
THE COMET

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

DATE CLAIMER!

Australian Pensioners' and Superannuants' League (Qld). Inc.

72nd ANNUAL STATE CONFERENCE

GYMPIE

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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
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CRS (Commonwealth Rehabilitation Services) - Human Services	1800 277 227
Family Court of Australia	1300 352 000
Home & Community Care (65+ years)	1800 200 422
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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



JUNE 2020

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State conference 2020

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

You can still contact Head Office on the usual number and Anneliese will answer.

APSL— MAKING A DIFFERENCE!



EDITORIAL

By

Cherith Weis



Dear Readers

I have to regretfully inform our readers throughout the state that the most horrific and heartbreaking news was to impact the Barnett family in Rockhampton on Friday, May 29.

As readers would be aware, Leyland Barnett is a regular contributor to this journal. Leyland is an extremely passionate advocate for improvement in the driving habits in our community; while at the same time conducting his driving school.

Leyland broke the news as the spokesperson for his family, that his beloved niece Emily, who had recently celebrated her 21st birthday lost her life in an horrific accident on the Bruce Highway just south of Rockhampton. Leyland stated that it would appear that the oncoming vehicle had crossed the highway into the path of Emily's Rav 4 leaving her with no chance to react in the 100 k.m. zone on the highway.

Throughout past years Leyland has also been an avid supporter of the Gracemere Branch of APSL who has attended as a guest speaker a number of times at Branch meetings.

On behalf of all APSL members and readers, I extend our heartfelt condolences to the Barnett family in the time of their sorrow.



While accomplished drivers adhere to the road rules and treasure the fact that they have a driver's license, there's a section of our society that thinks they are ten foot tall and bullet proof.

They have no regard for their own safety or for anyone else on the road.

Authorities have said that as people started coming

out their houses again after being in "self isolation", there was a noticeable rise in drivers breaking the law; mainly they were caught exceeding the speed limit.

Why? If anything, one may think after being "confined to barracks" for several weeks, that drivers would be overly cautious and minding their driving etiquette. I have followed a few cautious drivers.

I believe the best thing I ever did was to take a Defensive Drivers course. I also believe that all new drivers or those who have lost their licenses should have to take this course.

Take it easy, folks.

Stay safe and well. Until next time.

Cherith.

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ROAD SAFETY

WITH

LEYLAND BARNETT

Traffic Flow

How do you ensure that traffic flows along smoothly while you are driving and what are the benefits?

Traffic flow varies from each day and at certain times it can flow along quite well reducing traveling time and at other times it can congest and delay traveling times considerably.

Good planning can help you get to your destination in a safe satisfactory manner by observing at what times in the day you want to travel. School zone times normally result in heavy traffic congestion so avoid 7.30 am to 9.00am or 2.30pm to 4.00pm, where delays can be expected. If you can't avoid those times, then allow for any delays.

Good traffic flow assists, good traffic attitude and can be less stressful when attempting multiple tasks such as lane changing and planning to turn off safely.

If you have a good attitude while driving it helps for you to make good judgments and decisions, reducing risk to yourself and other drivers.

To help yourself and other road users, plan to travel in the left lane unless planning to overtake or turn right at an appropriate intersection.

Qld transport road rules indicate that you should travel in the left lane in speeds of 90km/hr and over, unless overtaking or requiring to

turn right or conduct a U-Turn, in other states 80 km/hr is the regulated speed limit such as NSW.

Please be aware of the differences in all states when traveling across the border on holidays.

Road rules change all of the time and what you were taught or instructed years ago, may well be a lot different today.

However, getting back on topic about traffic flow, we need to realize that some drivers are put into stressful situations when they have deadlines to meet such as courier drivers as well as truck drivers.

Some of these drivers will try and intimidate other drivers to either move out of the way or increase speed to over the legal speed limit.

Please be aware of some aggressive drivers and if possible keep to the left lane or even move over and let them pass.

I have moved right over to let some drivers pass if they are traveling too close on an open highway as if an animal such as a kangaroo jumps out, I don't want to hit the brakes and be hit from an impatient driver, traveling too close.

Minimize risk and be aware of what is happening around you, and consider traffic flow while driving.

Check out Leyland's website:-

Evolutiontraining.com.au

Letter to the Editor

Dear Editor

Re. Proposed Fed. Govt. Home Renovations Scheme.

When I first heard of this proposal I felt that I was going to be able to afford renovations that will be necessary before my residential property can be sold – then further details came to light.

Renovations/repairs are necessary to enable me to move into an aged care residence.

I envisage that many pensioners would be in the same position.

I would meet the assets and income means test as proposed now but certainly not the minimum repair costs of \$150,000.

One such renovation is ESSENTIAL due to State Gov't legislation regarding domestic electricity power board regulations – such changes not being required to be undertaken until sale of property or before any electrical work can be performed.

I was unable to uptake the State Gov't Solar Panel rebates/installation scheme due to electrical contractor not being able to perform work prior to updating of the power board.

Further renovations of roofing repairs would need to be undertaken to allow the installation of the panels.

Such repair work would need to be carried out by a legitimate builder/tradesman – possibly one who is usually contracted to a major builder. I agree that the Pink Batt Scheme was abhorrent insofar as the roting and abuse that occurred.

The details of this grant does not detail any requirement as to repayment or co-contribution.

My purpose in contacting you is to ascertain whether APSL would consider canvassing the Federal Government to consider any assistance towards pensioners accessing this or a similar scheme.

Thank you,

Name withheld.

From the Federal Government website.....HomeBuilder Scheme

HomeBuilder provides eligible owner-occupiers (including first home buyers) with a grant of \$25,000 to build a new home or substantially renovate an existing home. **HomeBuilder** will assist the residential construction market by encouraging the commencement of new home builds and renovations.

You will be able to apply for **HomeBuilder** when the relevant State or Territory Government that you live in, or plan to live in, signs the National Partnership Agreement with the Commonwealth Government.

Information on when and how you will be able to apply will become available through the relevant State or Territory revenue office in due course.

Information about what **Homebuilder** will mean for the construction industry is available on business.gov.au or by contacting 13 28 46. Please keep in touch with business.gov.au for updated State and Territory information as it becomes available.

For fact sheet information consult the web page

To qualify one of the requirements is as follows:

you must meet one of the following two income caps: \$125,000 per annum for an individual applicant based on your 2018-19 tax return or later; or \$200,000 per annum for a couple based on both 2018-19 tax returns or later; • you enter into a building contract between 4 June 2020 and 31 December 2020 to either: build a new home as a principal place of residence, where the property value does not exceed \$750,000; or substantially renovate your existing home as a principal place of residence, where the renovation contract is between \$150,000 and \$750,000, and where the value of your existing property does not exceed \$1.5 million; • construction must commence within three months of the contract date.

Desex your pets!

Operation: WANTED

Approximately 140 veterinary practices state wide have signed up to RSPCA Qld's yearly de-sexing campaign Operation; Wanted which kicks off on Monday June 1st.

The campaign runs for three months and residents are already lining up and registering online.

"We've had a terrific reaction from Queensland residents and we'd like to thank participating vets and the many local councils for their support.

It's the vets and the shire councils who help drive the campaign and make it a success," said RSPCA Qld spokesperson Michael Beatty.

The Operation; Wanted campaign has seen vets reducing their de-sexing fees by 20% during the campaign.

Last year an estimated 20,000 animals were de-sexed which equated to 10,000 extra animals being de-sexed as a direct result of the campaign.

"This year we're hoping that, despite the difficult circumstances, we will continue to see animals being de-sexed.

There is a massive pet over- population all over Queensland and of course Australia. Over 50,000 animals come into our care every year and the vast majority of the domestic animals have not been de-sexed.

We've got to get the message out there. Plus of course the reason we have such a massive feral cat and wild dog population is because people were not and are not de-sexing their pets."

"Anything that responsible pet owners can do to reduce this threat to our native wildlife – both in our national parks and in our own backyards – will help to make a real difference to our environment."

The advantages to having you pet de-sexed are enormous.

- No risk of unwanted litters
- Reduces desire to roam
- Reduces risk of some cancers
- Reduces other unwanted behaviours such as urine spraying (cats)
- Cheaper Council registration fees

Allows pets to be happier and more relaxed

Simply go to www.operationwanted.com.au to register and find out which vets are participating in your area.



SKIN CANCERS

Basal cell carcinoma (BCC)

Basal cell carcinoma (BCC) starts in the basal cells of the epidermis. It makes up about 70% of non-melanoma skin cancers.

BCCs grow slowly over months and years and rarely spread to other parts of the body. The earlier a BCC is diagnosed, the easier it is to treat. If left untreated, it can grow deeper into the skin and damage nearby tissue, making treatment more difficult. Having one BCC increases the risk of getting another. It is possible to have more than one BCC at the same time on different parts of the body.

Develops on areas of the body that have more exposure to the sun, such as the head, face, neck, shoulders, lower arms and lower legs, but can occur anywhere on the body. May appear as a pearl-coloured lump or as a slightly scaly area that is shiny and pale or bright pink in colour; some appear darker.

May bleed and become inflamed; may appear to heal then become inflamed again.

Squamous cell carcinoma (SCC)

Squamous cell carcinoma (SCC) starts in the squamous cells of the epidermis. It makes up about 30% of non-melanoma skin cancers.

SCC tends to grow quickly over several weeks or months. If left untreated, SCC can spread to other parts of the body. This is known as invasive SCC. SCC on the lips and ears is more likely to spread.

Usually appears on parts of the body most often exposed to the sun, such as the head, neck, hands, forearms or lower legs, but can start anywhere on the body.

May bleed and become inflamed and is often tender to touch.

Often appears as a thickened, red, scaly or crusted spot or rapidly growing lump.

Is more common as you get older.

Melanoma

Melanoma starts in the melanocyte cells of the skin. It makes up 1-2% of all skin cancers. Although melanoma is a less common type of skin cancer, it is considered the most serious because it grows quickly and is more likely to spread to other parts of the body, such as the lymph nodes, lungs, liver, brain and bones, especially if it is not found early. The earlier melanoma is found, the more successful treatment is likely to be.

How common is skin cancer

Australia has one of the highest rates of skin cancer in the world. Skin cancer is the most common cancer diagnosed in Australia. About two in three Australians will be diagnosed with some form of skin cancer before the age of 70.

Almost 980,000 new cases of BCC and SCC are treated each year. BCC can develop in young people but is more common in people over 40. SCC occurs mostly in people over 50.

More than 13,000 people are diagnosed with melanoma in Australia each year. Australia and New Zealand have the highest rates of melanoma in the world. For more information about the diagnosis and treatment of melanoma please refer to the Melanoma page.

What are the risk factors

Anyone can develop skin cancer, but it's more common in older people. The risk is also higher in people who have:

- Fair or freckled skin, especially if it burns easily and doesn't tan.
- Red or fair hair and light-coloured eyes (blue or green).

Continued from page 9

- Had short, intense periods of exposure to UV radiation, e.g. on weekends or holidays or when playing sport, especially if it caused sunburn.
- Actively tanned or used solariums.
- Worked outdoors.
- A weakened immune system, which could be caused by taking certain medications after an organ transplant (immunosuppressants) or ongoing blood conditions such as chronic leukaemia.
- Lots of moles on their body or moles with an irregular shape and uneven colour (dysplastic naevi).
- A previous skin cancer or family history of skin cancer.
- Certain skin conditions such as sunspots.

People with olive or very dark skin have more protection against UV radiation because their skin produces more melanin than fair skin does. However, they can still develop skin cancer.

Diagnosis

If you notice any changes to your skin, your doctor will examine you, looking carefully at any spots you think are unusual.

Using a handheld magnifying instrument called a dermoscope to see the spot more closely.

Skin biopsy – if it's difficult to tell the difference between a skin cancer and a non-cancerous spot, the doctor may need to take a tissue sample (biopsy) for examination under a microscope. This will confirm the diagnosis. A biopsy is a quick and simple procedure that is usually performed in the doctor's office.

Waiting for the test results can be a stressful time. It may help to talk to a friend or family member, a healthcare professional, or call Cancer Council on 13 11 20.

Treatment

Skin cancer is treated in different ways. Treatment depends on:

- The type, size and location of the cancer.
- Your general health.
- Any medicines you are taking (these can affect the amount of bleeding and the healing time).
- Whether the cancer has spread to other parts of your body
- If a biopsy has removed all the cancer, you may not need any further treatment.

Prognosis means the expected outcome of a disease. Your treating doctor is the best person to talk to about your prognosis.

Most BCCs and SCCs are successfully treated, especially if found early.

What support is available

While most non-melanoma skin cancers do not pose a serious risk to your health, being told you have cancer can come as a shock and you may feel many different emotions. If you have any concerns or want to talk to someone, see your doctor or call Cancer Council 13 11 20

Please check out the Cancer Council webpage for more information.

SOME NEW “UNUSED”**WORDS****PETRICHOR**

A pleasant smell that frequently accompanies the first rain after a long period of warm, dry weather.

OoOoo

PLUVIOPHILE

A lover of rain; someone who finds joy and peace of mind during rainy days

MICE ARE NICE!

The RSPCA is looking to rehome over 450 mice that were seized in recent Inspectorate raids. Over 100 birds are also looking for homes.

“Mice normally live for two to three years and actually make great pets,” said RSPCA Qld spokesperson Michael Beatty.

“They really come to enjoy human contact and can actually become terrific companions. A friend of mine actually used to take his pet mouse on walks. It would happily sit in his shirt pocket and peer out the top!”

Mice tend to be social so the RSPCA is recommending people to adopt two. Of the same sex of course!

“We definitely don’t want them breeding!”

The birds include Budgies, Indian Ringnecks and Lovebirds.

Mice will also be made available at other RSPCA Shelters, but the birds will remain at Wacol because they tend to stress when travelling.

Pictures below

<https://www.dropbox.com/sh/sx1fjm48yoat0p8/AABWm4zf5o8C-ODrxIMhn7nLa?dl=0>

https://www.dropbox.com/sh/0mkqagm819g55wm/AAD-OrgNnuR7LrOAg_XjKOFa?dl=0

Michael Beatty
Media and Community Relations
Wacol Animal Care Centre
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MY OPINION PAGE

Everyone of our age probably had a couple of jobs during our working life. I worked at some casual jobs which I considered were stepping stones to ultimately working for a newspaper.

I spent over six years and met some great people who passed through the newspaper's portals. Names which have faded into the chronicles of time. Chief Little Wolf was quite a character - not a large man, around 1.7 m. in height, but of solid build and big in character. Others were more athletic. Herb Elliott and his running partner and many, many others.

Who now remembers past personalities such as Ventura Tenario (Alias Chief Little Wolf and professional wrestler - a real gentleman); the great distance runner Herb Elliott and many others.

I was on the verge of taking on a journalist position when I met and married my future husband.

In those days, if you married and were employed you were considered to be taking the job of a single girl so at that time I didn't realise my ambitions and had to resign.

It was not until in 2004, forty-four years later, that I commenced writing for the local Rocky newspaper and only chose to cease my connection around October 2013 because of looming open-heart surgery. Once you have worked in the newspaper environment, it's as though the ink is in your blood, Ask anyone who has memories of the old linotype machines. (Invented in 1884 by Ottmar Mergenthaler).

So why I am I talking about newspapers?

Newscorp Spokesperson, Damian Eales surely struck a blow to freedom of the press and surely cast the deepest cut of all in announcing that over 100 newspapers would disappear from circulation throughout Australia. In my neck of the woods, both The Rockhampton Paper, the Morning Bulletin and the Gladstone Observer will no longer be available to the general public in hard copy format. Only available on line. One would have thought as there is only about 120 kilometres between the population bases, one of the papers would continue to be published.

Who wants to read newspapers on line? How can one do a crossword? Or the nine letter word on line?

Funeral services - snippets of local news - the business connected to newspaper purchases and other add-on sales at newsagents - in so many ways we are going to be disinherited; disenfranchised; and generally disregarded as worthwhile supporters of any offline newspaper by power brokers who have completely lost touch with the people who have kept them in business.

*The impact of the loss of printed news is probably a greater blow than the community has imagined. Our local paper inserted an advertisement on June 11 which stated **that it was the heart beat of the community!** In two weeks we will witness the flat lining - no heart beat as we have known it. I regard that as an absolute insult to our intelligence. Remember - you don't know what you've got until you lose it!*

As for blaming the so-called decline on COVID19 pandemic, I don't believe a word of it.

The local papers have had so much advertising in them it beggars belief that the past few months has brought the printed news to its knees. Our local paper has constantly had a wrap around advertisement sponsored by large retailers - that equals four single pages; the papers (local or metropolitan) have been full of advertisements.

Perhaps the board should look at salaries/bonuses being paid to those who are "the powers-that-be".

I strongly believe Newscorp is going from "Mass Media" to mess media in no time flat.

I would love to hear what our readers think. Let Newscorp know! I signed an on-line petition today, which seems ironical but whatever works, I will do it. Hard copies are available to be signed around town.

Cherith Weis.

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.