

THE COMET

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

From the desk of Joel Pringle

The Benevolent Society was very proud to have worked with the APSL in the lead up to the Federal election, and appreciated your support for the Fix Pension Poverty campaign. Unfortunately the success of the Coalition, who resisted all of the changes that we were advocating for, has meant little will change for older people struggling on low incomes this time around.

We will continue our efforts for better housing affordability, affordable basic dental care and cheaper access to broadband and telecommunications, and we'll be working with representatives and our friends across the new Parliament to do this.

In late August we'll again be seeking the support of members of the APSL, in this instance those who live in and around Rockhampton.

As we know, older Australians are also facing a number of other challenges. The Aged Care Royal Commission is delving into the failings to provide adequate care and dignity for people who rely on this system of care. People aged 50 to 65 years unable to find work at the end of their careers represent the largest age group relying on Newstart payments, which is set well below the poverty rate, at the same time that the age of eligibility for the Age Pension is increasing.

We consistently hear from older workers with the experience, wisdom and enthusiasm to continue their contribution to the workforce who find themselves unsuccessful in applications because of their age.

The Benevolent Society has identified a common thread running through our communities failing to address these issues for older people. Ageism is stereotyping, discrimination and mistreatment based solely upon age. When directed at older people, it comes from negative attitudes and beliefs

about what it means to get older. Unfortunately, our research has shown that there's a lot more ageism in Australia than most people realise. We've come to believe that we'll struggle to solve the issues faced by older Australians until we address the ageism that is the root cause of many of these issues. We have to address the assumptions and attitudes held across the Australia communities, and even by ourselves. Why do we accept substandard support and institutionalised care for older people where we don't for others? Why do politicians constantly reject increases to Newstart by mischaracterising recipients as demotivated youth, whilst Newstart recipients are actually more likely to be older and with a long history of employment?

We've committed ourselves to work with others to address ageism through the EveryAGE Counts campaign. The Benevolent Society is teaming up with organisations and individuals to support a grassroots movement working in communities across Australia to challenge the myths about getting older and to win the hearts and minds of our communities.

As part of this work, we are working with The University of Sydney to hold workshops around Australia to assist us in finding a new way to talk about ageing so that we challenge ageist assumptions rather than reinforce them. Participants will become leaders in their communities in addressing ageism, with support from the team and their experiences contributing to the research of the University of Sydney.

We are looking for participants on Rockhampton on 28 August. If you'd like more information, you can send me an email at joel.pringle@benevolent.org.au or reach me on 0406 435 290. You can read more about the EveryAGE Counts campaign to address ageism here: www.everyagecounts.org.au

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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
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Police link Queensland Police (non-urgent)	131 444
Crime Stoppers	1800 333 000

Advertisers



JULY 2019

Front page. Joel Pringle Every-AGE Counts

P2 Services Directory plus

P3 Editorial and Alex Gow advert

P4 Road Safety with Leyland

P5 EveryAGE Counts page 1

P 6 EveryAGE Counts page 2

P7 Be Connected report

P8 My Opinion/Letter to the Editor

P9 Parliamentary visit plus

P10 Branch News

P11 Recycling donation plus

P12 Sarina Branch plus

P 13 Bowen Cent Sale

P 14 Bowen Cent Sale plus Gracemere and Gladstone

P 15 Advertisements plus Mission Statement

P 16 Space box for Branch details and Code of Ethics

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!



EDITORIAL

By

Cherith Weis



Dear Friends,

This edition of the Comet is certainly the largest copy with the greatest number of pages since I have been compiling this journal.

- At last, we have an option to join together with other seniors' groups and form a "Coalition of Seniors' organisations". This type of action is long overdue and welcomed by the APSL.

As our State Conference will be held in early September, our official nomination will be forwarded as there will be a change in Office Bearers.

Membership is open to individuals and organisations and I will be joining as an individual. I am forwarding out all relevant information and if anyone should like a membership form, please contact me.

I have attended a number of meetings, some in Brisbane and it has been said that there are quite a number of us volunteering in an effort to increase living standards for seniors. Why don't we pool our resources?

It makes good sense for us all to band together and show the powers-that-be that there is strength in numbers and we mean business!

- State Conference is a little over a month away and although there is still a lot to do, details are falling into place. I would remind those attending to bring a camera as on first afternoon we are going by coach to Mt. Coot-tha early enough to take daylight shots and after sundown the colourful light show once the sun sets.
- Once again we are requesting donations for raffles at Conference. Please note all raffles will be drawn at the Conference Dinner.
- The photographs on the "Be Connected" page were taken by our new volunteer I.T. man,

Roger Arnaud. Roger is attendance at Kurilpa Hall to help everyone who may be having trouble understanding computers; tables, mobile phones.

Some showers in our area last night but I wouldn't be in a hurry check my rain gauge!

Until next month; keep well and try to keep warm.

Regards

Cherith

e

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Mobile Phones

Congratulations to the Queensland Government proposal to take a hard line against mobile phones while driving.

I agree 100 % with the Queensland transport minister, Mark Bailey, on the proposal to fine motorists with an on the spot fine for \$1000 for using a mobile phone while driving and totally losing their license on a second offence.

I have been impacted by these dangerous drivers over the years with the latest giving me a false name and details after jumping out of his 4WD with a phone still in his hand.

Ironically, I used my mobile phone to photograph evidence including his rego plate and vehicle as well as him to assist police with an insurance claim after he supplied false information.

The effect of someone using a phone while driving is no different to a drunk or drugged driver and deserves the same penalties and I have been pushing this for years.

Drivers on the wrong side of the road, swerving in and out of lanes, sitting at lights and totally oblivious of a light change, drifting off the road and running into a stationary vehicle at a stop sign or at a traffic light. Hospitalizations have increased and in some cases quality of life can be more important

than death.

This behaviour needs to be handled with a heavy stick to stop it in its tracks before it gets worse and fatalities increase on our roads.

The RACQ welcome this move and I totally welcome this move, however the Police need the support from the government to enforce the traffic laws and not just for two weeks of the year but for twelve months of the year.

Operation Cold Snap needs to achieve safer driving in our community in regards to people following the road rules, no matter how trivial, as discretion can lead to another more serious outcome?

Road rules are in place to make our roads safe for everyone, if you don't follow the rules, the community ends up in anarchy and chaos, revenue raising is not an issue if you follow the rules wouldn't you think?

The best place for a mobile phone when you are driving is in the glove box where you cannot be tempted into answering a call and being distracted. The fine is substantial and is definitely an incentive to stop motorists; it is now a matter of appreciating the dangers of mobile phone use, not only to drivers on the road but also to bank accounts.

Please check out Leyland's website

www.evolutionintraining.com.au/roadrules



EveryAGE Counts is an advocacy campaign aimed at tackling ageism. It's an ambitious campaign spearheading a social movement with a challenging goal: to shift social norms (those unwritten rules of common thinking and behaviour) and positively influence the way Australia thinks about ageing and older people.

What is ageism?

Broadly speaking, ageism can be defined as prejudice expressed toward a person because of their age. It includes stereotyping, discrimination and mistreatment.

While ageism can affect anyone of any age, the EveryAGE Counts campaign is focusing on addressing ageism relating to older people. In this context, ageism comes from negative attitudes and beliefs about what it means to be an older person.

As a form of discrimination, ageism has three key aspects:

- ❑ Prejudicial attitudes towards older people, including some attitudes held by older people themselves
- ❑ Discriminatory practices against older people, for instance in employment, insurance or health care
- ❑ Institutional practices, policies and behaviours that perpetuate negative stereotypes and undermine dignity – including language and representation in the media and cultural settings.

Why do we need a campaign to tackle ageism?

Ageism is not benign or harmless. It is a big problem because it impacts on our confidence, quality of life, job prospects, health, and control over life

decisions.

It is pervasive but often hidden. It can distort our attitudes to older people and ageing and have profound negative impacts on our personal experience of growing older.

The impacts of ageism can prevent or limit us from contributing and participating in our communities – socially, economically and as full citizens – and even impact our physical health and longevity.

As well as its individual impacts, ageism can also deny society the enormous range of benefits that can flow, economically and socially, from the full participation of older people.

What is the campaign's long term vision?

The EveryAGE Counts campaign vision is "a society where every person is valued, connected and respected regardless of age and functional health".

What does the campaign want to achieve?

The overall goal of EveryAGE Counts is to set strong, new foundations for current and future generations to age well. Toward this goal, the campaign seeks to:

- ❑ shift those deeply entrenched negative social norms about ageing and older people
- ❑ reimagine what it means to grow older and be an older person; and reframe our older years as a valid, positive and meaningful part of life
- ❑ drive a political and societal response to the opportunities presented by our ageing population.

How will the EveryAGE Counts campaign achieve its goal?

The campaign has to work at a number of levels over time to achieve its goal. EveryAGE Counts is built on a variety of social change activities, including: Advocacy, political engagement and public campaigning for policy changes and new policy initiatives [see Policy Directions to Challenge Ageism]

(Continued from previous page)

Addressing specific structural barriers to participation for older people, for example, in particular settings where ageist policies or entrenched practices prevent access or equal participation (eg in workplaces, healthcare settings)

▣ Increasing the diversity and accuracy of representations of older people in media, arts and public discussion.

▣ Building a grassroots social movement so all Australians can be involved in the change they want to see. Further research and policy development to ensure an evidence based approach.

What is the background history to the EveryAGE Counts campaign?

The EveryAGE Counts campaign was initially conceived by The Benevolent Society as part of its important campaigning and advocacy work.

In March 2017, The Benevolent Society (TBS) commissioned Urbis to undertake a three pronged research project focusing on understanding 'the drivers of ageism'.

Via a literature review, and both qualitative and quantitative studies, this research provided a foundation of evidence to inform a campaign strategy and give the campaign the best chance of success.

The research was developed in consultation with an eminent external reference panel and an internal TBS project team.

The reference panel, comprised of key stakeholders, policy and advisory experts and practitioners, who provided expert input, experience and guidance throughout the research phase. The research – The Drivers of Ageism – was launched in September 2017.

The research in full and in each part, can be downloaded from the EveryAGE Counts website at: A video about the research can be viewed at: <https://www.everyagecounts.org.au/research>

Key members of the external reference panel subsequently became foundational members, alongside additional organisations and individuals, of a new Coalition formed to develop, implement and collectively drive the campaign.

Under the joint Memorandum of Understanding, The Benevolent Society has committed to undertake secretariat responsibilities for the Coalition and its Steering Group for the first five years.

The campaign will become a wholly independent entity by the end of the first five years.

About the Coalition

The campaign is led by an independent coalition of diverse organisations and individuals committed to achieving this important shift in the way we understand and experience growing older. [see Coalition membership list] The coalition will continue to grow beyond launch.

Who is funding the Campaign?

Funding for the establishment of the campaign has come largely from The Benevolent Society under a separate historical endowment expressly intended for advocacy and campaigning work, as part of meeting the organisation's social justice goals and strategic plan.

The Benevolent Society was successful in winning a substantial grant of \$1.5 million over five years from the *JO and JR Wicking Trust*.

The campaign is extremely grateful for the support shown by the trustees and acknowledges that substantial elements of this campaign would not have been possible without this support.

The EveryAGE Counts campaign was formally launched on 11 October 2018.

www.everyagecounts.org.au

Be Connected Community Engagement Event – Kurilpa Tech BBQ

by Anneliese Tolbert

A free BBQ for Seniors with Guest Speaker and Special Prize Giveaway



On July 25 2019, APSL hosted a special community engagement event sponsored by a grant from the Good Things Foundation, which offers a program for seniors called Be Connected. Be Connected is an Australian government initiative with the goal of im-

Be Connected
Every Australian online.

proving the computer literacy and confidence of older Australians using technology. With daily life becoming more and more internet based this is an essential skill - and most government services are now accessible online as a standard. As part of the APSL Kurilpa Kitchen service, we have recruited volunteers to assist pensioners to get online more by making it fun and practical.

With that in mind we organised a lovely guest speaker with some very interesting information to share, and a delicious BBQ lunch to top off the day. The speaker, professional genealogist Helen Smith, is author of two books on genealogical research using free online tools. Free copies of two titles from Mrs Smith were given away as door prizes: 'Google – The Genealogist's Friend' and 'Death Certificates and Archaic Medical Terms'. Other door prizes included novelty USBs, portable power chargers, and other gadgets to assist engaging with technology.

On Monday July 23, Kurilpa Kitchen staff and volunteers organised a Technology Trivia game, in which clients were asked to bring along their smartphones, tablets and laptops so they could connect to the internet using the WiFi connection in the hall. Once online, the trivia questions were read out whilst participants were encouraged to look the answers up on Google. Normally considered 'cheating' this was nevertheless an exercise in using the web to find out information. Everyone received a small token prize ranging from USB mini-lights, stylus pens and novelty USB sticks.

With the success of this event, APSL will consider doing a second event in October, to coincide with Be Connected's promotion of its 'Get Online Week' community events calendar.



MY OPINION

Murray Darling Basin Crisis.

This is an atrocious situation where Dairy Farmers are being forced off their land and a Dairy Industry lost due to the inability to access water as reported on Landline. I call on State and Federal Governments and all Members of Parliament to meet and formulate a workable solution to this problem. The environment is also at stake with river banks being eroded, dead and dying trees collapsing into the river.

The Government not looking after Pensioners / Superannuants. Workers and the wealthy will get a tax break, pensioners got nothing. We have worked hard and made a large contribution to it's growth.

I am not happy with the Federal Government increasing the amount of money a pensioner can earn before their pension is effected. Most pensioners and superannuants would be unable to take a working job due

to health conditions and severe pain suffered.

A Payment of \$1,000 per quarter to all Aged Pensioners and Superannuants would address the plight of seniors.

Federal Governments recent announcement deferring pension deeming rates adjustment until the end of year 2019 is blatantly unfair. Politicians get pay increases immediately and back dated not wait six months.

We have a situation where more and more large 4WD vehicles are being sold and of course, are parked at shopping centres where the existing parking bays were designed for smaller cars. If you have ever been caught with your small car between two large vehicles and find it hard to exit your vehicle you will know what I am talking about.

More thought needs to be put into the size of parking bays as this trend continues.

Pearl Russell, Bowen

LETTER TO THE EDITOR

PENSION - Dear APSL Members, The Caloundra Branch has been continually lobbying Federal Politicians for an increase to the single pension . The current difference between the couples Pension of \$1396.20 and the Single Pension is \$926.20 per fortnight is \$470.00

No single pensioner can save \$470.00 each fortnight on the difference between the coupled pension, on their out-going living expenses Single Pensioners are severely disadvantaged when having to pay Household insurances and continuing home maintenance repairs, Motor vehicle registration and insurance, fuel costs and ongoing maintenance charges.

Local Council rates, increasing charges for electrical and gas power needs, public transport. Couples can buy food in larger quantities; singles must buy smaller portions at a larger cost.

In today's world of "user pays", it is the single pensioner who suffers. Single pensioners in reality pay a higher cost to have the power and water etc infrastructure delivered to their door. Couples can share the infrastructure cost ,singles must carry this cost on their own.

Governments of all colours have been using deeming rates and pensions to balance their budgets for years ,with the single pension suffering most of all.

With the approval and support of APSL Head Office, Caloundra branch would like to prepare a petition to be circulated to all APSL branches aimed at having the single pension increased to 20 percent (\$176) of the Couple pension per fortnight.

Caloundra will supply the petitions and post them to each APSL branch. if this is successful we could involve other Seniors groups in other States .

Details can be finalized at our State Conference . We must remember that sadly in time we will all become single Pensioners and benefit gained now will assist many more pensioners in the future.

Regards

Frank Gower, President , Caloundra Branch



OUR PARLIAMENTARY VISIT

Following receiving an invitation to meet with two Queensland Members of Parliament; Mr. Mark McArdle and Mr. Lachlan Millar, State Secretary, Nola and I attended the Parliamentary Annexe on Friday, July 19.

Mr. McArdle, Member for Caloundra was busy with appointments, so we met with Mr. Lachlan Millar, the Member for Gregory. Mr. Millar is the Shadow Minister for Fire, Emergency Services and Volunteers.

Mr. Millar was very receptive towards us and wanted to know more about APSL and what we are about. The discussion we had with him was a two-way street. We stressed that we are a Non-Party Political organisation, however we agreed with his proposal to better promote and recognise the contribution of Volunteers and their "Dollar Value".

We informed him of what we do, and even touched on the loss of the State Government Grant in 2013. The set

-up of the Kitchen; Hall and office management.

is very keen to emphasise the worth of volunteers and what they contribute and the need to officially recognize just what Volunteers contribute to communities.

He plans to vigorously promote this cause in the next twelve months, and said he would keep in touch, and we agreed to also act in a reciprocal manner..

Oo0oo

On Thursday July 25, a successful "Be Connected" morning was held in Kurilpa Hall. Professional Genealogist Helen Smith, addressed the morning session and was well received. Helen is the author of two books on genealogical research using free online tools. Free copies of two titles from Mrs Smith were given away as door prizes: 'Google – The Genealogist's Friend' and 'Death Certificates and Archaic Medical Terms'.

Pictured with Helen is State Secretary, Nola Harvey who made a presentation to her on behalf of APSL and Kurilpa Kitchen.



Dot Matthews from Bowen Branch "scooped the pool" at the Bowen Show with her craft entries.

Dot took out ten first prizes - a sash for the most excellent exhibition.

Her work included Crochet and knitted items. She also won with her Hardanger work.

Well done, Dot!

Congratulations from your APSL friends!

BRANCH NEWS

Collinsville Branch has a newly elected President, Andy Pennay (seated) and Secretary Denise Smith (standing). Treasurer Lorna Woodward is returned for another year and presently enjoying holidays. Outgoing executives, President Beryl Aspinall and Secretary June Hathaway have given many years of service and it was with a touch of sadness to see these two ladies standing down. Members all showed their appreciation for the outgoing executives with a hardy round of applause.

The weekly Thursday meets see a regular group attending with an added few new faces recently. Monthly "Bring and Pick" days are always enjoyable with some members luckier than others. Cards each week is the popular choice of many members but others do enjoy other activities on the day. Morning tea each week always sees a splendid array of food, and our Branch certainly have some wonderful cooks, not all of whom are ladies.

BOWEN — This branch continues to function well, as usual.

It is with much pleasure that I share the following item/letter submitted to Mr Dale Last MP, Member for Burdekin, AYR by our Bowen Secretary, State Treasurer Pearl Russell on behalf of our member Allison Thornton who needed urgent "help".

On the 18th February 2019, Allison was visiting her mother at Airlie Beach, when Allison suffered a Grand Mal resulting in being taken by Ambulance to Proserpine Hospital and then flown to Townsville Hospital. Allison spent 12 days in ICU in a coma.

Between the Ambulance and the Proserpine Hospital her partial denture was lost, having been removed for her to be incubated due to being unconscious.

No blame is put on Ambulance or Hospital Staff; Allison only wants a replacement denture as soon as possible.

Being a client of the Qld. Dental Clinic, cnr of Gregory and George Streets, Bowen, the Queensland Government Policy of one dental treatment per year, she is unable to have this work done till the 5th October 2019; having visited the dental clinic in October 2018.



Due to no fault of her own would it not be possible for Allison to have her denture replaced sooner and not have to wait till the twelve months is up in October. }
.....end of quote.

At our recent hoy social I had the pleasure of speaking with our member Allison, her denture replaced and once again she is in good health.

Once again thank you Pearl, this efficient work/assistance is "gold service" to our pensioner members.

At our recent Cent Sale the Reporter from the Bowen Independent gave us very good photographic coverage, which is late, but hopefully should be sent to our Editor this week.

(The Bowen Independent has forwarded photographs taken at the Cent Sale—and most are printed in this issue.

Editor}

The APSL Comets: - I have left a copy at the 3 Doctor's surgeries, Bowen Library, Girudala seniors group, Bowen Men's Shed. These Comets are printed out for Bowen branch by the Whitsunday Regional Council Mayor's Secretary and this service is much appreciated. I endeavour to do a bit of PR, promoting the value of APSL, the Comet Newsletter, at the distribution places.

Joyce Macdonald....Area 2 Organiser

RECYCLING PRESENTATION

Jeni Lewington made a presentation to State Secretary, Nola Harvey on Thursday, July 25 for use in Kurilpa Kitchen.

The container was gratefully accepted and adds to APSL'S support for recycling.

Zero Recycling Bins and Waste Boxes are available for various items for recycling. These include bins for different purposes including office binders/ papers and so on.

SEENAGER

I just discovered my age group! I am a Seenager (senior teenager).

I have everything that I ever wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every fortnight. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant; they aren't scared of anything; they have been blessed to live this long, why be scared? And I don't have acne. Life is good!

Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

So there!

I have more friends I should send this to, but right now I cannot remember their names. So please tell this to your friends, they may be my friends too.



Some quotes for you

It is best to read the weather forecast before we pray for rain. Mark Twain

Samuel Clemens (1835 – 1910) Author

There are a good many fools who call me a friend, and also a good many friends who call me a fool. Winston Churchill (1874 – 1965)
British Prime Minister, Politician, Statesman and Orator

I personally stay away from natural foods; at my age I need all the preservatives I can get.

George Burns (1896 – 1996) comedian, actor and entertainer

Good hospitality is making your guests feel at home, even when you wish they were.

Alfred E. Neuman

At my age, an affair of the heart is a bypass.

Joan Rivers 1935 – 2014) American comedian, television personality, writer and director

It is not the years in your life that count, it is the life in your years.

Adlai E. Stevenson 1900 – 1965) Diplomat and Democratic Politician

BRANCH NEWS

Dear President Cherith ,

It is with regret that the Sarina Branch of A.P.S.L. will close after our last meeting in January.

Our President Margaret Franklin's Family told us it was Margaret's wish to close and the money invested in Bendigo go to Wongabeena Housing Committee of which she was President for further housing for Pensioners. (Pictured Margaret Franklin)



At our last meeting, we came to an agreement with Margaret's family . After speaking with you, I advised them that we could donate \$10,000 to Wongabeena Housing Committee in Margaret's name and the balance of the money to head office to be put in a trust account in case anyone wanted to open the branch again. I hope this meets with your approval.

Yours Sincerely

Evelyn Payne, Secretary.

Pictured —Sarina Branch A.P.S.L Secretary, Evelyn Payne presenting a cheque for \$10,000 to Secretary Cath Hutton of Wongabeena Residential Home for the Aged. Left to right Aileen Franklin, Alma Stockwell, Patron, Sheila Hegerty ,Treasurer. Alice Sichter, Evelyn Payne and Cath Hutton.



I extend a grateful "Thank you" to all at Sarina for the many years you played a huge part in the APSL.

I remember a number of State Conferences which Sarina Branch so efficiently organized and which afforded all guests a wonderful time in Sarina. I also recall that although Margaret had been very well, the last Sarina State Conference went extremely well and the organisation went like clock-work. Many thanks to all for your APSL service over many years!

All the very best to all of our Sarina friends and a huge "Thank You" from the Australian Pensioners' and Superannuants' League. We will miss each and everyone of you.

Yours sincerely,

Cherith Weis, State President

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All pensions; Carer Allowance; Newstart; Farm Household Allowance; Essential Medical Equipment Payment; Energy Supplement; Austudy and relevant phone numbers and much more

Department of Human Services - A guide to Australian Government payments

Web site - humanservices.gov.au

BOWEN NEWS.

Excellent coverage of the recent Cent Sale held in Bowen . The Bowen Independent Newspapers “covered” the function and has supplied these photos of the festivities which were enjoyed by all guests.



BRANCH NEWS - BOWEN continued.

**GLADSTONE VISITS MOUNT MORGAN**

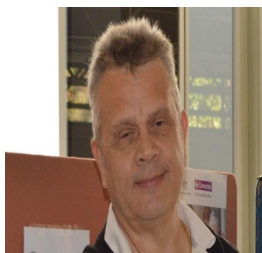
Pictured are Gladstone Branch members on their day out to Mt Morgan on Friday 28th June.

From left to right; Wayne Wilson the bus driver, Meg Paterson, Coral Wilson Wayne's wife, Janet Domoney, Aileen Bertram, Dawn Brady, Stan Brylka, Mary Wright, Del McCormack, Jean Davies, Betty Betts, Hazel Gilmore, Barbara Morten, Barbara Anderson, Sue Neilson and Doug Anderson. The trip was enjoyed by all.

Gracemere Branch members held their Annual Meeting on Monday July 29 at the Gracemere Community Centre.

Pictured are Division Four Councilor and Returning Officer Ellen Smith, Treasurer Cheryl Smith, Vice President Linda O'Dea; Secretary, Margaret Laughton and President Desiree Reynolds. 2019 —2020 Office Bearers.





Intro- **roducing**
Roger Arnaud who
 will look after all of your I.T. questions

Free Computer lessons

APSL HEAD OFFICE
174-176 Boundary Street.
West End.

Mondays and Thursdays

Book with Roger or Gabriella,
Phone 3844 5878.

Please check our website which has been up-dated and let us know what you think of the alterations. Also check out our Facebook page which always has something going on and/or something new being added. Whether you are part of our group or not, we would appreciate your feed back. Like us on Facebook!



Australian Pensioners' and Superannuants' League 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 and Torres Strait Islander (ATSI) and Culturally and Linguistically Diverse (CALD) peoples.

Kurilpa Kitchen
174 Boundary Street
West End

2 course meals
Monday & Thursday
Only \$9.00



**Seniors'
Luncheon**

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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