

THE COMET

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



INTRODUCING THE 2019—2020 APSL MANAGEMENT COMMITTEE

Elected on Wednesday, September 11, 2019 at the 71st State Conference held at Kurilpa Hall, West End, Brisbane.

Officiating as Returning Officer—Rhonda Kirwan

Standing—Agnes Gibson (Logan) Appeals Committee; Pearl Russell (Bowen) Committee Member; Frank Gower (Caloundra) Appeals Committee; Joan Green Gladstone (Absent) Appeals Committee; Meg Paterson (Gladstone) Area Organiser; Dr. Denise Bolland (Kurilpa) and Nola Harvey (Gracemere) Committee members; Maureen Perry (Gympie) Area Organiser.

Seated—Margaret Laughton (Gracemere) State Treasurer; Barry Ramsay (Kurilpa) State Vice President; Joyce MacDonald (Bowen) State President; Cherith Weis (Gracemere) State Secretary and Maree Stenson (Kurilpa) State Assistant Secretary.

The Comet is the official journal of the Australian Pensioners' and Superannuants' League. ISSN 0814-2211

Australian Post Publication No PP100000/860.

The Comet is published monthly from February to November each year. It is available online, through branches from the State Office and APSL Branches throughout Queensland.

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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SEPTEMBER 2019

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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 Folks,

Our State Conference is over for another year with a great outcome. Many agenda items were resolved with action recommended to approach relevant authorities.

We are extremely pleased to announce that Joyce Macdonald from Bowen is our 2019-2020 President. Joyce has been a member of APSL since 2011. She is presently President of the Bowen as well as Acting Branch Organiser taking care of Collinsville and Bowen branches.

Joyce is a keen supporter of the APSL and its endeavours to work for pensioners and superannuants as a team. Joyce says, "We will make a difference" as she has been a pensioner for many years. She has said that she has accepted the nomination with humble heart and hopefully with her background of life's experiences ; secretarial skills and a compassion to help others, we look forward to joining Joyce in the APSL team

A petition formulated by the Caloundra Branch is due out shortly for branches to support and have as many members and supporters sign the petition.

We also recommend that everyone joins the Every-Age Coalition of Organisations and it is hoped that I will have room in this edition to include the form.

We are also organizing a S.W.O.T. Analysis (strengths, weaknesses, opportunities and threats analysis) is a framework for identifying and analyzing the internal and external factors that can have an impact on the viability of a project, product, place or person) to be circulated to all branches.

We would ask you to seriously look at our proposal; please look at the form and p-l-e-a-s-e take

part. Please look at the analysis and take part in the survey and return the form as soon as is possible.

At the recent State Conference, the venue of next year's event was not set in concrete.

Several days later, I received a call from Maureen Perry who has agreed to stage the 2020 State Conference in Gympie. Maureen has plans well under way and for that, we thank her.

So Folks, it may be a good idea to organize a couple of extra raffles to alleviate costs.

Cherith Weis, State Secretary

Every life is an amazing story

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ROAD SAFETY

WITH

LEYLAND BARNETT

Anticipation

One of the key elements of avoiding a collision is the ability to anticipate what another driver is doing or what a chain of events can lead into. Anticipation as defined in the dictionary is the ability to foresee; expect; take or consider beforehand or enjoy in advance. So when you see another driver going exceptionally slow on the road in front of you, what do you think is going on with the driver? Ask yourself some of these questions to be able to anticipate what is happening; is the driver; looking for an address; having a medical episode; fatigued; distracted by looking at a GPS or map; affected by drugs or alcohol or totally confused? As a defensive driver you need to anticipate the possibility that the driver could brake suddenly or swerve out of their lane and keep a safe distance or overtake the driver in front cautiously when it is safe to do so.

Always ask questions like what if or why, never assume what another driver is doing. What if the car in front brakes suddenly? Why is the car braking suddenly? What if the car doesn't stop to give way? Why is the car not giving way? What if the load falls off as there is no ropes holding it? Why is the load falling off?

If you see a vehicle in front that has an unrestrained load you can anticipate the vehicle hitting a bump in the road and having part of the load dislodged and fall out onto the road

in front of your vehicle. This can be dangerous and not only cause damage but lead into a serious collision. As a defensive driver you can foresee this possibility and keep well back from the vehicle in front or safely overtake.

Approaching an uncontrolled intersection you see a driver on the left hand side approaching fast and not looking in your direction so you can anticipate that the driver is not going to stop and give way and as a defensive driver, slow down and stop if necessary, to avoid a collision. It is so important to make eye contact with other drivers when approaching intersections as pillar blind spots can be a problem. If you cant make direct eye contact with another driver the driver may not know that you are there and proceed into a collision with you.

The importance of anticipation is quite clear when driving; the ability to foresee an event before it actually happens can place you in a situation where you can avoid being involved in a collision. A defensive driver is always asking questions and anticipating, be a defensive driver and stay safe these approaching holidays.

Please check out Leyland's website

*www.evolutionintraining.com.au/
roadrules*

From the Office

by

Anneliese Tolbert



The past month at Head Office has been a busy one. State Conference on September 10th and 11th proved to be a wonderful showcase of Kurilpa Senior Citizens' Centre.

All the recent building improvements were on display, to the approval of visiting delegates and observers.

This venue is significant because it is the only seniors' centre in the inner city, and having a welcoming, attractive front entrance is important to everyone who works here.

Thanks to the recent efforts of the APSL, there is a lovely new awning over the front entrance, a freshly painted front sign, and ongoing garden improvements using volunteer labour and donated plants.

Along with the new web site, these improvements are attracting new members to the APSL and new clients to our Kitchen service.

State Conference-goers were also given a first-hand experience of Craig's cooking. For readers who may not know, Craig Mertens is a wizard in the kitchen and we're lucky that he's been working with us for the last several years.

He happily agreed to be the caterer for State Conference and I was glad to assist him when his last-minute volunteer fell through.

Craig created the delicious morning tea, lunch

and dinner for Conference guests and I helped prepare and serve his creations.

Craig's talents in the kitchen, along with increased awareness about our services have resulted in increased attendance over the last several months.

About 15 new clients are on our rolls since this time last year. As more seniors find out about the Kurilpa Kitchen service, we gain a stronger recognition from the Department of Health for meeting the objectives of a community care provider.

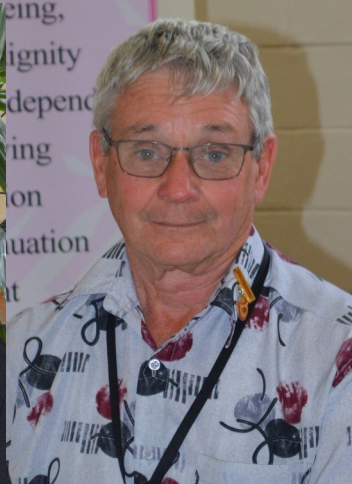
The Commonwealth Home Support Programme, which funds our meals service, was projected to reduce the amount of community care in the aged care system, but due to the demand for and success of services like ours, the programme continues to be extended and we continue to assist more people to remain independent in their own homes.

I'd like to conclude this month's update by saying that I'm very pleased to work with the new APSL Executive committee, because of their commitment to beneficial projects.

I look forward to another productive year working at this organisation.



Some pics from the 2019 APSL Conference. Executive; Muriel Thurgar Joyce Macdonald and Noel Smith (Certificate to Hervey Bay for most members); President Joyce; Treasurer Margaret Laughton (Gracemere) and Secretary Cherith. Returning Officer Rhonda Kirwan and Joyce Macdonald (Bowen); Guest Speaker Fiona Hawthorne; Entertainer John Cornelius; Meg Paterson (Gladstone); Brian Lobb (Kurilpa); Maureen Perry (Gympie) & Barry Ramsay (Kurilpa)





More pics from the conference which include delegates and observers at the Kuta Café at Mt. Coo-tha; Karin Finsterle who delivered a message from the Hon Coralee O'Rourke and opened the 2019 State Conference and members pictured at the 2019 State Conference and at meal time.





GOVERNMENT HOUSE VISIT

On Tuesday October 1, State Vice President Barry Ramsay and State Secretary, Cherith Weis represented APSL following receiving an invitation to attend Government House and meet with his Excellency the Governor of Queensland, the Honourable Paul de Jersey and Mrs. Kaye de Jersey.

The afternoon tea was held for Council of the Ageing Queensland to mark the International Day of Older Persons.

We engaged in some serious conversation with other attendees while covering many facets of aged care.

It was great to catch up with Don Matheson, General Manager, The Health Alliance/Brisbane North PHN and Metro North Hospital and Health Service and we exchanged ideas. Karen Reid from The Lady Musgrave Trust outlined the valuable work carried out by the trust to support young women in need.



Pictured above are State Secretary Cherith Weis; Karin Finsterle who is Director of Community Needs Analysis and Investment, Department of Communities, Disability Services and Seniors and State Vice President, Barry Ramsay.

On Tuesday, September 10, Karin officially opened the 74th APSL State Conference in the Kurilpa Hall on September 11.

Karin delivered a message by the Minister for Communities and Minister for Disability Services and Seniors, the Honourable Coralee O'Rourke on 74 years of community service which concluded "that she commends The League on this wonderful achievement as a testimony to the advocacy and the longevity of the League".



Our State President, Joyce Macdonald learns from our I.T. Volunteer, Roger Arnaud all about the uses of a Tablet which she recently acquired. Joyce has caught up with the Technological age and recommends to others the advantages and pleasure one obtains in learning new skills!

Roger is available at our premises at 174 Boundary Street, West End on Mondays and Thursdays for lessons. Phone 07 3844 58 78 to make an appointment.

Kurilpa Kitchen
174 Boundary Street
West End
2 course meals
Monday & Thursday
Only \$9.00



Seniors'
Luncheon

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!





Gracemere Branch supported the recent opening of the Gracemere SES station. Pictured Cherith Weis; Heather Babic; Linda O'Dea; Margaret Laughton (Secretary) ; Seated left to right Nola Harvey; President Desiree Reynolds and Treasurer Cheryl Smith also 2 SES Mascots
Below Cherith Weis and SES Volunteer, Aleta Ballment

Below ;State Conference representatives Delegates at Mt. Coonah



ATTACHMENTS ON THE BACK OF THIS COMET

1. The Pension Petition is attached to the back of this Comet for you to reprint copies (back to back) and circulate among your members and fellow supporters of pensioners.

When completed please return to Head Office at P.O. Box 5141, West End, 4101 (and not to the address of the chief petitioner.)

2. The EveryAge Membership Form has been supported by APSL and it is recommended that as many branches as possible. There is no membership fee and we need to join this organisation and fight for a better deal pensioners and superannuants as a combined group.

NOTICE TO MANAGEMENT COMMITTEE MEMBERS

The next meeting of the APSL Management Committee will be held on Tuesday, November 12 commencing at 9 am. Branches should have their reports to their Area Coordinators by Thursday, October 31. If no coordinator in their area, please send directly to Head Office, on apsl@apsl.com.au or P.O. Box 5141, West End, 4101.

SWOT ANALYSIS

BRANCHES

Branches will soon be receiving paperwork referring to a S.W.O.T. Analysis.

S.W.O.T. refers to (Strengths, Weaknesses, Opportunities and Threats.

We ask that you consider the role of your branch in the community and the strengths and weaknesses of the organisation. Please consider what you see as the Goals and Objectives of APSL and its mission should be going forward.

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.

TO THE HONOURABLE THE SPEAKER AND MEMBERS OF
THE HOUSE OF REPRESENTATIVES



Petition Title:
Increase Single Aged Pension

Reasons:

The petition of Australian Pensioners' and Superannuants' League (QLD) Inc and citizens of Australia draw to the attention of the House that the current single aged pension is not enough to cover basic living needs as the current aged couple pension is \$1407 but depends on rental assistance. As at the 20th of September 2019 when a person is widowed this reduces to \$933.40 a reduction when support is most needed. Difference between coupled and widowed pension is \$473.60. This has not been reviewed for a long time and we believe the difference should be 18% between the two pensions not 33%.

Request:

We the undersigned therefore ask the House to enact necessary legislation to ensure that the difference between the Aged Couple Pension and the Aged Single Pension is reduced to 18% from 33%.

PRINCIPAL PETITIONER

Full name:

Signature*:

C. A. Weis State Secretary

Address:

16 Labanka Crescent

Gracemere, 4702

Email:

apsl@apsl.com.au

Telephone – 0432 295 344

*When signing this petition as principal petitioner, you are declaring you are either a resident or citizen of Australia.

**TO THE HONOURABLE THE SPEAKER AND MEMBERS OF
THE HOUSE OF REPRESENTATIVES**

Petition Title: Increase Single Aged Pension

Reasons:

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We the undersigned therefore ask the House to enact necessary legislation to ensure that the difference between the Aged Couple Pension and the Aged Single Pension is reduced to 18% from 33%.

NAME	SIGNATURE and ADDRESS (when signing this petition, you are declaring you are a resident or citizen of Australia)



Membership Agreement – EveryAGE Counts Coalition

The EveryAGE Counts Coalition [the Coalition] is the formal alliance of organisations and individuals who have agreed to actively support and participate in the EveryAGE Counts Campaign.

As a member of the Coalition, you understand the goals and values of the campaign and accept, and agree to act upon, the campaign pledge:

"I/we stand for a world without ageism where all people of all ages are valued and respected and their contributions are acknowledged. I/we commit to speak out and take action to ensure older people can participate on equal terms with others in all aspects of life."

Please complete the details below and return by email to info@everyagecounts.org.au

Name of organisation	
Registered postal address	
Senior signatory Name: Title/role: Phone: Email:	
Key contact (if different) Name: Title/role: Phone: Email:	

Signed by [name]: _____

Title: _____ Date: _____

Signature: _____