THE COMET

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



Hello to all APSL Branch Members and Comet Readers.

As I step into my new position(as the new girl on the block) I do so with great anticipation and excite-

effort, Queensland wide, we the APSL members along. will "MAKE A DIFFERENCE".

of September 2019, it gave information of the 10.30 a.m. Please check with our Admin. Officer strengths of branches, big and Gympie celebrated their 60th birthday, Mount and lunch costs. Morgan 58 years, Gladstone, the Port City 74 years, Gracemere 31 years with Warwick the oldest and celebrating 82 years in September. It is always a welcome sight to see Warwick's Gloria Ellis at every State Conference.

The management committee thanks all branches for their Agenda items, which tells us of their concerns for their members and the needs of the aged in their community for a better deal...keep up the good work.

Correspondence from recent Agenda items is being processed and is being forwarded to a number of Parliamentarians and/or relevant departments.

A number of branches are going through rough patches at the moment, possibly age, nonavailability of members to fill positions. These are challenges to those branches.

The APSL Management Committee meets for the last meeting of this year at West End Brisbane office on Tuesday. November 12.

Once again this year, the Management Committee members and volunteers will host the Kurilpa Seniors Christmas luncheon. The menu is always in the hands of the top chef Craig Mertens and his helpers.

ment in my heart...why?....that as This Christmas lunch party is open to their friends we all work together for the benefits from team and families. If you are in Brisbane, please come It's a time of fun, music, a multi-draw raffle and fine food.

As I looked through the recent Conference Booklet The date is Thursday, December 19 commencing small. Annaliese as soon as possible for registration

> This is really a fun time so members please come along and be part of the fun.

> I would like to take this opportunity to wish members and their families, and loved ones a very Merry Christmas a Prosperous New Year and God's richest blessings be on you.

Cheerio

Joyce Macdonald



1300 366 700

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Queensland State Government Directory

Anti-Discrimination Commission 1300 130 670 Department of Communities 137 468 Department of Energy & Water Supply 134 387 Electricity & Gas Water 137 468 Energy & Water Ombudsman Health Ombudsmen 1800 662 837 133 646 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 07 4616 9700 Toowoomba 07 4721 5511 Townsville 13 74 68 State Emergency Service Office 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
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Qld Aged & Disability Advocacy	1800 818 338
Seniors & Go Card	13 74 68
Senior Shopper	1300 360 265
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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

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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— MAKING A DIFFERENCE!

DISCLAIMER

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EDITORIAL

By

Cherith Weis



Dear Friends,

This is the final edition of The Comet and like most people, I am asking where has the year gone?

It's been an extremely busy one and particularly since the conference in September, life has been rather hectic.

If any members out there would like to volunteer in the office and help with some office work, I would love to hear from them.

Since this time year, many matters have been dealt with some on a continuing basis.

Included in this edition are two pages of Agenda Items from Conference and if you have been following the news, a number of them have drawn the attention of the powers-that-be.

IMPORTANT

Please note that I have sent "corrected" copies of the Pension Petition out with the November Comet. I had notified those who received the October Comet not to use the petition which was included and I had supplied copies of the final version. I am sorry for the confusion but please do not use the initial petition.

When printing off the petition, print it back to back. When completing a number of forms, please return to Head Office, P.O. Box 5141, West End, 4101. Please involve your branches in this endeavour to approach the Government about the single aged pension and the need for it to be increased.

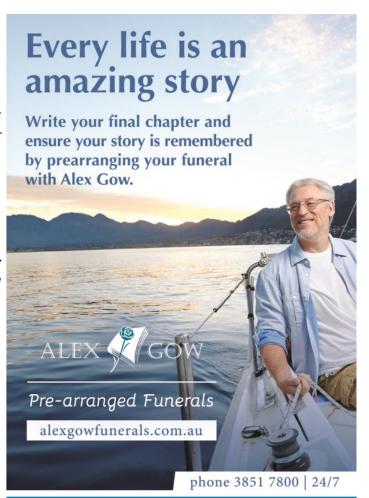
2020 STATE CONFERENCE

Following discussion at this year's conference, Gympie's Secretary, Maureen Perry has accepted the challenge and Gympie will host the 2020 State Conference. Within days of the West End conference finishing, Maureen notified Head Office and confirmed that the Gympie Civic Centre is available for September 7 and 8. Catering is under control and the Great Western Motor Inn has been contacted.

Other plans still have to be confirmed later but all thanks go to Maureen for moving so quickly.

There are a couple of mentions in this edition about our last meeting and the APSL Christmas function on December 19. We do hope that as many members as possible come and join us in the Christmas Celebrations.

Wishing you a Merry Christmas and a Happy New Year Blessings from Cherith.



NEWSTEAD I BROWNS PLAINS I REDLANDS I DECEPTION BAY



ROAD SAFETY

WITH

LEYLAND BARNETT

Learner Palience

Christmas and the New Year holidays are fast approaching and we will see a considerable increase in traffic on our roads. A large presence of young learner drivers will be out there trying to get their log book hours up and it is important that we all understand that they are inexperienced drivers.

When people understand that learner drivers are inexperienced drivers we will all be able to share the roads safely together by having some patience.

Inexperienced drivers may; lack confident decision making; have basic knowledge of road rules; have high anxiety; have a panic attack and react unpredictably.

Confident decision making is gained over years of experience and involves an understanding of your vehicle and an ability to be able to anticipate situations when driving on the road and is something that a learner has yet to experience.

A learner also needs to be able to comprehend the road rules with real life experiences, not just what is written in a book.

In my experiences as a trainer, a lot of new learner drivers start off with high anxiety due to an unknown experience that they are about to encounter and their reactions can be unpredictable if they have a panic attack.

I have seen reactions such as jumping on the

brake, swerving off the road and completely letting go of the steering wheel and fortunately driving school cars are fitted with dual controls that give the trainer an ability to control a situation in most cases.

A defensive driver understands what an L plate on a vehicle means; and will keep a safer distance from the vehicle in front; avoid using the horn; keep a safe distance if overtaking and will have patience; after all, they were a learner at some stage in life as well. It is easy to understand what a learner is going through when they are learning to drive so don't pressure a learner as an unpredictable incident could occur which can result in injuries and expensive repairs to vehicles.

Everyone makes mistakes at some point in their lives and your attitude determines your altitude, defuse any negative thoughts, remain focused and stay safe over this Christmas and New Year period.

Evolution in Training would like to wish everyone a happy and enjoyable Christmas and New Year with your family and loved ones and would like to thank State Secretary, Cherith Weis for providing the opportunity to share road safety information to the readership of "The Comet".

Please check out Leyland's website

www.evolutionintraining.com.au/roadrules

From the Office

by Anneliese Tolbert

Summer is creeping up on us in Brisbane. This is mile every day by watering and keeping an eye on and we take pride in the fact that we provide a comfortable setting for indoor recreation for older people.

In the past month, with the help of our State Vice the year. Our Christmas lunch is always a well-President Barry Ramsay, I have been trying to attended affair, with a concert, raffle, and great bring our front garden back to life. Barry has been food on offer. Invitations have been sent to an enormous help with this project. He is quite branches located nearest to Brisbane, but if you or keen on plants and has gone out of his way to find any of our regional branch members are in Brissy some beautiful flowers and shrubs to add to the in mid-December, it's well worth dropping in for a garden beds. I have taken time out from my busy visit. schedule to assist with digging out some of the min@apsl.com.au or ring our office on (07) 3844 beds and preparing them for replanting. In addi- 5878. We'd like to have a list of attendees comtion to dahlias, begonias, roses and marigolds sup- plete by December 3rd, so confirm early if you can. plied by Barry, I have supplemented our garden The November Comet is the last one of the year, with some fresh herbs such as rosemary, thyme, basil and parsley. We already had some chives and tomatoes growing, so this will be a wonderful complement to Craig's cooking!

We have weeded and fertilised some of the newly 2020. empty beds and our hope is to have a medley of ornamental, edible and Australian native plants on display before Christmas. Barry is going the extra

our second year with air conditioning in the hall, seedlings. The results are amazing and passers-by and the expense is well worth it. Kurilpa Hall is the are commenting to us very frequently on what a only Senior Citizens Centre in the inner city region, pleasure it is to see our garden coming back to life.

> In preparation for the Christmas break, we are also hard at work planning our annual Christmas luncheon, held on December 19, the last Kitchen day of Please send your RSVPs to me at ad-

> so I would like to take this opportunity to wish you all a wonderful Christmas and happy New Year. Thank you to all our hard-working branch members and we look forward to continued progress in

Anneliese

On behalf of the Australian Pensioners' and Superannuants' League, I would like to thank our supporters who have advertised during the year in The Comet. Those elected Parliamentarians including Local Government representatives and their delightful and helpful staff who have either met with us or printed off The Comet for various branches throughout Queensland. We thank you!

I feel that although I haven't personally met the majority of their staff, I feel as though I know them because of the many emails and texts regarding the printing of the Comet. Thank you one and all.

Our branches who work in with us well; fellow Management Committee members which include a number of new people to our committee, I forward to a productive year ahead of us. We have a number of issues before us, but I am sure many will be resolved to our satisfaction and good outcomes achieved.

APSL wishes you all a very Merry Christmas and A Wonderfully Happy New Year! Cherith.

Home Alone?

RSPCA Queensland investigates over 18,000 complaints of animal cruelty and neglect annually. Reports of abandoned animals make up a large number of these complaints. This is common during school holidays and the festive season.

While some pets reported to the RSPCA actually had been abandoned, others did have someone assigned to care for them. The problem is, when owners go away they often forget to notify neighbours. Good intentions of neighbours looking out for the welfare of your pet, can often lead to unneeded Inspectorate investigation.

If pet owners are planning a trip away, you can notify the RSPCA by using their 'Home Alone' service. Owners can register their pet and contact details with RSPCA (free of charge) and leave the contact details of those taking care of their pets while they are away. This means that there will always be someone contactable in case of emergencies that are reported to the RSPCA.

Many people leave pets at home and rely on the goodwill of friends and family to keep them fed, watered and exercised. The problem is, often these friends forget or the animal escapes and then the RSPCA is notified.

By notifying the RSPCA with your details, if you are going away without your pet, you can be reassured that Inspectors will contact you or your animals' nominated caregiver if a complaint is lodged, or the animal ends up at an RSPCA centre.

If you are going away for the holidays, find a recommended pet sitter through services like PetCloud or book your pet into a boarding kennel.

To register your pet with RSPCA's Home Alone service contact 07 3426 9999 or visit rspcaqld.org.au/homealone.

This festive season you can support the RSPCA in many ways. Here are some ways you can help:

- Gather some treats, blankets, toys or towels and donate them to your nearest RSPCA. Items like this go a long way to help care for hundreds animals in need.
- Adopt a pet, or consider fostering an animal if you're home this festive season. Fostering is a great way to provide temporary care to an animal in need for a short stay.

The RSPCA's top tips for Christmas:

- If you do have pets of your own, provide lots of water and shade for them and never leave pets unattended in vehicles.
- Ensure your pets are microchipped with up to date details.
- Avoid feeding your pet foods such as onions, processed meats, chocolate, avocado, grapes and yes, even
 Christmas pudding!

For further details, visit the RSPCA website rspcaqld.org.au.







BIG CELEBRATIONS IN WARWICK



Warwick Branch celebrated 82 years on September 5.

The celebratory cake was cut by Ida Jackson who is the oldest member in age and Micheal Holland who are pictured.

Members had an enjoyable time with music supplied by their usual musicians.

Huge congratulations go to Warwick - the branch has experienced longevity and which has supported APSL extremely well. APSL also thanks Warwick for their dedication and work in the community.

Historically, all credit goes to Arthur Pacey who was the founder of the Australian Pensioners

League Old Age and Invalid.

The Warwick Branch was the first group formed in Queensland on September 23, 1937.

Support was forthcoming from notable persons in the community and the organisation organized a Funeral fund within the community.

Congratulations to Warwick and best wishes for continuing success from all at Head Office and your fellow members throughout the State.

"Making a Difference"

Some recipes for you to try out over the holidays from a Bald Hills Cook Book found at Head Office.

CINNAMON TEA CAKE

INGREDIENTS: 2 tbsps. butter; 1/4 cup castor sugar; 1 egg; 1/2 cup milk; vanilla; pinch of salt

TOPPING: - 1/2 teaspoon butter; 1 dessertspoon sugar; 1 teaspoon cinnamon

METHOD:- Beat butter and sugar to a cream. Add vanilla and egg and beat well. Sift Flour and salt, add to mixture alternately with milk. Mix to a soft dough. Pour into a greased and floured tin. Bake in a moderate oven (180) for about 20 minutes. Turn out onto wire rack. Brush top with butter and sprinkle with a mixture of sugar and cinnamon.

PUMPKIN FRUIT CAKE

INGREDIENTS:- 250G Sugar; 250g butter or margarine; 2 eggs; 1 cup cold mashed pumpkin; 2 cups S R Flour; 1 packet mixed fruit; 1 tablespoon Syrup; vanilla essence.

METHOD: - Cream butter and sugar. Add syrup then pumpkin. Then add flour and salt. Bake in a moderate over (180) for 1 1/2 to 2 hours.

SULTANA CAKE

INGREDIENTS:- 250g butter; 1 cup castor sugar; 2 1/2 cups plain flour; 1/4 cup SR flour; 5 eggs; 750 g Sultanas; 125g Blanched Almonds; 1/4 cup brandy; pinch salt; 1/4 teaspoon vanilla.

METHOD:- Soak sultanas in brandy. Beat butter and sugar until light and creamy. Add eggs one at a time beating well after each egg. Add sifted flour and salt alternately with sultanas. Add vanilla and almonds and mix well.

Put mixture in a greased and lined 20cm square tin. Place a few almonds on top. Bake in moderate oven for 1 3/4 hours. Cool in tin..

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AGENDA ITEMS FROM STATE CONFERENCE

1.5 Gracemere Branch of the Australian Pensioners' & Superannuants' League Qld Inc. calls on State Conference to approach the Federal Government to raise the Newstart Allowance, particularly for those over the age of 60 years.

SUPPORTING STATEMENT -

This older age group finds it extremely difficult to find employment because of their age and are usually subjected to "ageism" while applying for work. A more experienced sector would be hard to find.

Many of this age group exist on a Newstart Allowance of approximately \$290.00 per week while also working the designated hours set down under Centrelink's rules. These unemployed Australians are often confronted to find food and shelter as well as clothe themselves, therefore could be out on the streets in no time and homeless. Many may be lucky enough to cohabit with family members.

Moved Gracemere

Seconded Hervey Bay

CARRIED

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1.7 Bowen Branch of the Australian Pensioners' & Superannuants' League Qld. Inc. calls on this State Conference to approach the State Government to increase the amount paid for Accommodation with the Patient Travel Subsidy Scheme.

SUPPORTING STATEMENT -

Patients in rural areas are required to travel for Specialist treatment to large Regional Hospitals. e.g. Bowen people have to travel to Mackay or Townsville. There is no accommodation for \$60 per night in these towns average costs are to \$88 to \$100.

Moved Bowen Seconded Caloundra CARRIED.

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2.3 CREDIT CARD INTEREST RATES.

Caloundra Branch calls on this Australian Pensioners' & Superannuants' League State Conference calls on the Federal Government to require the Banking Industry to justify the excessive Credit Card Interest rates that Banks charge their customers on Credit Card Loans and Charges. With the intent to have these Interest Rates lowered to a rate that is realistically in line with lower Interest Rates that Banks pay their Customers.

SUPPORTING STATEMENT -

The recent Banking Royal Commission highlighted the way that the Banks and Financial Institutions have cold heartedly ripped off their customers, with very little concern for the wellbeing of their customers families' welfare or financially stability.

A classic example is when the Reserve Bank of Australia reduces interest rates, and the banks only pass on a reduced portion of the rate cut to their customers.

We know that Governments do not set bank interest rates, but they do have a duty of care to ensure that customers are not taken advantage of by calculated way that banks manage their customers, while making very large profits.

Governments say that if customers are not happy with their bank they should shop around for a better deal. This is much easier said than done in today's world without an established credit rating financing can be difficult to obtain.

Moved Caloundra Seconded Bald Hills CARRIED GRACEMERE AGAINST

AGENDA ITEMS CONTINUED

3. SECURITY.

3.1 Caloundra Branch of the Australian Pensioners' & Superannuants' League Qld. Inc. calls on this State Conference to approach the Federal and the State Governments to ban all full face, half face coverings or any other form of facial coverings that obscures the identity of the wearer.

SUPPORTING STATEMENT -

Facial recognition is one the most important factors in the apprehension of criminals, or any other person seeking to evade detection or cause harm.

At a time when no one is safe in this world from robbery or attack, security must be paramount in our thoughts.

Moved Caloundra Seconded Chermside CARRIED - 6 AGAINST.

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4. ENVIRONMENTAL.

4.1 Bowen branch of the Australian Pensioners' & Superannuants' League Qld. Inc. calls on this State Conference to approach both the State and Federal Governments to plan and provide more infrastructure regarding dams to farming and grazing areas in all states of Australia.

SUPPORTING STATEMENT -

After heavy rain events as seen earlier this year in Northern Queensland, large volumes of flood-water flow out to sea. One of the known methods of flood mitigation is the construction of dams to harness this valuable resource. When planning the construction of these dams and even existing dams greater attention should be focused in the height of the particular dam wall. This undertaking would be a great asset for providing water to the previously mentioned areas in times of drought.

Moved Bowen Seconded Bald Hills. CARRIED.

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- 4.2 Bowen Branch of the State Australian Pensioners' & Superannuants' League Qld Inc. calls on this State Conference to call on the Rural Fire Brigades with Federal and State Governments' support to cut the cost of severe bush fires where large areas of bush and undergrowth occur, creating fuel for fires be addressed by the following measures:-
- a. Cattle on agistment could be grazed wherever possible during winter,
- b. Goats eat and prefer vines, shrubbery and weeds rather than chew grass. Goats with their herders fence off large areas to clear and protect native plants. Goats have been very successful in other parts of the world.
- c. When fires start drones could be sent in to spot potential hot spots.

Moved Bowen Seconded Bald Hills CARRIED.

A search of the internet revealed that in many parts of the world, goats are indeed used to keep down weeds, vines and shrubbery.

It was recently decided that they should be used in Victoria to keep blocks clean.

For

Free Computer lessons

Contact Gabriella or Alex at

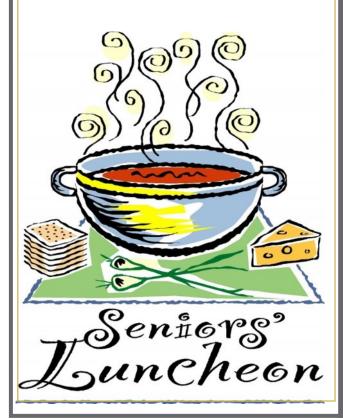
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CHECK OUT THIS WEB SITE!

All you want to know about Australian Government Payments including:

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

From the Snippets Newsletter

From The Snippets November 2019 211

(Printed with their permission)

The Magic of Children

You may have been able to watch the TV series "Old People's Home for 4 year Olds" which aired recently (Aug / Sep on ABC).

If you did not get a chance to see the series, the overall theme was about a social experiment. Four year old children were brought into an aged care facility to mix and socialize with aged residents. Each child was linked with a specific resident and the program included physical, social, learning and happiness interactions.

Overall the experiment demonstrated that the intergenerational contact improved the health and wellbeing of older people, both psychologically. What a wonderful outcome! Observing the lives and hearing the stories of the older people was inspiring and very moving. I know I cried watching the last episode when the experiment was over. Let's hope that this program leads to more of the same. It's a 'win win' for everyone.

Rural health

Every day we see pictures and read the news on how tough life is for our rural and remote farmers. It can be heartbreaking seeing pictures of drought-stricken animals and the suffering our farmers are going through. There are charities supporting our farmers. Her are just some of the few that you may be able to help support even if it's just through spreading the word. Rural Minds run workshops on mental wellbeing for farming and agricultural communities (see below for some workshops coming up). Buy a Bale provides bales of hay to drought-stricken farms to keep their cattle, sheep and horse alive.

The Qld Government also offers a Rural Financial Counselling program.

Gift Cards - it's that time of the year!

A gift card is a great way of giving a gift to someone, while still allowing them the freedom to chose what they would like. However, before purchasing a gift card / voucher, make sure you read and understand the terms and conditions. All conditions and restrictions on how you can use the gift card or voucher should be clearly stated by the business, including what stores it cannot be used in, whether or not the card can be topped up, as well as whether it can be returned or exchanged. Make sure you are also aware of the expiry date of the gift card or voucher, including the activation expiry date if applicable, as a business is not required to honour them after this date.

For further information and tips, please see the Office of Fair Trading website:-

https://www.qld.gov.au/law/your-rights/consumer -rights-complaints-and-scams/buying-products-and -services/buying-products/buying-gift-cards

November Fun Facts

The youngest winning jockey was only 13 in 1876!

Australians drink the equivalent of 25 million swimming pools of alcohol between breakfast and dinner on Cup day!

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

Phone 1300 135 500

www.seniorsenquiryline.com.au

Aussie Christmas

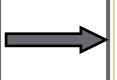
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BARBEQUE PRAWNS ROAST FAMILY HOLIDAY AIRCON JESUS BEACH COLDIE SWIMMING FLIES DECORATIONS CAROLS TOYS SUMMER TREE PRESENTS SHOPPING NAP SANTA

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 an 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 and 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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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.