

THE COMET

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

COVIDIOCY!

Never heard of the word before? One of the new ones being used in headlines because of the erratic behaviour of those who should know better!

COVIDIOCY - The loss of the ability to think logically during a global pandemic, resulting in behaviour such as hoarding items; and that's just one of the "qualities".

It all comes to utterly senseless or foolish behavior; a stupid or foolish actions/behaviour statements, and so on.

COVIDIOT— The definition of covidiot.

A covidiot is a person who goes against health advisories and does things that are being warned against. It includes going to supermarkets and hoarding food, going out in public and taking part in large gatherings.

It would also appear that these individuals have no respect for the mature generation in relation to suffering during COVID19. Some of the comments I have heard and read on Social Media about 'why should we worry about the oldies' are positively disgusting. All lives matter!

They are dis-respectful and absolutely criminal in their mindless comments which I will not repeat.

We, the mature generation has contributed so much to our communities and those around us throughout our lives.

Many of us, some extremely successful people I know actually left school before scholarship (in my day Grade Eight). Many of us started work around fourteen years of age; many of us never had a dole payment; many of us self-educated ourselves with night school classes to further our employment prospects.

There were no Dole payments or Social Security hand outs in our day. No credit Cards; Whatever we needed, we had to work hard for; stick with our jobs and save like crazy.

Life wasn't easy. We witnessed many world wide worrying events, but we survived.

Even post their employment days, Seniors have contributed hugely as they are the largest section of the community who volunteer for many varying sections of the community.

We have contributed far more than any one of these Covidiots will ever achieve in the future. That's if they continue on their questionable paths.

Perhaps we are more disciplined because of our years of life experience and we know that COVID regulations have been introduced for our own good. We must do all we can to prevent the spread.

To all of the Covidiots who plan to protest about wearing masks - grow up! Stay home!

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

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Services Directory

Commonwealth Government Directory

Administrative Appeals Tribunal	1300 366 700
Aust. Competition & Consumer Commission	1300 302 502
Australian Hearing	131 797
Aust. Securities & Investment Commission	07 3867 4700
Aust. Taxation Office	132 861
Centrelink (Older Australians line)	132 300
Child Support Agency	131 272
Commonwealth Respite and Life Flight Centre	1800 052 222
CRS (Commonwealth Rehabilitation Services) - Human Services	1800 277 227
Family Court of Australia	1300 352 000
Home & Community Care (65+ years)	1800 200 422
Human Rights & Equal Opportunity Comm.	1300 369 711
Immigration & Border Protection Department	131 881
Medicare	132 011
Migration Review Tribunal	1300 361 969
National Aboriginal & Torres Strait Islander Legal Services	1800 012 255
Pharmaceutical Benefit's Scheme	1800 020 613
Private Health Insurance Complaints	1800 077 308
Private Health Insurance Ombudsman	1800 640 695
Translating & Interpreting Service	1300 655 820
Veteran's Affairs Department	133 254

Queensland State Government Directory

Anti-Discrimination Commission	1300 130 670
Department of Communities	137 468
Department of Energy & Water Supply	
Electricity & Gas	134 387
Water	137 468
Energy & Water Ombudsman	1800 662 837
Health Ombudsmen	133 646
Legal Aid Qld	1300 651 188
Office of Fair Trading	137 468
Public Guardian (Adults & Children)	1300 653 187
Public Trustee	1300 360 044
Qld Competition Authority	07 3222 0555
Qld Ombudsman's Office	1800 068 908
Residential Tenancies Authority	1300 366 311
Safe Food Queensland	1800 300 815
Senior's Advocacy Information & Legal Services (SAILS)	07 3214 6333
Senior's Card	13 74 68
Senior's Enquiry	1300 135 500
Senior's Legal & Support Service	
Brisbane	07 3214 6333
Cairns	07 4031 7179
Hervey Bay	07 4124 6863
Toowoomba	07 4616 9700
Townsville	07 4721 5511
State Emergency Service Office	13 74 68
Youth & Family Support Service	07 3274 9917

Community Support Services Service Directory

Domestic Violence Crisis Line	1800 811 811
Immigrant Women's Support Service	07 3846 3490
	07 3255 1420
Qld Aged & Disability Advocacy	1800 818 338
Seniors & Go Card	13 74 68
Senior Shopper	1300 360 265
Sexual Assault Help Line	1800 811 811
South Brisbane Immigration & Community Legal Service	07 3846 3189
The Incapacitated Servicemen & Women's Assoc. of Aust	07 3356 9022
Women's legal Service	07 3392 0670
National Welfare Rights Network	1800 358 511

Department of Health Service Directory

Department of Health	1343 2584
Health Services Info Line	07 3837 5986
Medical Aids Subsidy Scheme	1300 443 570



JULY 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!

A MEMBER OF THE EVERYAGE COUNTS COALITION OF ORGANISATIONS



EDITORIAL

By

Cherith Weis



Dear Friends

I do not apologise for calling some of our fellow human beings - Covidiot! Their actions are offensive; criminal; and they should be hauled over the coals for placing our lives in jeopardy.

However, our APSL Management Committee is attending to business as usual.

At this stage, we see no reason why the State Conference shouldn't go ahead. The venue will handle the number of people and The Caterer and Entertainer inspected the Bowls Club venue with Gympie Secretary, Maureen Perry.

I have to remind Branches that **all forms** relating to the

conference have to be returned by August 31. If you can make a day earlier than the end of the month that would be advisable as we have a Zoom Management Meeting on August 31.

We have to know as soon as possible how many planners branches require. We are looking into the planner from last year and revising the size.

Branches would have received your menus and the minutes from the last meeting of the Management Committee held on August 5 should arrive soon.

If you have ANY questions, please call Anneliese at Head Office or myself. Our phone numbers are on Page 2 of this publication.

The APSL would like to assure you that your safety will be looked after to the best of our ability .

This is our 75th year in existence and we are still here!

During those years, the Australian Pensioners and Superannuants have worked very hard for all pensioners and superannuants.

We have had varying degrees of success throughout the years and are now calling for your support. As we age, some of us are slowing down and need some new blood! New committee members. So think about it, Think about helping it and yes - do more than just think about it - do it. Accept nomination when called upon at the conference.

Best wishes for a speedy recovery to Graham Lynch who has had surgery in the Cairns Hospital.

Graham served for many years on the Management Committee. To all who are finding the going is rather rough at the moment, we wish you all the best.

I would like branch secretaries to keep us up-to-date with the news about the welfare of their members.

Until next time, Stay safe - stay well.

Cherith.

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INDICATORS

Just how important are indicators, including the correct and appropriate use of them?

Indicators on a motor vehicle are not optional extras that are applied every now and then, they are essential to assist in avoiding collisions and letting other motorists know what your intended path of travel is.

The appropriate times to use your indicator are for when you are; leaving or moving over to a kerb; changing lanes; merging into traffic; making a left or right turn; traveling onto a roundabout and leaving a roundabout; pulling up beside a car to do a reverse park; moving off the road to pull up or to go into a drive way and anytime that you have to move across a road marking.

I had an incident the other day where I was turning into my drive way and a vehicle moved out from the kerb with no indicator resulting in a close incident. If the driver indicated their intention to leave the kerb, I would have waited until he cleared and not commit into the turn, most people cannot anticipate someone driving out from the kerb, in this situation.

Roundabouts are a great traffic control device as they allow traffic to flow through them efficiently if they are used properly.

Indicating correctly on roundabouts allows other drivers to see your intention and helps them to judge a safe gap to enter and proceed through.

This is the most favourite topic for people to bring up when I am doing road safety presentations, so if you are unsure of correct indicating on roundabouts please purchase a current road rules book at Qld Transport or watch the video at the following link, <https://youtu.be/P4lPmo9o-GY> .

To correctly indicate your intention, flick the indicator lever in the direction that you need to turn the steering wheel, to show other drivers the path you intend to travel. Qld transport supports that you allow at least 5 seconds warning for other drivers which is sufficient considering how soon you notice an indicator being applied. People cannot read your mind to anticipate your line of travel, so please signal if you intend to turn left or right.

Sharing the roads can be made very easy and simple if we apply indicators correctly and for appropriate reasons, always remember to cancel your indicator after completing your turn or exiting roundabouts.

FROM THE OFFICE - HALL HIRE

This message is to update you on the decision of the APSL Management Committee, who discussed re-opening the venue to hirers yesterday at their August 5 meeting.

Prior to this, I had been preparing the COVID Safe plan and was trying to get some maintenance work done so the centre would be ready for public use.

However, the grim situation in Victoria remains present in the minds of Management members.

The spread of Coronavirus in Melbourne is not slowing down and the lockdown conditions are becoming even more strict with some people still trying to bend the rules.

It has also been quite alarming to see individuals recently lying their way over the border into Queensland to avoid self-quarantine, and roaming the local community whilst carrying COVID 19 infections with them. We have been quite lucky in Queensland with our low numbers of infections, but that could easily change if only a few people do the wrong thing.

Thanks to the bad behaviour of these handful of people, South Brisbane and Logan remain vulnerable to becoming hotspots. Management is aware of the risks of having group activities in the building when it's still early days.

At a press conference only days ago, Queensland's Chief Health Officer, Jeanette Young said 'we're not out of the woods yet'. And we must act accordingly.

Therefore the Management Committee has decided to delay re-opening to hirers for another six weeks.

I know that many of you have been hopeful the hall would become available again this month, for smaller groups and with additional hygiene precautions in place.

But given the fact that we run an aged care service in addition to hiring out our centre - the mitigation of risk is our utmost concern.

The Management Committee members will be meeting again at the end of August to re-assess the conditions and restrictions present in Southeast Queensland.

At that time, if the situation is improved, re-opening with a COVID Safe plan will be discussed again.

Deepest apologies to those of you who had wanted the space for August bookings.

We hope that in the future we might still be able to accommodate you.

Please keep in contact and I will be happy to give you any information I have.

Best regards,

Anneliese Tolbert

Administration & Hall Bookings

Kurilpa Hall - 174 Boundary St, West End

Office Hours: Weekdays from 10 am to 4 pm

Tel: (07) 3844 5878. Mobile: 0488 111 291

Horror discovery shocks RSPCA

The discovery of a kitten dumped in a bin with the remnants of firecrackers underneath duct tape wrapped around its body has shocked RSPCA staff, who sadly see a lot of animals that have suffered severe trauma.

On 27 July, at approximately 9:30pm, RSPCA Qld received a call advising that a kitten had been found discarded in wheelie bin outside a residential property in Park Ridge.

The kitten was found with duct tape wrapped around its neck, legs and torso and was taken to the RSPCA Wacol campus veterinary hospital. When the tape was removed, veterinarian staff discovered remnants of fire crackers and burn injuries to the kitten's neck and mouth.

On 29 July RSPCA Inspectors accompanied by Queensland police officers, executed a warrant at a Crestmead address and one male in his early 20's. A large number of fireworks and crackers were located, along with drugs and an antique firearm.

The RSPCA seized a number of items including a piece of used duct tape with cat fur matching the description of the kitten located in the bin. A mobile device was also seized which contained a video of a person lighting firecrackers which were taped to the kitten.

No animals were located at the property.

"The investigation is ongoing," said RSPCA Qld Chief Inspector Daniel Young. "Quite frankly I'm at a loss for words. How anyone could treat an animal like this and then discard it like rubbish is appalling. This level of offending shows a complete lack of empathy and a very disturbing level of cruelty."

The RSPCA is urging any who may have received a video depicting the kitten or who has any further information regarding the incident to contact the RSPCA on 1300 ANIMAL.

Video: <https://www.dropbox.com/s/12bkr9pfahcvl0a/Firecracker%20Kitten%20Palette2.mp4?dl=0>

Photos: <https://www.dropbox.com/sh/f6t4q2afxbw7ivt/AAAY2Qux1RoPR3vFjOJueLba?dl=0>

E mbeatty@rspcaqld.org.au W rspcaqld.org.au

Fb facebook.com/RSPCAQLD Tw twitter.com/RSPCAQLD

P 07 3426 9902 M 0415 385 602 F 07 3258 5610

Locked Bag 3000, Archerfield BH QLD 4108 Australia



Cat "thrown" out of car window in Wakerley

RSPCA Qld is asking anyone who may have any information in relation to a kitten being thrown out of the window of a car in Wakerley yesterday morning (July 29th) to come forward.

A woman was driving behind a white SUV on Green Camp Road, near the intersection of Rickert Road, when she saw what she described as "a big ball of fluff" fly out the back left window of the car. She said she nearly ran it over but the car kept driving. The kitten was taken to Manly West veterinary surgery and the woman has lodged a report with the RSPCA. The kitten is a ginger and white domestic short hair. "This action is totally unacceptable," said RSPCA Qld spokesperson Michael Beatty. "If the lady had not stopped it is likely the kitten would have suffered a serious injury or potentially died. Anyone with any information is urged to call 1300 ANIMAL

Submitted by Michael Beatty. RSPCA.



IF YOU NEED HELP, HELP IS AT HAND

Contact these organisations for help and confidential advice:

Elder abuse helpline Information, support and referrals for anyone experiencing abuse witnessing the abuse of an older person. Phone: 1300 651 192

ADA Australia Provides general advocacy support or guardianship advocacy to older Queenslanders experiencing discrimination, harm or abuse. Phone: 1800 700 600

Queensland Human Rights Commission Phone: 1300 130 670

beyondblue Depression and anxiety information, advice and referrals. Ph: 1300 224 636

Crime Stoppers Information provided by the community assists with crime fighting and crime prevention. Phone: 1800 333 000

DV Connect Provides free help for women, men, children, and pets affected by domestic and family violence across Qld. Ph Women's Line: 1800 811 811 Ph Men's Line: 1800 600 636

Lifeline Counselling services for anyone at any time. Phone: 13 11 14

Office of the Public Guardian Protects the rights and interests of vulnerable Queenslanders, including adults with impaired decision making capacity. Phone: 1300 653 187

Public Trustee Provides a range of services that help you plan for the future. Ph: 1300 360 044

Queensland Civil and Administrative Tribunal Appoints [guardians](#) or [administrators](#) to act on behalf of adults with impaired decision making capacity. Phone: 1300 753 228

Seniors legal services Free legal and support services for seniors.

Sexual assault help services Contact details for local support groups.

Statewide sexual assault helpline Counselling services for anyone who has been sexually abused or sexually assaulted at any time of their lives. Phone: 1800 010 120

Victims Counselling and Support Service Counselling and support service provided to Queensland residents who have been personally affected by crime, either directly or indirectly. Phone: 1300 139 703 (24 hours, 7 days)

Victims Register An information service established to inform victims of violent and sexual crimes about the status of the person who offended against them. Phone: 1800 098 098

Women's Infolink A free and confidential information and referral services about government agencies and community services supporting women. Phone: 1800 177 577 (Mondays to Fridays 8 am to 6 pm).



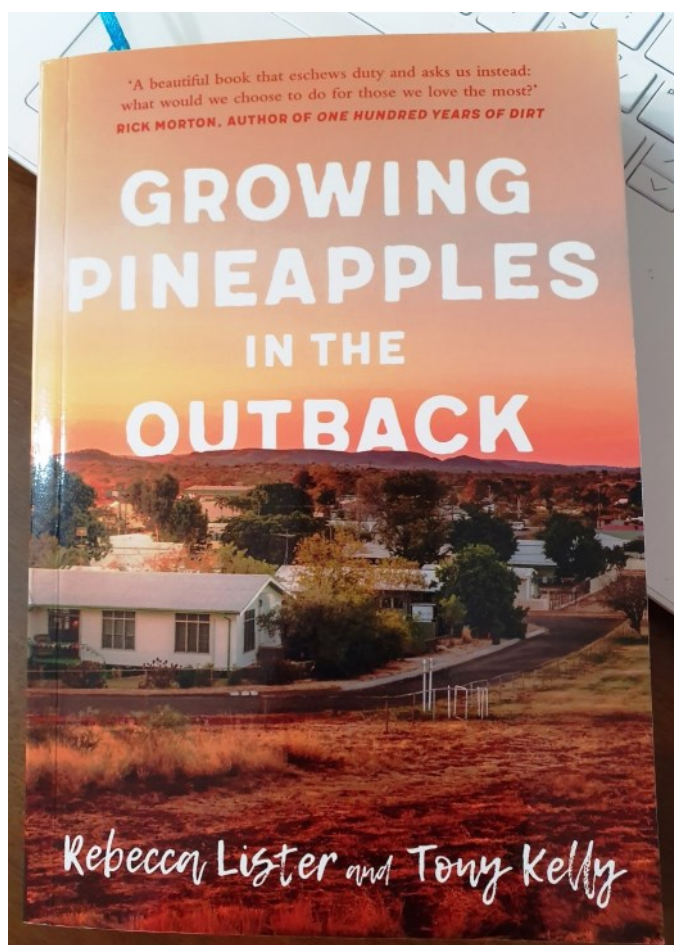
Is an older person you know at risk?

Phone the **Elder Abuse Helpline** — anyone can make the call.

1300 651 192 www.qld.gov.au/knowthesigns



Recommended Reading!



Authors Rebecca Lister and Tony Kelly

REBECCA LISTER was born and raised in Mount Isa but has lived in many places in Australia. In 2018, was awarded the Australia Day Mount Isa 'Spirit of Mount Isa' Award.

TONY KELLY is a native title lawyer and is currently CEO of First Nations Legal and Research Services in Melbourne. He previously worked as a social worker specializing in at-risk young people and as a park ranger in the Northern Territory.

Rebecca's portrayal of life with her bright 92 year old mother who loved crosswords certainly tugs at one's heart strings.

This book is available from the University of Queensland Press. Contact Jean Smith, University of Queensland Senior Publicist - email is jeans@uqp.uq.edu.au

2020 STATE CONFERENCE

YES! At this point in time, the State Conference is going ahead November 9 and 10.

Accommodation bookings have commenced; the venue, Albert Park Bowls Club has been inspected by the Gympie Secretary, Maureen Perry together with the Caterer and the Entertainer representative. All present passed it with flying colours as it is a large and can easily handle the expected attendance and fit in with the COVID19 regulations.

Motels available - The Verandah Motel, 53 Horseshoe Bend; Great Eastern Motor Inn 27/29 Geordie Street plus many online for your choice.

Meals list - your meals list has been forwarded and you are requested to contact Maureen Perry at 10 Perry Lane regarding meals payments. Please advise of any dietary needs when you contact Maureen.

If you require the meals list to be re-sent, please advise asap and I will forward it to you.

ALL FORMS - DEADLINE August 31.

CREDENTIAL for Delegate and Observers

PLANNERS ORDER FORMS - Please reply with your numbers asap as orders have to be lodged with the printer.

Agenda Items complete your supporting arguments. Please discuss your proposed agenda items with your members. They should come out of one of your meetings. Close August 31.



RAISE THE RATE



It was just over 2 weeks ago that the Government announced a \$300 a fortnight cut to JobSeeker, from September 25, with the \$550 a fortnight Coronavirus Supplement being lowered to \$250 a fortnight.

This was devastating news. We know there is deep uncertainty and anger about what this means for those who, during these most extraordinary times, are looking for paid work, while trying to cover the cost of housing, bills, food, medicine, and other expenses.

But we are not going anywhere. We will keep pushing: people on JobSeeker, Youth Allowance, and other income support payments do not need a huge cut to their incomes – especially during this ongoing crisis – they need a permanent, truly adequate raise.

Our campaign is not slowing down one bit. Here is how you can get involved:

RAISE THE RATE WINTER SCHOOL

This is your opportunity to build your confidence, knowledge, and skill to fight alongside us to Raise the Rate for Good. Join other supporters for interactive sessions on topics such as:

- *How to lobby politicians
- *How to engage with the media
- *Getting our heads around our key 'talking points' and arguments for raising JobSeeker (and the arguments against that we need to respond to)

This online event is being held over 3 afternoons:

- *Thursday August 20, 1pm-3pm AEST
- *Thursday August 27, 1pm-3pm AEST
- *Thursday September 3, 1pm-3pm AEST

Register here for the sessions (you can attend one, two, or all of three of them).

There will be more info about this special event shortly,

but contact 'Raise the Rate for Good' community organiser, Pas Forgione (pas@acoss.org.au Mobile 0444 590 297) if you have any questions.

Submitted by Pas Forgione, ACOSS.



The Australian Pensioners' and Superannuants support the campaign to RAISE the RATE having been widely supported by our APSL Branches at our Annual State Conference which was held last September.

Gracemere Branch called on State Conference to approach the Federal Government and supported by Hervey Bay Branch to raise the Newstart Allowance, particularly for those over the age of 60 years, (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.

The general consensus was that the low New Start payment leads to homelessness. (Ed.)

For

Free Computer lessons
at

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

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!



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**All pensions; Carer Allow-
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Household Allowance; Es-
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vant phone numbers and
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**Department of Human
Services - A guide to
Australian Government
payments**

**Web site - human-
services.gov.au**

Activities on hold

Kitchen
174 Boundary Street
West End
2 course meals



**Seniors'
Luncheon**

Media Release from the Queensland Department of Health

Two additional COVID-19 cases in Queensland

The Queensland Government has reported two new confirmed cases of COVID-19 in the past 24 hours, bringing the total case number to 1076.

The confirmed cases were detected in hotel quarantine and are not considered to be a risk to the public. There are now five active cases in Queensland.

Chief Health Officer Dr Jeannette Young said that as the COVID-19 situation continues to unfold in Victoria and New South Wales, it's important to ensure people are keeping their distance from each other.

Dr Young today announced that Queensland will re-instate the restriction on venues to ensure all patrons are seated while drinking and eating from today to keep the state safe.

"When you are out there enjoying yourself, I completely understand that it's really hard to maintain your social distance – keeping 1.5 m from each other is not normal and a really hard thing to do," Dr Young said.

"Re-instating this restriction, which requires everyone in a bar or restaurant to be seated while eating and drinking, sends a really clear message to people to keep their distance from one another, which is much easier to do when you are seated than when you are standing up."

Dr Young asked the community to be mindful of these changes, as the state continues to enjoy a lift on the various restrictions implemented early on in the global pandemic.

"Thanks to the low number of cases in Queensland we've been able to ease restrictions earlier," Dr Young said.

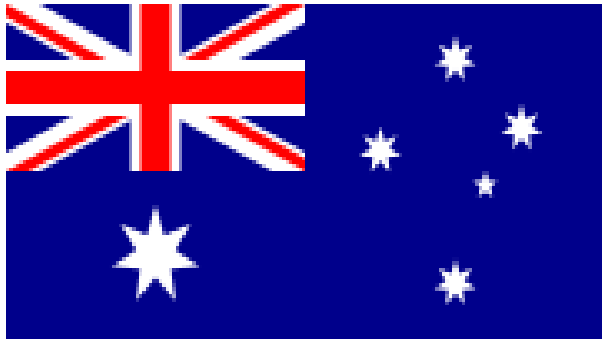
"However, this means more and more people are socialising and mixing, which leaves us vulnerable and increases the risk of COVID-19 spreading.

"Everyone must continue to social distance, but I understand that in some settings it is more difficult than others.

"We've seen what's happening in New South Wales and Victoria and how quickly the situation can escalate from just a few cases and we need to be as prepared as we can be in Queensland."

For more information about public health directions, visit www.health.qld.gov.au1.

Last updated: 24 July 2020



Hand made Reusable Face Masks Made In Brisbane



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www.clothinglink.com.au

36 Broadwater Road Mt Gravatt East 4122

Our Office Manager, Anneliese found this supply of hand made Masks from a local Mount Gravatt Supplier, Clothing Link's Linda O'Brien.

We believe that wearing a mask is a precautionary measure and a mask of respect to others who we may meet face to face. It's been established that wearing a mask has reduced the incidences of Flu.

Masks are not mandatory but could quite well be made if the position changes in Queensland.

These masks are washable by hand and the mask maker recommends a spot of Dettol in the washing water.

APSL has purchased some these for our Management Committee.

If you are interested, call Linda (details above) or call APSL Head Office 07 3844 5878.

The Five Principles Of
SHED SCIENCE

1**NEVER THROW ANYTHING OUT.**

You never know when you might need it.

2**I KNOW WHERE EVERYTHING IS.**

I know by instinct – it only appears to be a mess.

3**YES I NEED SEVEN OF THOSE.**

You can never have too many tools.

4**LEAVE THAT ALONE.**

Can't you see that's work in progress.

5**IT WORKS BETTER THAT WAY.**

Stop asking stupid questions.

DID YOU KNOW THESE THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?

Mother's Apron

Mother wore an ample apron
 to cover her clean dress.
 She'd tell you that's what it was for
 if you asked her, I would guess.

But that apron had more uses
 than I could even count.
 It brought in eggs and vegetables
 and could hold a large amount.

I've seen her use that apron
 to wipe her dripping brow
 as she labored over the big range
 that's just an antique now.

Her apron could bring giggles
 in a game of peek-a-boo
 with her newest, sweet grandbaby
 as she hid her face from view.

When we kids were hurt or crying
 we'd run to find her lap.
 She'd wipe the falling tears away
 with a bit of apron flap.

That apron dusted tables
 and shooed away the flies.
 It did just fine as oven mitts
 to take out bubbling pies.

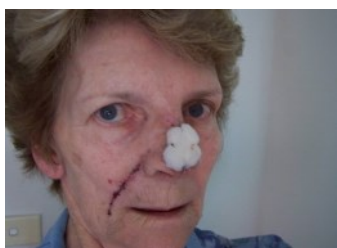
But the greatest of the treasures
 that old apron could hold,
 was the endless love from Mother
 abiding in each fold.

SKIN CANCER

If you are a reader of this publication, you must know that I am passionate about warning others to have their skin checked for skin cancers. Regular body checks quite often alert the skin specialist to serious “spots” that you which are often overlooked.

I don't want to bore you but I decided to include at least one shot of my experiences.

My first “selfie” is a shocker and one I never wanted to share; probably because of vanity!



I am well aware that many of our readers have had the same procedures but I cannot express enough - if you haven't already arranged for a skin check, do it now! Should you have a problem, the longer you leave it, the more work you will have to have to eradicate the skin cancer.

That happened to me in 2008 when a Basal Cell Carcinoma which has supposedly been removed by dry ice in Gladstone years earlier, grew inwardly on the left side of my nose. It became a major worry and was eventually removed by a Brisbane plastic surgeon. A skin graft was required the source of which you can see. This surgeon later carried two more extensive operations on my nose taking skin from under my hair line on both sides of my face.

If you haven't experienced similar operations, it is essential that you follow the instructions seriously given to you by the surgeon.

Specific instructions were given to me but in one case in between changing dressings an infection crept in.

My skin cancers were first detected around 1981 after moving to Gladstone. However, the damage was acquired many years before. Playing sport in

the Summer and also Winter months and general exposure to the Sun.

Many of you around my age will recall that we didn't have the same information available to us that we now have. No SPF — no skin care products for us. Only a pink “lotion” called Cocoanut Oil! I believe it cooked our skin. It's now well known for health benefits and for cooking!

Basal cell carcinoma is the most common type of skin cancer. This type of skin cancer can appear as a lump or scaling area of skin, which is red, pale or pearly in colour. The spot may become ulcerated (a sore) and not heal. Basal cell carcinomas often grow on the head, neck or upper body. They tend to grow slowly, without spreading to other parts of the body.

Squamous cell carcinoma of the skin is usually not life-threatening, though it can be aggressive. Untreated, squamous cell carcinoma of the skin can grow large or spread to other parts of your body, causing serious complications.

I have many of these cut out and my then doctor said if you don't get all of a SCC, it can travel.

I remember when I first started playing Bridge in a life time ago (2002), my bridge partner asked me if I had had open heart surgery. No just skin cancers removed.

The backs of my legs and in particular one on the muscle exploded at home—it had gotten infected and all the stitching and so forth had to be done again thus slowing down the recovery process.

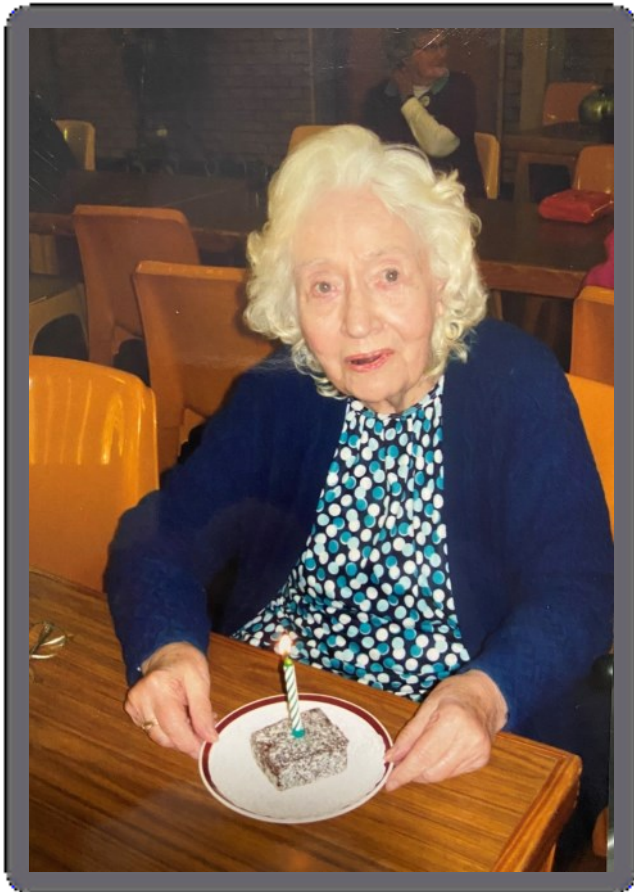
Needles and more needles is what I remember about skin cancer treatment, in particular when skin grafts are “sewn” onto the wound and then initial wadding is stitched on. Oh, the fun of it!

That's why I say, even in social isolation please taken care of your skin! *Wear a hat - cover up - use a reliable SPF product and refresh it regularly.*



REMEMBERING TWO GYMPIE MEMBERS

Albert Bulley and Doris Hill



This year Gympie has lost two long time members of their Branch. Albert Bulley in Mid March, while Doris Hill passed away on August 1 just three days after her Ninety Seventh Birthday.

The Australian Pensioners and Superannuants League wishes to convey sincere condolences to their family and friends.

BRANCH NEWS

COLLINSVILLE...Denise advises that they had social "get together" Thursday, 23/07/2020.....the first since Covid-19 shut down. We discussed their AGM meeting; {as this is Denise's first term as secretary/treasurer} she will now attend to date of meeting and necessary work to be done for their Annual General Meeting.

BOWEN BRANCH...We have not resumed meetings as yet; The hall we hire for our meetings has also strict Covid-19 sanitizer conditions.... this means that we the committee have to attend to sameMy Vice President and Secretary and self have met as we discuss this and prepare for our Annual General Meeting.

Joyce Macdonald .

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.

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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.