

THE COMET

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

GRANDPARENTS!

Recognition and help is here!

In February, I attended the first Elder Abuse Prevention Unit meeting for 2019. It was a well attended meeting with a large number of organisations represented.

The work carried out by various bodies was related to the meeting by their representatives and showed a diverse coverage of just what is being done for the lesser privileged in our communities.

Reports on Domestic Violence numbers impacted hard on those present. A report on the regularity of call-outs by Police Officers and the number they attend on every shift; Ethnicity and Domestic Violence (with many afraid of retaliation; fear of further abuse; don't want to "air" the dirty linen; some think it's part of life; the norm or they're shamed. They are frightened of payback.)

A report on the number of children held in custody at the time of the meeting over a period of 28 days was sixty. Their parents are not interested in them and their grand-parents can't handle them.

Discussion centred on the My Aged Care website and the difficulty in navigating same. We have since learned that an Aged Care System Navigator will be set up in Hervey Bay on a trial basis with Logan and Redlands being included in the scheme. Of course, it's no help to those who are not connected to the internet as they don't have computers with many not interested in making the step to connect.

There will be a large number of organisations making submissions to the Aged Care Royal Commission. The most talked subject among organisation representatives appears to be Residents/Staff ratios. Let us hope that this commission

will not be a waste of money and actions will be implemented in the correct areas of complaint.

The Time for Grandparents Program booklet (pictured) is available Phone 1300 135 500. Visit the website Grandparentsqld.com.au This booklet covers many aspects of issues which of concern to Grandparents and is a "must" for those caring for their grandchildren on a full time basis and can only be of help for all Grandparents.

The contents of the booklet are a credit to those associated with the compilation of it. Congratulations!

Editor



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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	
Electricity & Gas	134 387
Water	137 468
Energy & Water Ombudsman	1800 662 837
Health Ombudsmen	133 646
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	
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

Domestic Violence Crisis Line	1800 811 811
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
My Aged Care	1800 200 422



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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,

Since our final meeting in 2018, our State Secretary, Nola Harvey has attended a Round Table discussion on Aged Care topics which included social isolation, ageism and the need to be innovative in addressing solutions for the aged population.

The Aged Care Round Table discussion was hosted by the Queensland Nurses and Midwives Union and representatives from Aged Care stakeholder groups and community organisations.

Present were Aged Care Crisis; ADA Australia; Dementia Australia; The Ageing Revolution; Motor Neurone Disease Australia of Queensland (MND); the Australian Pensioners and Superannuants League and the Queensland Nurses and Midwives Union.

Meetings with representatives of the Brisbane City Council and on returning to Rockhampton, Nola met with the Benevolent Society's, Joel Pringle and President of National Seniors, Ian Henschke. (Page 8)

At their Rockhampton meeting, the trio discussed the contents of their organization's approaches which would be presented to sitting members and candidates for pre-budget consideration. All organisations are pushing for increased pension payments and our organisation is supporting the Benevolent Society's proposal to introduce a Pension Tribunal as are the National Seniors.

From the APSL 2018 State Conference - *Members are calling for a tribunal and support the Benevolent Society in their push. Regional branches agreed to take the fight also to their elected representatives in a clear sense of "Shape up or ship out"!*

Therefore, we wholeheartedly support the Benevolent Society's national campaign. Pages 9 & 10

When addressing conference Joel Pringle went on to say "that the current Age Pension is leaving many people behind; without adequate food, housing, heating, medical supplies, dentistry and other life essentials.

This was confirmed in the Adequacy of the Age Pension in Australia report, a joint release by the Benevolent Society, the Longevity Innovation Hub and Per Capita."

I attended several meetings which could only be regarded as informative and enlightening.

Please enjoy the read in this edition and don't forget to give us some feedback and don't forget to "Like" us on Facebook. Also check out our web page. We would like to receive your contributions to this Journal.

Tell us what you are up to in your area!

Until next time, Cherith

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NEWSTEAD | BROWNS PLAINS | REDLANDS | DECEPTION BAY

North Rockhampton Branch of APSL held their Christmas function at the Frenchville Sports Club in December with guests from other Branches in attendance.



Guests came from branches in CQ and Senior Citizens and North Rockhampton members.

It was wonderful catching up with everyone especially Clare Ireland and her family (lower pic). Ed.

**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

at

APSL HEAD OFFICE

174-176 Boundary Street.

West End.

Mondays

To book,

Phone 3844 5878.

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tions!** Send all Comet articles to
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support for The Comet!

Kurilpa Kitchen

2 course meals

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*Seniors'
Luncheon*



Pedestrians

ROAD SAFETY

WITH

LEYLAND BARNETT

I was doing some research in regards to road fatality statistics for 2018 and came across the figures for pedestrian fatalities

2018 there were 246 Queensland citizens that lost their lives on the roads and there were thirty-five pedestrians, 14% of all fatalities. Researching previous years, I found that the percentage of pedestrian fatalities has not changed much over a seven year period and I am at a loss to explain the reasons behind these figures.

I submitted a letter to the paper highlighting my findings and I raised concerns over pedestrians not paying attention before stepping onto a road.

I referred to mobile phones, headphones, reading and not looking as a possible reason for the amount of fatalities?

I had a reply from a lady that claimed that she was nearly hit by a vehicle traveling way too fast into a shopping mall and attributed blame directly at the driver of the vehicle as he was using a mobile phone while driving.

While the driver has definitely been very careless in his actions, the pedestrian is also careless in regards to not double checking.

A pedestrian is more at risk of being killed when hit by a motor vehicle and should bare that in mind when endeavouring to cross a road.

Modern electric cars today do not make much noise and it is even more important, that all pedestrians stay alert.

The RACQ has launched an awareness campaign in regards to school zones and dropping off children at drop off points. Ensure that you open the door towards the footpath side and not onto the road side, into the traffic flow.

A lot of people don't consider the danger of being hit when getting out of a vehicle, especially in busy school zone times.

This is good advice and is also in traffic law, Transport Operations (Road Use Management- Road Rules) Regulation 2009, section "269 Opening doors and getting out of a vehicle etc."

In section (3) it states, "A person must not cause hazard to any person or vehicle by opening a door of a vehicle, leaving a door of a vehicle open, or getting off, or out of, a vehicle. Maximum penalty – 20 penalty units."

Please be careful when exiting vehicles and ensure that if you need to get something out of the back seat, that you excess your vehicle from the foot path side to avoid being hit by a passing motor vehicle.

Pedestrians are the most vulnerable road users and need to minimize risks to themselves; by wearing high vision clothing or a vest if walking along at night; by being alert before crossing roads and being safe when exiting vehicles.

Please check out Leyland's website

www.evolutionintraining.com.au/roadrules

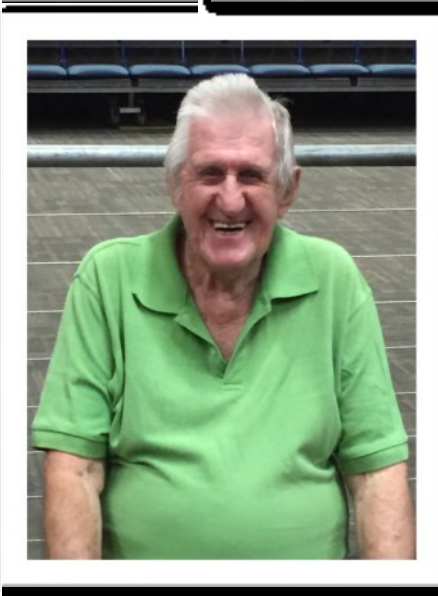
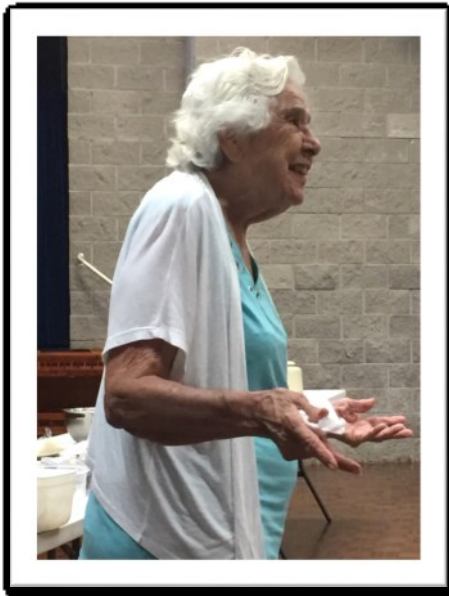


Meet Joyce Macdonald, President of the Bowen Branch of the Australian Pensioners' and Superannuants' League (Qld) Inc.

Joyce is also Area Two Organiser and visits the branches within that zone and in particular, Collinsville.

Joyce is a member of the APSL Management Committee and attends meetings in Brisbane. She regularly visits branches and passes on what the APSL is all about and what we are doing.

Bowen is an active branch from which many constructive ideas for the advancement of Seniors come and followed up through Members of Parliament and others.



From Collinsville's last meeting

A lovely morning spent in Collinsville today. Birthday Boy Ron.

We also had special guests visit from Bowen Joyce McDonald and Paul White from Girudala. Paul gave a talk to members about drug abuse especially the drug ICE.

Pics supplied by Laurie-Ann Williams.

Thank you Laurie-Ann.

Australian Pensioners and Superannuants League's State Secretary, Nola Harvey met with National Seniors Ian Henschke and Benevolent Society's, Joel Pringle in Rockhampton on Wednesday, February 6.



By Chief Advocate Ian Henschke

This week I've been busy on the road with Joel Pringle, campaign organiser with our partner the Benevolent Society.

We've been in the federal electorate of Capricornia in Central Queensland promoting the Fix Pension Poverty campaign.

We spoke to the local Federal Member Michelle Landry and National Seniors

members in Rockhampton, as well as addressing the Rotary Club in Yeppoon. We also talked to the Pensioners and Superannuants League of Queensland.

Local radio and print media provided good coverage and I will be following this regional visit up by going to Canberra next week and targeting the crossbench senators.

If you want to help push the campaign along, please visit our website.

* Essentially, what we're fighting for is:

* Establishment of an Independent Age Pension Tribunal to take the politics out of the Age Pension

* An increase in the maximum rate of Commonwealth Rent Assistance, because the older Australians who are worst off are those who don't own their own home and must rent

* A subsidy for pensioners to connect to the NBN or another appropriate internet service because governments and business are increasingly only offering essential services and information online.

We'd also like to see an expansion of basic dental care for pensioners, given the high rates of poor dental health among older people.

Another big issue that arose in the past week was concern over the closure of three Service SA centres in Adelaide.

Once again older Australians, many of whom can't afford computers and internet services, are being told to get online for essential information.

I was asked to speak at a major rally at Parliament House in Adelaide and show National Seniors support for keeping the centres open by signing a petition to go before the SA Parliament.

Pictured above: Australian Pensioners' & Superannuants' League's State Secretary, Nola Harvey and National Seniors Chief Advocate, Ian Henschke.

Thank you, National Seniors for supplying this article.

This is a copy of the contents of letter sent the Hon Joshua Frydenberg, Federal Treasurer and other Federal Parliamentarians

“At the 2018 State Conference of the Australian Pensioners’ and Superannuants’ League Qld Inc., Mr. Joel Pringle, Advocacy Campaign, Benevolent Society, was one of guest speakers. Following his address to the delegates in attendance at this conference, it was decided to prepare the following agenda item:

This State Conference calls on the Federal Government to create an individual tribunal to set the base rate of the age pension to fix pension poverty in Australia.

Supporting statement:

As we heard from Joel Pringle from the Benevolent Society, that many people past retirement age are experiencing and living in poverty. The Australian Pensioners’ and Superannuants’ League Qld Inc., would like the Federal Treasurer to take appropriate action to form a tribunal to fix pension poverty.

We are all aware that the current aged pension is leaving people in many instances unable to maintain a healthy well- balanced lifestyle. Many pensioners are:-

- * Having an inadequate nutritious food intake on a daily basis.
- * Not cooking – so they do not use electricity or gas because of the cost involved.
- * Turning off Hot Water Systems in summer to prevent paying escalating costs of energy.
- * Not using heating in winter and cooling during summer especially during extreme temperatures, also because of the cost.
- * Resorting to attend food banks to access food, if these are available in the vicinity of place of residency.
- * Being non-compliant with their medication especially regarding frequency as directed by their treating Doctor in order to make their medications last longer.
- * Often reaching the situation of having to make the choice between food and medication as they cannot afford both.
- * Suffering a chronic illness, are struggling to pay their monthly accounts to maintain equipment or purchase other necessities for the ongoing treatment of their illness.
- Not attending regular Dental checks and often going to the extreme of blending or mashing food to avoid seeing a Dentist as it is too expensive to visit one.
- Unable to fund repairs or replace their larger electrical appliances such as washing machine or refrigerator, often calling on family for financial assistance to attend to this and others who don’t have family assistance, resorting to charities like St. Vincent de Paul, Life line or the Salvos.
- Struggling financially to maintain their Private Health Insurance which is seen to be a high priority to allow them to have medical treatment at a hospital/medical centre of their choice.
- Cancelling their Private Health Insurance because of increasing cost of that insurance, thus placing pressure on an already stressed Public Hospital System.
- Paying rent and claim this to be their biggest expense, although they can access Rent Assistance, pensioners still struggle with this. It has been stated many times that housing costs are increasing faster than the pension.

— Letter to Parliamentarians continued from page 9

- * Single home owners struggle to attend to general maintenance on their home.
- * Home owners are now just paying Contents insurance because of escalating Home Insurance payments.
- * Car owners are finding it economically frustrating to cope with Registration. Insurance and other running costs and therefore having a vehicle is becoming quite a burden. In the larger cities, some have the option to forego having a vehicle because of the very efficient public transport system. Those who live in rural areas do not have this option.
- * Many older pensioners worry about when they may require admission to an Aged Care Facility, that they may be unable to fund their admission for a number of reasons. Some of these being:-
 - They haven't had the opportunity to accumulate a substantial Superannuation.
 - Unable to add to their savings while on the Aged Pension or have had to dip into their savings to pay for other necessities.
 - Because of the current economic climate especially the decline in Real Estate values adds to the distress of having insufficient funds for their admission.

The Aged Pension is increased twice a year which is generally intended to offset rising costs. The fact is that these increases are automatically followed by increasing costs and often these pension increases do not correspond with the increased costs.

Thanking you in advance for your consideration to this request.

Yours sincerely.”

—o0o—

WEATHER JOKES

There were these two blonds and they locked their keys in their car. The one blonde says to the other, "What do we do? Do we get a coat hanger and pick the lock?" The other one replied, "No, people will think we're trying to break in." The other one said, "Well do we get a knife and cut the rubber and pop the lock?" The other one answered, "No, people will think we're too stupid to use the coat hanger." The other one said, "Well we better think of something quick because it's starting to rain and the sunroof is open."

It is so cold outside I saw a politician with his hands in his own pockets.

Three old guys are out walking. First one says, "Windy, isn't it?" Second one says, "No, its Thursday!" Third one says, "So am I. Let's go get a beer."

Two weathermen each broke an arm and a leg in an accident, and called from the hospital about the four casts.

Where did the meteorologist stop for a drink on the way home from a long day in the studio?
The nearest ISOBAR!!

Girudala International Women's Day in Bowen



Joyce MacDonald was the special guest speaker today at the Women's Group for Girudala International Women's Day

Pictured Left to right:- Malana Nicole, Joyce MacDonald, Val Stuhmcke, Dot Matthews, Natasha Phillips, Marilyn Henaway, Leanne Prise.

Front: Muriel Warcon.

Life is an opportunity.....benefit from it.

Life is beauty.....admire it.

Life is bliss.....taste it.

Life is a dream.....realize it.

Life is a challenge.....meet it.

Life is a duty.....complete it.

Life is a game.....play it.

Life is a promise....fulfil it.

Life is sorrow.....overcome it.

Life is a song.....sing it.

Mother Teresa.

One For The Girls To Remember!

CURTAIN RODS----PRICELESS!

She spent the first day packing her belongings into boxes, crates and suitcases.

On the second day, she had the removalists come and collect her things.

On the third day, she sat down for the last time at their beautiful dining room table by candle-light, put on some soft background music, and feasted on a pound of shrimp, a jar of caviar, and a bottle of spring-water.

When she had finished, she went into each and every room and deposited a few half-eaten prawn shells dipped in caviar into the hollow of the curtain rods. She then cleaned up the kitchen and left.

When the husband returned with his new girlfriend, all was bliss for the first few days.

Then slowly, the house began to smell.

They tried everything; cleaning, mopping and airing the place out. Vents were checked for dead rodents and carpets were steam cleaned . Air fresheners were hung everywhere.

Exterminators were brought in to set off gas canisters, during which they had to move out for a few days and in the end they even paid to replace the expensive wool carpeting. Nothing worked!!!

People stopped coming over to visit. Repairmen refused to work in the house. The maid quit.

Finally, they could not take the stench any longer and decided to move.

A month later, even though they had cut their price in half, they could not find a buyer for their stinky house. Word got out and eventually even the local Real Estate Agents refused to return their calls.

Finally, they had to borrow a huge sum of money from the bank to purchase a new place.

The ex-wife called the man and asked how things were going. He told her the saga of the rotting house. She listened politely and said that she missed her old home terribly and would be willing to reduce her divorce settlement in exchange for getting the house back.

Knowing his ex-wife had no idea how bad the smell was, he agreed on a price that was about 1/10th of what the house had been worth, but only if she were to sign the papers that very day .

She agreed and within the hour his lawyers delivered the paperwork .

A week later the man and his girlfriend stood smiling as they watched the moving company pack everything to take to their new home.....

And to spite the ex-wife, they even took the curtain rods!!!!!!

I LOVE A HAPPY ENDING, DON'T YOU?