
THE COMET

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

Welcome Delegates and Observers!

The Australian Pensioners' and Superannuants' League (Qld) Inc. is celebrating 74 years at the September Conference. This year's State Conference and Annual Meeting is in fact the 71st at which the APSL will come together to fight for better conditions for seniors throughout our State.

The venue is West End's Kurilpa Hall and to our knowledge the first to be held at our Headquarters. Various improvements have been made during the past few years and will be easily recognised by those who know the hall.

We wish you a productive and happy meeting in the theme of "Making a Difference" with your fellow members from throughout this great state in which we live.



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The Australian Pensioners' and Superannuants' League Qld, Inc. (APSL) provides advocacy and support services to pensioners and superannuants in Queensland.

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

Advertisers

Alex Gow Funerals	07 3852 1501
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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—
MAKING A
DIFFERENCE!**



EDITORIAL

By

Cherith Weis



Dear Friends,

Time has flown by so quickly and it's really hard to believe that "Conference time" is here.

Final arrangements are coming together and once again the Conference Booklet will be "all our own work".

This year has been extremely busy with attendance at various meetings. Elder Abuse and QCOSS see our regular attendance. State Vice President Barry Ramsay and State Secretary Nola Harvey attended the August Elder Abuse meeting and August 19 Royal Aged Care Commission in Brisbane.

Nola and I have been regulars at the QCOSS meetings which are held every three months. The most talked about subject at these meetings has been the Electricity Industry and which has led to our invitation to Fiona Hawthorne is a Senior Policy Officer working in energy and water literacy.

Nola and I attended a workshop in Rockhampton on August 28 arranged by the Benevolent Society's Joel Pringle and the new EveryAGE Counts Coalition. The Rockhampton Reframing Ageing Group proved to be a day well spent and extremely productive and thought provoking.

Stereotypes of older people; a Silver Tsunami (meaning a tide of seniors which will mean an increase of pressure on Federal funds and conversely we could think of it as a rising tiding of opportunity.....)

We need a change of attitudes not only with those we deal with in every day life but also with our fellow friends. We need more positivity about our lives. There is so much negativity to contend with these days so I would ask you to think on the

subject and how you can improve the attitude of others towards you and vice versa.

To those who haven't been at all well, I hope your health is improving. Maybe warmer days and shaking those chilly winds is just what we need.

Please enjoy catching up with friends at the conference and please continue to support those who work hard for this organisation.

Regards, Cherith

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ROAD SAFETY

WITH

LEYLAND BARNETT

Road Safety – Laws of Physics

Road safety week continued from 26th to 30th August and the PCYC, police and other emergency services organisations contributing towards getting the road safety message out into our community, over this week.

It is important to remember that everyone has choices when driving on our roads.

Choices that can make situations dangerous, choices that can save your life and the lives of others.

Understand that the laws of physics do not allow a choice of surviving or dying on our roads, your vehicle weighs over a ton in most cases,.

Your vehicle will not stop immediately when you apply the brake pedal, so when you cut in front of a heavily loaded truck, weighing in at over 50 tons that needs the stopping distance to safely stop, your life maybe forfeited by the fact that the truck driver can do absolutely nothing to stop his truck from running right over the top of you.

Physics rules over who ever thinks that they are right or wrong and if you are stupid enough to challenge the laws of physics then you will reap the results, RIP?

How do you work with physics and avoid incidents on our roads that can end in terrible results?

Check your mirrors often and avoid braking heavily in front of a vehicle that is travelling too close. Qld transport recommends that you follow at a minimum distance of 2 seconds in the dry and 4 seconds in the wet, if you are unsure of this then look up Evolution in Training website www.evolutionintraining.com.au, road rules tab and you will see a video link illustrating this recommended following distance.

Remember that everyone has a choice when driving on our roads, use that choice wisely and reflect over road safety week in how you can improve your driving skills and share the roads safely.

Please check out Leyland's website

www.evolutionintraining.com.au/roadrules

From the Office

by Anneliese Tolbert

August has been an eventful month here at Kurilpa Hall, West End. The new awning approved by Management Committee has been installed, and other small improvements have been implemented in anticipation of our own venue hosting the upcoming APSL State Conference.

Most interesting perhaps is the Seniors Week event that was planned for several weeks by Kurilpa Kitchen's Project Coordinator, Debra Fletcher. This year's event was very similar to the last one held at our venue, back in 2016.



Calling on local artists of varying ages ranging from 50 to 95, Debra put together a group exhibition which transformed our community venue into an art gallery for the week starting April 19. Dozens of paintings and drawings were hung on the centre walls, showcasing an abundance of local creative talent.

The following Thursday August 22 was the culmination of the celebration, featuring a Welcome to Country by local elder Desmond Sandy, and opening remarks by our Gabba Ward Councillor, Jonathan Sri.

Then we were treated to a number of favourite tunes by John Cornelius, who has performed many times at Kurilpa Hall for Kitchen events in the past.

And of course, everyone enjoyed the delicious meal prepared by our chef, Craig Mertens.



There are more projects in the pipeline for the coming months, namely a fundraising sausage sizzle and increased consultations from visiting Metro South network providers. Our team is dedicated to connecting clients in the centre with local services and assisting them to navigate the My Aged Care system.



Many thanks to Barry Ramsay; Roger Arnaud and Anneliese for supplying the many photographs of the Art Exhibition.

More photos on page 12.

STATE CONFERENCE

WEST END 2019

INTRODUCING OUR GUEST SPEAKER

FIONA HAWTHORNE



Fiona Hawthorne is a Senior Policy Officer working in energy and water literacy. She believes everyone should have access to essential services, and has worked tirelessly advocating for change throughout her career.

“QCOSS is uniquely positioned in Queensland to be that vital conduit between community, industry and government,” she says. “Connecting decision-makers with the people affected by those decisions can be very effective in changing minds and policies. At QCOSS there is always an important conversation underway.”

Prior to QCOSS, Fiona worked to improve energy literacy for refugees and people seeking asylum, and performed energy audits for people experience payment difficulties. “Understanding how to manage utility services and learning what assistance is out there is important for families in Queensland to stay connected,” she says.

Fiona says one of her proudest moments was when the ACCC released their report on electricity prices and recommended QCOSS’s “Switched On Communities” program as the ideal national model for energy literacy. “It showed that communities hold the solutions – they just need the tools and opportunity to develop them. I was proud to be part of the QCOSS team facilitating that opportunity.”

BABINDA BRANCH LIFE MEMBERSHIP PRESENTATIONS



Babinda Branch Secretary, Beryl Ball recently presented President Alan Kingston with his Life Membership badge.

Also receiving his Life Membership badge for years of service to the APSL was Graham Lynch.

Graham also served on the Management Committee, for a number of years.

The presentation was made by Babinda President Alan Kingston.



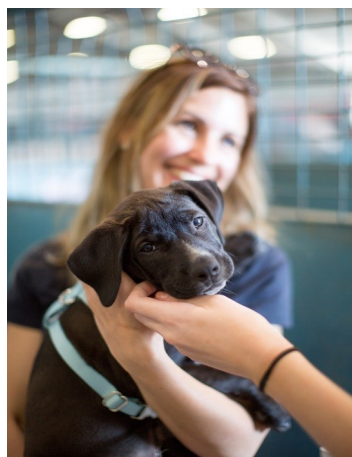
FROM THE RSPCA

Have you ever thought about adopting a pet but are unsure about visiting an animal shelter? Now's your chance to meet hundreds of dogs, cats, puppies and kittens under the one roof!

RSPCA's Big Adopt Out is being held for the 7th time on Saturday, September 14 at the Brisbane Showgrounds. There will be pets of all shapes, sizes and ages waiting to meet you.



The best thing to do at Big Adopt Out is to have an open mind about the type of pet you're looking to adopt. With plenty of felines, you'll be spoilt for choice. From quiet and shy felines who will be keen to just snuggle up on the couch at your home, to



extroverted kittens to keep you active and entertained, there is a cat to suit any lifestyle. Tabbies, black cats, ginger felines and fluffy companions... you'll be sure to meet a few of every type!

Whilst not every dog at Big Adopt Out will be able to fit on your lap (although most may try!), you'll be able to see just how great larger dogs can be as couch potatoes too!

Despite their size, Greyhounds, Great Danes and mastiffs make relaxed and loyal companions. If devotion is what you are looking for, there will be lots of happy Staffies to win over your heart too.

Many of the pets you'll see at Big Adopt Out will have travelled far and wide to find a new home. Each year, RSPCA volunteers drive pets from as far as Cairns right to down Brisbane for the event.

This year, it's hoped that over 300 rescue pets get a second chance and find loving families.

Over 15 other animal rescue groups will also be attending.

For a small adoption fee, you can find a loving companion for life. All adoption fees go straight back to that animal charity too, so more lives can be saved. Another bonus when adopting is that all pets will be desexed, vaccinated, microchipped and vet checked too!

You can find out more by visiting www.bigadoptout.com.au. You can also pre-register your details online if you're thinking of adopting on the day. This will save you time on the day if you find the paw-fect pet for you!



RSPCA's Big Adopt Out. Saturday, September 14, 9am – 2pm. Brisbane Showgrounds. The best parking for the event is 'The Pavilion Car Park', which can be accessed via Gate 5, off O'Connell Terrace.



Senior Fun Walk celebrates 20 years

State Member for Caloundra Mark McArdle congratulated the Sunshine Coast Australian Pensioners' and Superannuants' League on 20 successful years of organising the hugely popular Seniors Fun Walk, which took place on August 25.

More than 400 people gathered early Sunday morning to take part in the annual Seniors Walk festivities organised by the group which included a picturesque 4km walk between Oaks Oasis Resort and the Caloundra Powerboat Club in Golden Beach.

"The APSL annual fun walk is about much more than a morning stroll. It aims to promote physical activity and a positive outlook on ageing, and it does so while also bringing people in our local community together," Mr. McArdle said. I commend the entire team for their hard work in putting this event together year after year and for creating such a welcoming environment. In particular, congratulations to the organising committee which includes Frank Gower, May Shaw, Terry and Hellie Strath, Don Gilbert and Carole Stolk."

APSL Caloundra President Frank Gower said the event came from humble beginnings but it did not take long to grow into a bustling morning it is today. "Our sole desire was to create an event that proves age is an attitude not a liability. We also wanted to get people out of the house and connected with their community," Mr. Gower said,

"We first held a Seniors Olympics in 2000 with a small turnout but we knew we were on the right track.

We realised that the Coast didn't have a fun walk for over 50s so that is what we put on the following year and we haven't looked back. In the early years, we averaged 200 attendees but it wasn't long before we started to see an average of 400 people.

Today, we have a 4km fun walk which culminates with a BBQ, trophy presentations and a forum to promote services and activities relevant to seniors and their families.

It has been a fantastic 20 years. Thanks to everyone who helps make it possible including the Oaks Oasis Resort and the Caloundra Power Boat Club, Mark McArdle MP for sponsoring and presenting the trophies each year, the SES volunteers, Resolve Fitness and the local Caloundra businesses who donate prizes.

The walk will continue on for many years to come—promoting activity, mobility and social wellbeing," Mr. Gower said.

"Anyone who has organised a community event would understand that having this kind of long term success is no small feat," Mr. McArdle said. He continued that it has been a pleasure to be a sponsor, awards presenter and participant of the APSL fun walk for so many years. May we take a page out of their book and remember that age is all in the attitude," Mr. McArdle concluded.





Roger Arnaud

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.***

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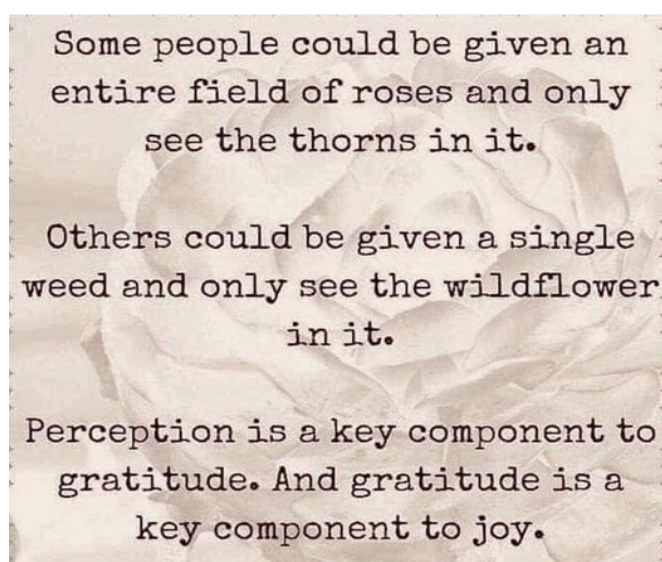
Pictured above are members who attended the Rockhampton Reframing Ageing Group meeting which was held in Rockhampton at the Quest, on Wednesday August 28.

The meeting, the first of its kind in Australia. Other workshops are set down for Adelaide, Hobart and Sydney with Rockhampton leading the way.

Another meeting to sift through results will be held before the end of the year.

An amazing scope of discussions and opinions were presented to the group meeting by attendees.

oo0oo



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.

ooOoo

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.

More Seniors Week pics from Kurilpa Hall



Rosemary Mac Bride
In the Desert
Yeronga \$500



Blaise of
Hawaii
Hawaii
Yeronga
Glen
on