

February 2020 Edition 213

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.

Quote of the Month

"Life is what happens when you're busy making other plans" John Lennon

Contact Details

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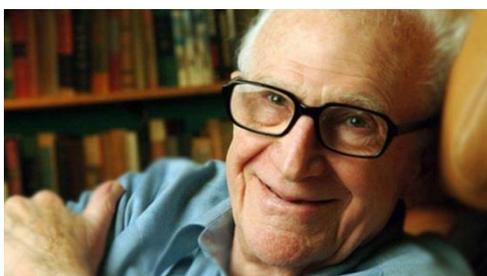
www.seniorsenquiryline.com.au

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

Fun Fact of the Month

Creativity doesn't diminish with age.

Laura Ingalls Wilder didn't publish *Little House in the Big Woods* until 65 (Laura's third and best known of her eight novels being *Little House on the Prairie*). Millard Kaufman, American screenwriter and novelist (seen below) who wrote *Bad Day at Black Rock*, didn't publish his first novel until 90!



Slip! Slop! Slap!

According to Dr Watkins at the Australian Bureau of Meteorology large parts of the country are likely to see a continuation of the warmer and drier than average conditions experienced throughout Australia. "The key culprit for our current and expected conditions is one of the strongest positive Indian Ocean Dipole (IOD) events on record," Dr Watkins said.



During heatwaves, it is important to be mindful and be prepared, look after your animals and yourself. If you can, avoid going out during the hottest part of the day (11am-3pm). When outside, be sure to **slip** on a loose, bright, lightweight shirt, **slop** on sunscreen, and **slap** on a wide-brimmed hat. Drink 2-3L of water a day and avoid dairy.

Early signs of heat stress:

- rising body temperature
- dry mouth and eyes
- headache
- shortness of breath
- vomiting
- absence of tears when crying.

If you are concerned for yourself or you know someone suffering with heat stress; Contact your doctor, local public health unit or Ring 000.

Funded by

Queensland Elections

2020 is a big year for elections in Queensland! Two elections are due this year with the Local Election in March and the State Election in October.

When the election is called there will be a list of “Declared Institutions” that Electoral Commission staff will visit as well as a list of accessible polling locations. There are other options such as postal voting, pre-polling, electronic assisted (telephone) voting, electoral visitor voting etc.

You can also register as a “General Postal Voter” with the Australian Electoral Commission ensuring you automatically receive a postal vote for all levels of government.

Carers are also eligible for the same level of assistance as the person they are caring for. If you are caring for someone who is no longer able to vote e.g. no longer has capacity, you are able to contact the Electoral Commission and they will provide you with the relevant form to complete.

Finally, be wary of postal vote forms sent to you by a political party. Your personal details may be entered into their database before submitting the form to the relevant electoral office. If you do not want this to occur, contact the Electoral Commission directly to register for a postal vote.

For voter assistance call the Queensland Electoral Commission on 1300 881 665 or Seniors Enquiry Line on 1300 135 500.

Bits and Bobs

- **Cairns Free Active Living Program** at various locations across Cairns. For more information call Cairns Regional Council on 1300 69 22 47.
- **The 50 Plus Centre**, located in Brisbane City Hall. Free Membership. Contact number is 07 3403 4319.

The Great Barrier Reef Restoration Efforts

One of the seven natural wonders of the world, the coral reef ecosystem comprising the Great Barrier Reef spans over 1,250 miles (2,000 kilometres) north to south and covers some 135,000 square miles (350,000 square kilometres). It is one of the most biologically diverse places on the planet, home to the largest collection of corals and countless marine species, with new ones discovered every year.



The Great Barrier Reef is made up of 2,900 individual reefs and hosts over 1,500 fish species, making it the biggest living reef structure in the world. It is incredibly important for the Australian economy, but even more important to the oceans, marine life and to the Australian people. The Reef is under enormous pressure, but recently it has been documented that there has been a remarkable recovery and resilience of some fish and coral species, all thanks to community and conservation efforts.

Events: What's on in February?

- North Stradbroke Island Festival of Golf. Until July 2020. Call 3409 9999.
- New Woman Art Exhibition, Brisbane City, Brisbane Area. Running until 15 March 2020. Free Entry.
- Markets, Hughenden, Flinders Area. Monthly until 14/09/20. Free Entry.
- Dalby - Western Downs Readers & Writers Fest. 10am-2pm on the 14th to the 16th of Feb. Call 1300 268 624.