

THE COMET

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

DOMESTIC VIOLENCE—THE KILLING AND SUFFERING HAS TO STOP!

What is domestic and family violence?

Domestic and family violence is when one person in a relationship uses violence or abuse to control the other person. Domestic and family violence is usually an ongoing pattern of behaviour aimed at controlling a partner through fear.

Regardless of whether you are a young person or an older person, whether you have been in your relationship for many years or just a short time, it's important to consider whether your relationship is safe and respectful.

In your relationship with your partner, you have the right to:

- express your opinions and have them respected (even if your partner does not agree with you)
- take the relationship at your own pace
- have your feelings about any sexual activities respected and accepted
- have your physical and emotional needs treated as equally important to your partner's
- not be abused.

Domestic and family violence can include:

- emotional abuse (e.g. criticising your personality, how you look or your parenting skills)
- verbal abuse (e.g. yelling, shouting and swearing at you)
- stalking and harassment (e.g. constantly following, texting or phoning you, cyberstalking or tracking you through social media or Global Positioning Systems (GPS) i.e. 'find my phone' and location services on smart phones and apps).
- financial abuse (e.g. not giving you enough money to survive, or forcing you to hand over your money)
- physical abuse (e.g. slapping, hitting, pushing or trying to strangle you)
- damaging property to frighten you (e.g. punching holes in walls or breaking furniture)
- social abuse (e.g. not letting you see your friends or family, isolating you from people you care about)
- spiritual abuse (e.g. forcing you to attend religious activities or stopping you from taking part in your religious or cultural practices)
- sexual abuse (e.g. forcing or coercing you to have sex)
- depriving you of the necessities of life such as food, shelter and medical care.

Information which is available to all residents on the Queensland Government website.

Just type in *Definition of Domestic Violence*. Ed.

(Read about the latest DV figures on page 6.)

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.

Head Office: 174 Boundary St
West End Qld 4101
** Wheelchair Accessible
Postal: PO Box 5141
Address: West End Qld 4101
Phone: (07) 3844 5878
State Secretary—CHERITH WEIS—email
apsl@apsl.com.au
Website: www.apsl.com.au
Office Hours: M-F—10 am—3.00 p m

The Comet

Editor: Cherith Weis
Phone: 0432 295 344
comet@apsl.com.au

Kurilpa Kitchen (07) 3255 1420

Advertising: (07) 3844 5878

Subscription: (07) 3844 5878

FAIR USE DECLARATION

The Comet contains copyright material the use of which has not always been specifically authorised by the copyright owner. We make such material available in our efforts to advance understanding of economic, environmental, democratic, human rights, political, scientific and social justice issues etc. We believe this constitutes a 'fair use' of any such copyright material provided under the Fair Use doctrine of international copyright law. Accordingly, the material in this publication is distributed without profit to those who have expressed a prior interest in receiving the information that may be included in the publication.

If you wish to use copyright material from this site for purposes of your own that go beyond 'fair use', you must obtain permission from the copyright owner.

DISCLAIMER

Views expressed in The Comet are not necessarily those of the Australian Pensioners' and Superannuants' League Qld, Inc., and/or its affiliates. No responsibility is accepted for the accuracy of the information contained in the text, illustrations or advertisements supplied by organisations, firms, and/or individuals or resulting from typographical or layout errors.

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



FEBRUARY 2020

Front page. DOMESTIC VIOLENCE

P2 Services Directory plus

P3 Editorial and Alex Gow advert

P4 Road Safety with Leyland

P5 NOMOPHOBICS

P 6 DV FIGURES

P7 MICHAEL HOLLAND

P8 VIRUS

P9 BITS & PIECES

P10 GRACEMERE POSTER

P 11 RSCPA ARTICLE

P 12 WACOL VISIT RSPCA

P 13 Advertisements

P 14 CODE OF CONDUCT

Contact APSL State Office to enquire about membership and a branch near you.

Domestic Violence Men's Line 1800 600 636

**1800 Respect
1800 737 732**

**APSL—
MAKING A
DIFFERENCE!**



EDITORIAL

By

Cherith Weis



Dear Readers

This month I have raised the matter of Domestic Violence and the horrible consequences when human beings take matters into their own hands to settle "scores".

I have printed the shocking figures with which the Queensland Police have had to face in their line of duty. Please refer to Page 6.

These are Queensland figures only, which is extremely worrying as we don't know the total for the country.

If 326 humans had died in a war overseas, there would be an outcry of murder— bloody murder or this must stop; bring them home.

During the Vietnam War over 13 years, Australia lost 521 Australians. 326 have died since 2006 because of Domestic Violence making 13 years up until last year.

These victims and their perpetrators (regardless of gender) are in a "home" situation and that is where the majority of the assaults occur.

"For evil men to accomplish their purpose, it is only necessary that good men do nothing." Quote by the Rev. Charles F. Aked.

Our Pension petition has covered a lot of ground. Through southern media coverage we have picked up supporters in NSW: ACT and Victoria.

On Tuesday March 3, I received a phone call from a Victorian Supporter who was taking his copy of our petition with him to sit outside a supermarket in Hastings.

Keep chasing signatures people. We need your support. The petition is on our web page and Facebook.

We have increased our "mail-outs" of The Comet via email so if you know anyone who would like to receive an electronic copy please contact me on comet@apsl.com.au

In April, I will be the guest of the Gladstone Branch and will be taking advantage of bringing branch members up-to-date with APSL matters.

And yes - please don't forget the smoke alarms. Replace the batteries on April 1.

Until next time, take care.

Cherith.

Every life is an amazing story

Write your final chapter and ensure your story is remembered by prearranging your funeral with Alex Gow.

ALEX  GOW

Pre-arranged Funerals

alexgowfunerals.com.au

phone 3851 7800 | 24/7

NEWSTEAD | BROWNS PLAINS | REDLANDS | DECEPTION BAY



ROAD SAFETY

WITH

LEYLAND BARNETT

Mobile Phones.

As of February 1, 2020, new fines for illegal mobile phone use will be applied, the following is a current extract from Qld Transport online website, "Driving while using a mobile phone held in your hand is illegal – even if you're stopped in traffic.

This means you can't:

- ***hold the phone next to or near your ear with your hand***
- ***write, send or read a text message***
- ***turn your phone on or off***
- ***operate any other function on your phone."***

Using your mobile phone safely -

- ***Turn off your mobile phone before you get in your car so you won't be tempted to answer it.***

If you must have your mobile phone on, install a hands-free kit so you can legally drive and talk on your phone (for open or P2 provisional licence holders only), but don't forget to keep concentrating on driving.

You can use a mobile phone held in your hand if you are legally parked. Parked means stopped with the intention of staying at that place.

If your mobile phone is in a mounting bracket on the windscreen, it must not obscure your view of the road."

"You can be fined \$1000 and have 4 demerit points

recorded against your traffic history if your mobile phone is in your hand and being used for any reason while you are driving – including when you're stopped at traffic lights or in congested traffic.

Double demerit points apply for second or subsequent mobile phone offences committed within 1 year after an earlier offence."

The affect 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.

- ***Please be aware of the severity of the new mobile phone laws and realize that you can be caught either by motor cycle police or cameras mounted on overhead passes or traffic lights.***

A mobile phone camera detection trial in NSW, found in October a staggering 11,000 people were photographed illegally using their mobile phone while driving.

That's 11,000 people on just one day!

(<https://practicalmotoring.com.au/car-news/mobile-phone-detection-cameras-on-trial-in-nsw/>).

NOMOPHOBIA!

Technology can thus also cause a lot of stress. Nomophobia is one such mental illness caused by technology, or lack of it. It is described, simply, as the extreme phobia or fear of being without a mobile phone or without a signal on one's phone

Often associated with separation anxiety, nomophobia comes with a set of identifiable symptoms: increased heart rate and blood pressure, shortness of breath, anxiety, nausea, trembling, dizziness, depression, discomfort, fear, and panic.

The Damage that Nomophobia Does? Let's Count the Ways

1. You're wasting time. ..
2. You're more anxious. ...
3. You're not sleeping as well. ...
4. You're kids are picking up your naughty habits. ...
5. Turn off your cell phone at least an hour before bed. ...
6. Set certain times to check your phone. ...
7. Establish phone-free zones.

The irrational fear of not having your cellphone within sneezing distance is called nomophobia, and is a lot more common than most people think.

According to *SecurEnvoy.com*, a recent study of 1000 employed people found that 66% of them would be classified as nomophobics.

The study, conducted by Onepoll and sponsored by SecurEnvoy, narrowed the results down to see who was most affected by nomophobia. The results concluded that younger people are the most nomophobic. About 77% of youngsters aged between 18 and 24 and 64% of young adults aged between 25 and 34 are nomophobic.

Another interesting finding was that 41% of the participants said they would get upset if their partners viewed the contents (specifically text messages) of their cellphone without permission. This could possibly also contribute to the phobia developing, in addition to a fear of feeling disconnected.

The study also found that women were more fearful

of losing their cellphones than men were.

Phobias are defined as persistent and overwhelming fears and anxieties that affect the everyday living of the sufferer. People are known to avoid something completely in an attempt to protect themselves, for example not going to the doctor due to extreme fear of needles or blood. But not all phobia triggers can be avoided.

Most phobias develop during childhood, and scientists believe phobias are as a result of traumatic life experiences and environmental factors.

Nomophobia may sound trivial, but the effects could become very serious, especially since it's not an avoidable phobia like arachnophobia (fear of spiders).

Losing or leaving your cellphone at home is not the only trigger that leads to fearful feelings. Going into areas with no signal, a dead cell phone battery and even voluntarily switching the cellphone off, could send the sufferer into a panicked frenzy.

According to *allaboutcounseling.com*, some of the signs you can use to spot a nomophobe (or identify yourself as one) include: obsessively looking for their cellphone, worrying about losing their cell phone even though they know it's in a safe place, or having a panic attack over the lack of reception.

The treatment for this (or any phobia) includes: relaxation therapy e.g. yoga, breathing exercises or muscle relaxation therapies; exposure therapy; medication.

(*Health24, Kyle Boshoff, February 2012*)

(*References: The Sydney Morning Herald, SecurEnvoy.com, Onepoll.com, allaboutcounseling.com, Health24.com*)

(Readers—you may well regard this as a bit of nonsense. However, I see them every time I come to Brisbane—on the Tilt Train and on the buses. It was a little like raising a newspaper if you didn't want to talk to others while in transit. The newspaper is now obsolete in that regard and the mobile phone is used as a weapon of privacy instead! Ed.)

DOMESTIC VIOLENCE—THE KILLING AND THE SUFFERING HAS TO STOP!

Continued from front page.

After having read the Domestic Violence website, I wonder just how many perpetrators have ever laid their eyes on the conditions or ever adhered to any of the behaviour issues which are listed.

The February 29 edition of the Courier Mail and the March 1 Sunday Mail expose Domestic Violence figures which are shocking and details a toxic system which has to be fixed...ASAP!

*In an article "Name & Shame Thugs" in the Courier Mail, the author discloses that there were **97,500** Domestic Violence cases involving Queensland Police in 2019 (up 7.5% in a year). Figures were gained from Queensland Courts; Queensland Police. Police attended 267 daily Domestic Violence Police callouts in 2019. 77% of victims were women. Of course, we must recognize that violent abuse covers a wide field of cultures; elder abuse; family abuse which could be any member of the family; partnerships; gender based. However, the most publicized cases are those which hit the headlines and shock us to the core.*

*Since 2006, there have been **326** Queenslanders killed because of Domestic and Family Violence.*

How can we watch multiple murders committed in broad daylight on Television News broadcasts which have shocked us and we shake our heads in disbelief and place it in our random memory and not do anything about it?

How can we, as civilized members of the community allow this toxic culture to continue?

We have to become "Keyboard Warriors". We have to bombard the Government with our opinions and demand action as this is one of the most urgent issues in our state.



Obviously Domestic Violence Protection orders in many cases, stirs anger in the minds of the perpetrators. How many times have we heard that regardless of these DVO's, the thugs are hell bent on making sure in the majority of cases that - "if I can't have her no-one else will".

*More than ever, we are witnessing the loss of lives of ex-partners and also their innocent children. **It has to stop!***

Most of these crimes are committed in the first few months of leaving the family home. The position in which a woman leaving the relationship is one of the most stressful decisions of her life. She stands to lose everything if she makes an instantaneous decision to leave. If she has planned over a time to leave maybe she can leave with some support outside the home.

It is obvious that courts and DVO's have contributed to a toxic system in the name of Domestic Violence. It's murder or attempted murder and the charges should fit the crime! On average a woman is murdered once a week and according to media reports, a man once a month. Not for a second am I referring to all men when I write about the recent events

I know when I was married the wedding vows included "until death us do part". However, never at any time did I have any DV worries. As a Great-Grandmother I m extremely concerned about this toxic problem. I have often said that we need to adhere to regulations to keep a pet; we have to undergo stringent tests to gain a license to drive a car. What qualifications does one have to become a partner in a relationship which results in bringing children into this world?

Many thanks to the Courier Mail and Sunday Mail for coverage of this massive problem. (Ed.)

MEET THE NEWEST MEMBER OF THE A.P.S.L MANAGEMENT COMMITTEE WARWICK'S MICHAEL HOLLAND!



State President, Joyce Macdonald welcomed Warwick's Branch President Michael Holland to the State Management Committee at the first meeting for the year held on Tuesday, February 11 at the APSL Headquarters at West End.

Michael belongs to the oldest branch in the State as Warwick was the first group to officially come into being on September 23, 1937. He has been a member of the Warwick Branch for five years. Before his election to the position of Branch President in July 2019, Michael had been Vice President for two years.

Born in Melbourne, his family moved to Queensland in 1950 and settling in Warwick. After having spent his school years at the Christian Brothers College, Michael then started work at Warwick Daily News in the printing room; worked for Mobil and then Wickham Freight Lines both local businesses before retiring.

The Management Committee elected Michael Holland to the position of Area Coordinator which takes in a number of branches in the South East corner, including Warwick; Rosewood; Logan and Inala.

It's great to have Warwick represented!
Welcome to the APSL Management Committee, Michael Holland!

Dear aged care service provider

Re: Advice regarding COVID-19 (novel coronavirus)

I am writing to provide updated advice regarding COVID-19 (formerly known as novel coronavirus) to all aged care service providers, including providers of residential aged care services, home services and the National Aboriginal and Torres Strait Islander Flexible Aged Care program.

While the number of cases of COVID-19 is currently small in Australia, it is possible that this situation could change at any time, and providers of all services need to give a high priority to planning and being prepared for this scenario. I refer you to the important advice on this matter issued to aged care providers by Australia's Chief Medical Officer, Professor Brendan Murphy on 26 February 2020.

Further, the Aged Care Quality and Safety Commission (the Commission) is currently giving close attention to ensuring providers' compliance with the relevant requirements under the Aged Care Quality Standards and Aged Care Act through its assessment and monitoring activities.

Aged Care Quality Standards

All aged care service providers should pay close attention to requirements under the Aged Care Quality Standards (Quality Standards) at this critical time and be vigilant in maintaining the highest possible standards for minimisation of infection-related risks. Providers are urged to undertake a self-assessment against the Quality Standards taking into account the requirements under Standard 3 and Standard 8 and ensure that your services have in place arrangements for:

- * assessment and management of risk associated with infectious outbreaks if infection is suspected or identified ensuring adequate care of the infected individual
- * protection measures for consumers staff and for residential aged care services, visitors to the service

- * notification advice to consumers, families, carers and relevant authorities.

Provider requirements to take precautions to control the flu and minimise infection-related risks.

Annual vaccination is the most effective way to reduce the impact of influenza in the community, especially in residential aged care services. While the flu vaccine for 2020 is not yet available, providers are reminded that under the Quality of Care Principles 2014 and the Records Principles 2014 your service (s) must take precautions to prevent and control the flu and minimise infection-related risks. That includes:

- * identifying and complying with all relevant Commonwealth and state or territory legislation and regulatory requirements
- * having an effective infection prevention and control program that is in line with national guidelines
- * offering free flu vaccinations every year to your staff and volunteers, and keeping records of their vaccinations

You must also demonstrate:

- * how you have promoted and informed your staff and volunteers about the benefits of vaccination
- * the steps you have taken to encourage staff and volunteers to get vaccinated

Further information and links to useful resources can be found in Attachment A to this letter and on the Department of Health website.

It should be noted that this letter provides advice to aged care service providers which is current at the date of this letter.

In closing, I assure you that the Commission continues to work closely with the Commonwealth Department of Health who co-ordinates with State and Territory health systems including public health units.

Yours sincerely

Janet Anderson PSM

AGED CARE QUALITY AND SAFETY COMMISSIONER

2 March 2020

BITS & PIECES

All branches are back in the swing of things for 2020. Most branches have laid out plans for the year regarding the convening of functions and activities.

A number of branches have applied for Senior Week grants to organize a morning tea or some such similar function during Seniors Week in August.

North Rockhampton Branch commenced their Indoor Bowls mornings in January with the popular Wednesday Morning activity. From time to time, keen indoor bowlers drive up from Gladstone to join in the fun. From April 1, the price for the morning's indoor bowls and cuppa will rise to \$4.00 which is still a great price for a great morning out with friends.

Gracemere Branch has organized a Morning Tea on Thursday, March 19 at the RSL. (Flyer on Page 10).

The clients of Kurilpa Kitchen are visiting the RSPCA Headquarters at Wacol on Monday, March 23, which should be a great day out.

Just a reminder that notices of Capitation fees; Conference levy have been sent out and are due in to Head Office by April 1.

For those who may still have private health insurance, your premiums will rise on April 1.

Quite frankly, I don't know how anyone on a pension can afford to pay health insurance premiums.

The word is that the Public Hospital system will be hard-pressed to perform and provide adequate service to patients, because of the influx of former Private health members.

Have you noticed to rise in prices in supermarkets? Just be careful of buying pre-packed meat particularly in small quantities. Always check out the kilogram price! You are probably better off shopping at a butcher shop.

Please don't shoot the messenger, girls!

A wife was making a breakfast of fried eggs for her husband.

Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter!

Oh my gosh! You're cooking too many at once.
TOO MANY!

Turn them! TURN THEM NOW! We need more butter.

Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK!

Careful. CAREFUL! I said be CAREFUL!

You NEVER listen to me when you're cooking!
Never! Turn them! Hurry up!

Are you CRAZY? Have you LOST your mind?
Don't forget to salt them.

You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!

The wife stared at him. **'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'**

The husband calmly replied, **'I just wanted to show you what it feels like when I'm driving.'**

"Happiness is not something ready-made. It comes from your own actions." — Dalai Lama

"To be happy, we must not be too concerned with others." — Albert Camus

"Happiness depends upon ourselves." — Aristotle

*"It's a helluva start, being able to recognize what makes you happy."
— Lucille Ball*

"Happy people plan actions, they don't plan results." — Dennis Waitley



Gracemere Pensioners' & Superannuants' League Qld. Inc.

Cordially invites you to join us for a

March Madness Morning Tea

To be held on
Thursday 19th March, 2020
 At the **RSL, James St.**
GRACEMERE



Admission \$5 includes Morning Tea



- Lucky Door Prize
- Lucky Spot Prizes
- Multi Draw Raffle – Tickets \$1 each.
- Written Competition
- Delicious Morning Tea

For catering purpose

Please make a Booking by contacting
 Cheryl Smith on 49333689 OR
 Nola Harvey on 49333868
 by 12th March.



As the storms continue....Remember the animals!

Pet owners are being urged to make certain their pets have identification, with severe storms predicted to continue.

The RSPCA Qld Call Centre has noticed a sharp increase in lost and found calls so far this year. In January over three thousand calls were received and already in February there have been over a thousand. concern.

“After every storm we end up with reports of lost – and found – and traumatised animals, many without any identification,” said Mr Beatty. “Some dogs in particular suffer from what we call storm or firework ‘phobia’.

“Often they will sense the storm coming long before humans can, and the noise of the thunder absolutely terrifies them. They then try to escape from areas they normally wouldn’t think of leaving.”

The RSPCA Qld advises people to keep their animals in a safe and secure environment when leaving them home alone, as Queensland storms continue.

“If you know they suffer from storm phobia it’s ideally best to keep them inside. You can also leave a radio on as that will help as well.”

The RSPCA’s Senior Veterinarian Dr Anne Chester said animals are more likely to cope with a storm if they are left in an environment where they feel comfortable.

“They can become very distressed, and with severe winds predicted, people need to clear any loose objects from the animal’s immediate area,” said Dr Chester.

Owners of smaller pets are also being urged to use common sense when it comes to leaving their animals out during storms. Dr Chester said the RSPCA deals with cases of guinea pigs that have drowned after being kept in hutches in the back yard.

“It’s all common sense really, but sometimes common sense is sadly lacking,” she said.

Media - Michael Beatty 0415 385 602



QUEENSLAND
RSPCA
MOTTO:

HELPING ANIMALS ·
ENLIGHTENING PEOPLE ·
CHANGING LIVES



**Animal Lovers - Join us for
KURILPA KITCHEN'S NEXT OUTING
to RSPCA WACOL CENTRE**

DATE: MONDAY, MARCH 23rd

TIME: BUS DEPARTS FROM KURILPA HALL AT 10 am

COST: \$20 per person, includes Centre admission, a packed lunch and round-trip transport

WHAT TO WEAR: Enclosed shoes, hat, sunscreen

There will be an educational tour of the centre's adoption areas, wildlife & domestic animal hospitals, farmyard and other areas. However, interactions with animals will be minimal. The Centre is not a petting zoo. Wheelchair amenities are available.

The Royal Society for the Prevention of Cruelty to Animals Queensland (RSPCA Qld) is the state's oldest, largest and leading animal welfare charity, dedicated to improving the lives of all domestic, farmed and native animals throughout Queensland.

**For
Free Computer lessons
at**

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

Mondays and Thursdays

Book now on

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!



CHECK OUT THIS WEB SITE!

All you want to know
about Australian Govern-
ment Payments including:

-

All pensions; Carer Allow-
ance; Newstart; Farm
Household Allowance; Es-
sential Medical Equipment
Payment; Energy Supple-
ment; Austudy and rele-
vant phone numbers and
much more

Department of Human Ser-
vices - A guide to Aus-
tralian Government
payments

Web site - human-
services.gov.au

**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.

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.