple syrup or sweetener of choice
- 2 cups (about 45) fresh lychees, peeled and seeded
- ½ cup fresh or defrosted frozen raspberries

1 Roughly chop 16 fresh lychees into small 1 cm pieces. Set aside.

2 Add raspberries to a blender and puree.

3 Divide evenly between 8 x 80ml popsicle moulds together with the chopped fresh lychees.

4 Add coconut milk, maple syrup and remaining lychees to the blender and process until smooth. Pour into popsicle moulds all the way to the top.

5 Take a butter knife or popsicle stick and swirl the raspberry puree and fresh lychees together with the coconut mixture. Raspberries may be blended together with the coconut mixture, however, I recommend leaving the pieces of chopped lychees.

6 Insert popsicle sticks and freeze for 4-5 hours or until frozen. Remove from the moulds and serve. You may need to run moulds under warm water for a few seconds to loosen the frozen popsicles.

- Recipe by Marie Duong for Australian Lychees

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 and 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.

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.