

# SNIPPETS

December 2021



## Your Newsletter

We would like to ensure that Snippets is discussing topics that are important to you. If there are specific topics or themes you would like added, please contact Seniors Enquiry Line and we will try our best to address them in future issues.

## Seniors Enquiry Line

**Seniors Enquiry Line** is an information and referral service for Queensland Seniors, proudly sponsored by the Queensland Government and operated by UnitingCare.

## Contact Details

Phone: 1300 135 500

Email: [sel@ucommunity.org.au](mailto:sel@ucommunity.org.au)

Website: [www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)

## Helplines

**COVID-19 Helpline** – 1800 020 080

**National Debt Helpline** – 1800 007 007

**Access Financial Support** - 3412 8222

**Superannuation Hotline** – 13 10 20

**ATO Tax Help Program** – 13 28 61

**Mental Health Support & Counselling Services:**

**Lifeline** - 13 11 14

**Beyond Blue** - 1300 224 636

**MensLine Australia** - 1300 789 978



## As we come to the end of 2021....

We would like to take this opportunity to thank you all for your ongoing support, and the connection you have made with Seniors Enquiry Line.

Have a wonderful holiday season and hope you enjoy the time with your family and friends.

*Merry Christmas  
From Seniors Enquiry Line*

**Please note:** We are open during the Christmas period (closed on public holidays).

## LET EVERY DAY BE CHRISTMAS

*Christmas is forever, not for just one day,  
For loving, sharing, giving, are not to put away  
Like bells and lights and tinsel, in some box upon a shelf.  
The good you do for others is good you do yourself.*

**Norman Wesley Brooks**



# SNIPPETS



## CHRISTMAS RECIPES

### Merry Berry Pavlova



Prep: 30 mins  
Cook: 1 hr  
Additional: 30 mins  
Total: 2 hrs

#### Ingredients

- 4 egg whites
- 1 cup white sugar
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 2 teaspoons cornstarch
- Fresh strawberries and blueberries

**Step 1** - Preheat oven to 150 degrees C. Line a baking sheet with parchment paper. Draw a 9-inch circle on the parchment paper.

**Step 2** - In a large bowl, beat egg whites until stiff but not dry. Gradually add in the sugar, about 1 tablespoon at a time, beating well after each addition. Beat until thick and glossy. Gently fold in vanilla extract, lemon juice, and cornstarch.

**Step 3** - Spoon mixture inside the circle drawn on the parchment paper. Working from the centre, spread mixture toward the outside edge, building edge slightly. This should leave a slight depression in the centre.

**Step 4** – Bake for 1 hour. Cool on a wire rack.

**Step 5** - In a small bowl, beat heavy cream until stiff peaks form; set aside. Remove the paper, and place meringue on a flat serving plate. Fill the centre of the meringue with whipped cream, and top with strawberry and blueberry.

### Apricot Chicken



Prep: 15 mins  
Cook: 1 hr 40 mins  
Total: 21 hrs 55 mins

#### Ingredients

- 6 chicken thigh skin off
- 90g French onion soup mix
- 840g apricot nectar
- 1 cup plain flour to coat

**Step 1** – Using a non-stick cooking spray to coat a baking or casserole dish.

**Step 2** – Coat the chicken thigh fillets in flour and place in the dish.

**Step 3** - In a large jug, combine the soup packets and apricot nectar, mix well, then pour over chicken.

**Step 4** – Cover and bake at 180C for no longer than 90 minutes

**Notes:** Serve with boiled rice or vegetables.

# SNIPPETS



## Christmas Events

1. Pine Rivers Christmas Carols  
Where: Pine Rivers Park  
When: 19<sup>th</sup> December 2021  
Time: 4pm – 8pm
2. A Royal Christmas Spectacular  
Royals Church Cairns  
When: 9 Hollingworth Street, Portsmith  
When: 19<sup>th</sup> December 2021  
Time: 7pm – 9pm
3. The Night before Christmas Carnival Carols  
Where: 323 Ruthven Street, Toowoomba  
When: 24<sup>th</sup> December 2021  
Time: 6:30pm – 9:30pm

### Please Note

- Salvation Army provide a free Christmas lunches, in some areas of Queensland. If you would like more information, you can contact them on 137 258
- Oz Harvest delivers food for people in need. Please contact 1800 108 006 for more information.



### Be Wary of Online Shopping Scams this Christmas

Unfortunately, scammers take advantage of people on special days and Christmas is no exception. This holiday season, we encourage you to be aware of the risk of scams and be cautious when purchasing items online.

#### Online Shopping Scams

An online shopping scam could be a fake store or fake listing on well-known marketplaces such as Gumtree or Facebook. In this scam, people lose their money to fake items or services that never get delivered.

Here are a few tips on how to protect yourself:

- Search for independent reviews instead of relying on reviews left on the website as they could be fake
- Does the Seller or store have a returns policy?
- To ensure that it is a secured website, look for a URL starting with 'https' and a closed padlock symbol
- Is the item you want to purchase suspiciously cheap? This could be a sign it is a fake listing
- How does the Seller request payment?
- Payment methods such as cryptocurrency or money order should be immediate red flags. PayPal offers protections to buyers in the event that an item is not delivered or does not match the item description

Don't let the risk of online scams scare you from purchasing presents online. Especially this year, when we are being extra cautious of going out and about, purchasing items online is a fantastic way to get on top of your Christmas list.

For more information, we recommend the Scamwatch website or you can call the Seniors Enquiry Line on 1300 135 500.

# SNIPPETS



## Queensland's COVID Safe Future

**Queensland's COVID Safe Future**
Unite & Recover

HOME QUARANTINE: Anyone in quarantine or issued with a quarantine notice must remain in quarantine until you have completed 14 days or been notified by Queensland Health.

COVID  
Safe  
Check  
Point

**STAGE 3**  
 New Public Health and Social Measures commence on December 17\*

COVID  
Safe  
Check  
Point

**ALL STAGES**  
 All of Queensland

**ALL OF QUEENSLAND**

**MOVEMENT AND GATHERINGS\***

- › Up to 100 people can gather in homes. No limit for people gathering in public spaces.
- Indoor funerals and wedding ceremonies:** One person per 2m<sup>2</sup> or 200 people or 100% allocated seated and ticketed capacity (whichever is the greater).
- Indoor premises:** One person per 2m<sup>2</sup> or 100% allocated seated and ticketed capacity (e.g. restaurants, cafés, pubs, clubs, museums, art galleries, places of worship and convention centres) with the COVID Safe Checklist.
- › Eating or drinking while standing allowed.
- › One person per 2m<sup>2</sup> for short-term accommodation (including hostels, B&Bs and short-term rentals) with the COVID Safe Checklist. Density requirements do not apply in sleeping areas.
- › One person per 2m<sup>2</sup> at indoor play areas with the COVID Safe Checklist.

**Self-service food:** No restrictions.

**STADIUMS AND INDOOR AND OUTDOOR EVENTS**

- › 100% allocated seated and ticketed for stadiums.
- › 100% allocated seated and ticketed capacity for indoor events or 1 person per 2m<sup>2</sup> indoors.
- › No restrictions on outdoor events.

**Ticketed venues:** 100% capacity with allocated seating (e.g. theatre, live music, cinemas, indoor sports, universities and other higher education institutions).

**Dancing:** can occur anywhere at any venue (indoor and outdoor), subject to the one person per 2m<sup>2</sup> rule.

**Community sport:** No restrictions.

**MASKS**

Masks no longer need to be worn in Queensland, except when at an airport, on a domestic or international flight departing or arriving in Queensland, as agreed by National Cabinet. Everyone is encouraged to carry and wear a mask when physically distancing is not possible, for example on public transport.

**HOSPITALS, AGED CARE AND DISABILITY SERVICES**

Anyone who is a close contact, is in quarantine, isolating awaiting a test result, or who in the last 14 days has been in a declared interstate hotspot or exposure venue of concern must not visit any Queensland hospital, residential aged care facility or shared disability accommodation service.

**COVID SAFE CHECK POINTS**


Queensland Health will undertake a review at each check point, based on testing numbers, community transmission and data from other states and territories.

**BORDERS AND TRAVEL**

Check before you travel. Restrictions in other states and territories are changing frequently. Reconsider your need to travel. More information about borders, hotspots and travel can be found on the Queensland Entry Pass website at [www.covid19.qld.gov.au/border-pass](http://www.covid19.qld.gov.au/border-pass).

\*For more information on Public Health and Social Measures linked to vaccinations visit [covid19.qld.gov.au](http://covid19.qld.gov.au)

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