

THE COMET

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

FOR THE FALLEN

BY

Laurence Binyon

With proud thanksgiving, a mother for her children,
 England mourns for her dead across the sea.
 Flesh of her flesh they were, spirit of her spirit,
 Fallen in the cause of the free.
 Solemn the drums thrill: Death august and royal
 Sings sorrow up into immortal spheres.
 There is music in the midst of desolation
 And a glory that shines upon our tears.
 They went with songs to the battle, they were young,
 Straight of limb, true of eye, steady and aglow.
 They were staunch to the end against odds uncounted,
 They fell with their faces to the foe.
 They shall grow not old, as we that are left grow old:
 Age shall not weary them, nor the years condemn.
 At the going down of the sun and in the morning
 We will remember them.
 They mingle not with their laughing comrades again;
 They sit no more at familiar tables of home;
 They have no lot in our labour of the day-time;
 They sleep beyond England's foam.
 But where our desires are and our hopes profound,
 Felt as a well-spring that is hidden from sight,
 To the innermost heart of their own land they are known
 As the stars are known to the Night;
 As the stars that shall be bright when we are dust,
 Moving in marches upon the heavenly plain,

As the stars that are starry in the time of our darkness,
 To the end, to the end, they remain.

Written by Laurence Binyon, this poem was first published in The Times in September 1914. The "Ode of Remembrance" is an ode taken from the poem that is often recited at Remembrance Day services

Laurence Binyon composed his best known poem while sitting on the cliff-top looking out to sea from the dramatic scenery of the north Cornish coastline. A plaque marks the location at Pentire Point, north of Polzeath. However, there is also a small plaque on the East Cliff north of Portreath, further south on the same north Cornwall coast, which also claims to be the place where the poem was written.

He penned the poem a few weeks after the outbreak of the First World War. During these weeks the British Expeditionary Force had suffered casualties following its first encounter with the Imperial German Army at the Battle of Mons on 23 August, its rearguard action during the retreat from Mons in late August and the Battle of Le Cateau on 26 August, and its participation with the French Army in holding up the Imperial German Army at the First Battle of the Marne between 5 and 9 September 1914.

Binyon said in 1939 that the four lines of the fourth stanza came to him first. These words of the fourth stanza have become especially familiar and famous, having been adopted by the Royal British Legion as an Exhortation for ceremonies of Remembrance to commemorate fallen Servicemen and women. (Wikipedia)



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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
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Migration Review Tribunal	1300 361 969
National Aboriginal & Torres Strait Islander	
Legal Services	1800 012 255
Pharmaceutical Benefit's Scheme	1800 020 613
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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



NOVEMBER 2020

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advert

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Contact APSL State Office to enquire about membership and a branch near you. You can contact Head Office on the usual number and Anneliese will answer.

APSL

MAKING A DIFFERENCE!

A MEMBER OF THE EVERY- AGE COUNTS COALITION OF ORGANISATIONS





EDITORIAL

By

Cherith Weis



Dear Friends

As I am completing this edition of The Comet, I am told that there's 44 days left until Christmas is here. Add another week and 2021 is with us. Time flies when you are having fun; they say. I believe that the "busy-ness" in our lives is more likely to be the reason.

I am aiming to publish a smaller edition of The Conference booklet which will resemble the size of The Comet. Nothing fancy.

The small Booklet which will contain reports, the AGM Agenda and information will go to delegates for the first-ever electronically organized AGM - on Zoom on November 30.

The book for delegates which will be sent to those on line to print the m or hard copies to those who are not

on line. Those on line may forward the attachment to their nominated Parliamentarian who usually prints of the Comet for Branches. Only two copies are required.

The meeting is fast approaching and a heavy work load is ahead of us over the next two weeks.

With the number of delegates who will be on Zoom, we will have half an hour to allow us time to have everyone connected.

The concern about the effects of what COVID19 is doing to older volunteers and their ability continue in volunteering their services is becoming quite evident. Whether for fear of becoming infected or they have become used to social isolation, volunteers are becoming a rare breed.

Around my neck of the woods, I am constantly hearing appeals for help as organisations want more volunteers. It is a well known fact, that volunteering Australians keep this country on an even keel and are worth their weight in Gold!

Until our medical experts secure a vaccine which is successful against COVID19, we will have to live our lives as well as we are able.

Gracemere Branch held a racing themed lunch/ afternoon last Saturday which was a success in quite a few ways.

Financially? Yes. However, the catch-up chats; the laughter; prize winning chances and generally getting back to "nearly normal" were the winners of the day.

In many areas, Remembrance Day services will be low key, but will still be conducted.

"LEST WE FORGET".

Stay Safe everyone and stay well.

Cherith Weis

State Secretary / Comet Editor

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HEALTH CHECK

It is very important that we are in a good frame of mind and in good health to be able to drive, before getting into a motor vehicle to drive.

When you reach the age of 75, you are required to have a current medical certificate with your driving license at all times. <https://www.qld.gov.au/seniors/transport/safe-driving>

The following details are from the above Qld Government website page in regards to how old age can affect your safe driving ability

Do you need to present your medical certificate to us?"

- There is no requirement for you to present your Medical certificate for motor vehicle driver form (F3712) to us unless:
you develop a permanent or long-term medical condition that is likely to adversely affect your ability to drive safely -
you have a permanent or long-term change to an existing medical condition that is likely to adversely affect your ability to drive safely -
your health professional has recommended a licence condition be imposed or altered, or the class of licence you hold should be downgraded -
you are applying for or renewing your driver licence at a transport and motoring customer service centre.

You should not wait until you need to renew your driver licence. You must present your medical certificate to us as soon as you become aware of your medical condition or any change to your existing medical condition.

• "How age affects your driving"

As you get older, how you process information, your vision, and your ability to move changes. It's important to know how age affects your driving.

• Vision

As you age it can become more difficult to:

change focus and see detail (such as traffic signs -
see objects and obstacles such as pedestrians or people on bicycles -
deal with and recover from glare such as oncoming headlights or the afternoon sun -
see things in your side vision (what you see out of the corner of your eyes when looking ahead) -
adjust your vision when going from light to dark or vice versa.

Medical conditions such as cataracts, glaucoma and diabetes can also affect your vision.

- * *see objects and obstacles such as pedestrians or people on bicycles -
deal with and recover from glare such as oncoming headlights or the afternoon sun -
see things in your side vision (what you see out of the corner of your eyes when looking ahead)-
adjust your vision when going from light to dark or vice versa.*
Medical conditions such as cataracts, glaucoma and diabetes can also affect your vision.
- **To maintain your vision:**
*have your eyes checked regularly -
keep the prescription for your glasses up to date and make sure your glasses are suitable for driving -
modify your driving patterns (e.g. think about limiting or avoiding driving at night or twilight) -
keep your windscreen clean to reduce glare.*
- **Movement**
Changes to your body can make movement slower and more difficult. You may experience a decrease in your:
*muscle strength -
flexibility and mobility -
range of movement -
coordination.*
These changes, plus common health problems like arthritis, can affect the way you drive. For example, you may find it harder to operate the gears and clutch which can result in slower reaction times.
Information processing
Your ability to process information, and react to it, tends to slow down as you age.
Driving under pressure can become stressful, giving you less time to react to changes on the road.
- **When planning a trip, think about whether you are comfortable:**
driving at peak hour -
merging onto a busy freeway -
changing lanes in traffic -
travelling an unfamiliar route -
dealing with a busy intersection or roundabout.
- **Car modifications**
*You can also modify your car to help compensate for age-related changes.
For example installing special wing mirrors can improve your side vision if turning your head is a problem.” It is very important to reconsider driving if you are affected by conditions such as a cold or flu and using medication that can make you drowsy. Sometimes you may be required making quick decisions while driving and some medications can affect your ability to make a safe decision.*

If you have been involved in an argument with someone; try to relax and calm down, to ensure that you are in a good frame of mind before using a vehicle to drive. Mental stress can impair judgement and poor driving decisions can be made, making it risky to be able to drive safely.

At any point, if you are aware of a condition that could impact your driving ability, please check with a health specialist and make any necessary changes with Qld Transport. If you need glasses or a medical certificate to drive, ensure that your license is amended to be compliant with traffic law and that you keep a current medical certificate with you at all times.

NEWS FROM APSL BRANCHES

Area Organiser's Report from Warwick



On October 26, Warwick was finally able to hold their AGM after group gatherings have been lifted and we had a good attendance with 19 presents, this being the second meeting since March.

The Deputy Mayor Ross Bartley chaired the meeting till after election of office bearers he then had to leave for a council meeting.

RSL president spoke on the reports,

The New officers are

President Michael Holland

V. President Arnie Crowe

Secretary Madeleine Cristina-Holland

Treasurer Thelma Moore

Ruby Johnson is going to handle our entertainment.

John Skinner from the RSL gave a talk about what the RSL does in the community which our members found very interesting.

We would normally have a visit to Rosewood and then they would visit with us but this has not been able to happen this year.



Cheers from Collinsville



The lockdown put a halt to everything this year for a couple of months. when we were able to start again, I got in touch with Dale Last and he organized everything with the Government Health so that we were able to go ahead.

When I received the papers, I took them to our local council and Andrew Wilcox, our Mayor, got everything set up for us to start again. All our members were ecstatic. We also have been able to have our monthly luncheon, only twice since we have been back but we all look forward to these outings.

Every week we have a social morning with morning tea, then we play cards and scrabble, we have lunch then we play bingo.

Our 2nd week we have our meetings before we have our usual activities.

Our 3rd week we have a "Bring and Pick" after our morning tea then our usual activities. Our other weeks are our normal social get-togethers.

Denise Smith

Secretary, Collinsville Pensioners



BRANCH NEWS FROM GRACEMERE



Gracemere

Gracemere Branch held an entertaining Racing Carnival themed afternoon on Saturday November 7 at the Gracemere RSL. Following a light lunch were a written quiz; multi draws; hat parade; raffle and lucky door draws and lots of laughter. The organisation and activities were all done under strict COVID19 rules.



The cool and airy RSL premises for a perfect afternoon.



Fay Krause relaxes while awaiting a win!



There was a fair bit of "catching up" with old friends as people have not been able to attend functions because of the intervention of COVID19. However, with restrictions life goes on.



Gracemere Secretary, Margaret Laughton was kept busy drawing out tickets for the Multi Draw the prizes which included Christmas necessities and many useful items.

Gracemere RSL will conduct a Remembrance Day Service on Wednesday

November 11.

NEWS FROM BRANCHES - MONTO

MONTO

President June Kilah reported at the branch annual meeting that about 7,770 books; magazines, etc., were sold for the year (2019 - 2020). She continued....we were closed for one week. The demand of people wanting to buy and leave books, etc made us decide to open with any volunteers willing to work, There was no library; no secondhand book shop. Newsagent has a few books.

Supply of books and sales improved in April as well as May and June. Most of the books that have come in are from people cleaning out houses; garages; sheds with some of a bit dusty but still good books and not hard to clean.

Bill, Marilyn, Sue, Jacky have worked all the time and June has filled in and banked money. Mary works and looks after the books. All volunteers work well and are most appreciated.

The shop has three aisles which makes it easy to keep one's distance. Families usually come in when only the volunteer is there.

A special thank you to Mary Sharp with her doing the books which has been a great relief to me.

May all continue in the coming year.

North Burnett has had no COVID cases. May it continue.

June Kilah (Pres.)

OoOoo

June also reported that the Monto Branch held their annual meeting on Thursday, September 24, 2020 at 9 Newton Street, Monto.

A healthy financial report was delivered by the Treasurer to the meeting and the election of the office bearers resulted in being the same as last year.

The Office Bearers for 2020—2021 are as follows:-

President - June Kilah

Vice Pres. - Marilyn Hall

Treasurer - Mary Sharp

Secretary - Rita Petersen

Donations were given to the RACQ Helicopter Service \$1,000 and Ridge Haven received \$1,500.

Well done, members of the Monto Branch. What a great effort for a small but hardworking branch.

OoOoo

ABOUT MONTO

Gateway to Cania Gorge National park, Monto is home to a long-running dairy industry and a variety of cultural, historic and artistic experiences.

Take time to stroll through Lister Street Parkland to view the metal and sandstone sculptures by local and visiting artists. For historical enthusiasts, learn the town's history at the Monto Historical and Cultural Complex, which houses a museum and art gallery featuring cultural displays, historical exhibitions and more.

If you feel like getting back to nature, enjoy a scenic bush getaway in Coomanglah State Forest and Kalpowar State Forest and discover Mulgildie Bunyip, a testament to the legend of the Bunyip hole.

Why not go off-grid at Kroombit Tops with a true bush camping experience including fire-rings for traditional bush cooking.

(From the Bundaberg Southern Barrier Reef web page)

NEWS FROM BRANCHES

BOWEN



The activities for the Bowen Branch both for meetings and monthly Hoy social function were cancelled from March 2020 due to Covid-19 Pandemic and Hoy has not resumed as yet.

The Bowen Branch meetings also "shut down" at the same time.

The Branch meeting resumed in August, followed by the AGM in September. All current office bearers were returned to the current positions.

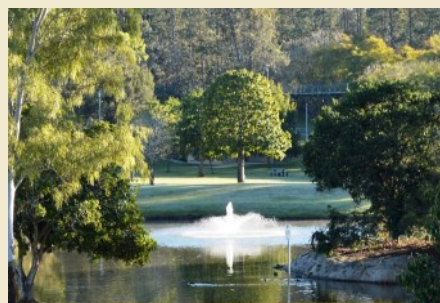
Just recently the Bowen Members had a "get together" and enjoyed lunch at the Horseshoe Bay Cafe....this was a pleasant time of fellowship from previous "shut down" .

The forthcoming Branch meeting will take place on Thursday 12th November 2020.. This is our last meeting for the year 2020.

The high-lights for this year were the monthly Comets keeping branches informed of APSL business, and happenings at other branches.

We sincerely thank State Secretary, Comet Editor, Cherith for this sterling job " to keep branches informed "as we have passed through difficult times in this year of 2020."

Joyce Macdonald.



Above Gympie. A brief report from Maureen Perry.

CALOUNDRA - Held a small meeting - Coffee Break it was called. The town is having a lot of trouble with mail delivery and a lot postie has lost his job as he was not delivering the mail. Things should be better next week. The branch will be represented at the AGM on Zoom.

MONTO - Refer page 8. Had 46 mls rain. Book sales are going well. Some travelers have bought houses in Monto so they have a permanent address.

CHILDERS - Had a meeting in October with another scheduled for November. Had some rain. Hotel is booked for Christmas party.

HERVEY BAY - Had about 40 mls rain. They have a ne President, Dale Stanley—(welcome Dale) The new committee will meet shortly.

GYMPIE - All is well. Gympie held their October meeting at 10 Perry Lane. The November meeting will be held at the Senior Citizens Centre. We may have to cancel our Christmas Party due to restrictions at the hall. Things are quiet at the moment around the town.

Maureen Perry



RSPCA Qld's Eumundi wildlife centre smashed by storm

The storms that ravaged the South East several week-ends ago have flattened major structures in RSPCA Qld's wildlife rehabilitation centre at Eumundi. Sadly a Kookaburra and Tawny Frogmouth are missing.



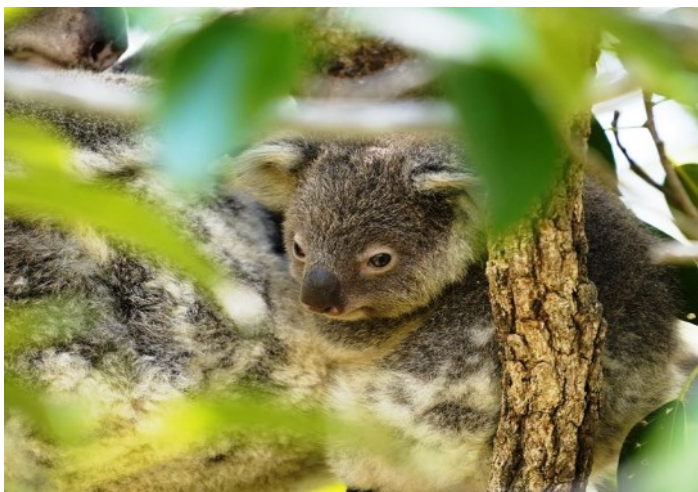
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"They're getting hit by cars, or attacked by dogs, so it's a very, very busy time."

number of enclosures including a possum aviary were severely damaged in the storm but thankfully the animals inside were found unharmed and were able to be safely relocated to alternative areas on site.

"This couldn't have come at a worse time," said RSPCA Qld spokesperson Michael Beatty. It's what we call the trauma season, which is when native animals mate and give birth, so our wildlife facilities are getting swamped.



Power has recently been restored and staff and volunteers have vowed to still care for new patients that arrive on the premises.

"We're probably looking at a complete rebuild for the

enclosures that were flattened but, in the meantime, we'll be doing the best that we can with what we have."

RSPCA QLD care for more than 25,000 native animals, birds and reptiles every year.

We'll be providing updates online as they come to and as we look to re-

build and seek assistance in the future.

Michael Beatty

Media and Community Relations

Wacol Animal Care Centre

RSPCA Queensland



RSPCA 
Queensland

From Michael Beatty Media and Community Relations, Wacol Animal Care Centre,
RSPCA, QUEENSLAND

Magistrate Terence Browne heard the matter at Cairns Magistrate Court. Bebe Mellick represented RSPCA, ATSILS lawyer Lyndon Brandt represented SAMMONS who appeared via video conference from jail in Townsville.

SAMMONS pleaded guilty to both charges, one of failure to treat and one cruelty charge, and the statement of facts were not disputed. ATSILS lawyer Brandt stated SAMMONS is 30 years old, has 3 children aged 14, 8 and 4 and was on an allowance at the time. That he is remorseful and loves animals. SAMMONS claimed he saw dog "Freckles", a 1yo cattle dog, get kicked by a horse and get injured. SAMMONS, previously having worked as a ranger at Yarrabah, said he did not have a phone or a car and thought to help the animal by suffocating him. SAMMONS now understands that this was a poor call of judgement at the time.

Magistrate Browne took into consideration the guilty plea, however did not deem it an early guilty plea. Magistrate Browne said the statement of facts was disturbing to read and the only way to describe it is that it was cruel. No assistance from any rangers or RSPCA was asked.

Furthermore, Magistrate Browne took into account the extensive criminal history. This incident occurred about 6 weeks after having been given a suspended sentence in November 2018 at Yarrabah Magistrate Court.

Magistrate Browne sentenced SAMMONS to:

Six months imprisonment for charge 1 (failure to treat).

Twelve months imprisonment for charge 2 (Cruelty).

Imprisonment to be served concurrently and allegeable for parole after 4 months.

A lifetime prohibition order.

Court costs of \$101.80.

Legal professional costs \$1,200.



Below is a reply to an email I forward from the EveryAge Counts Coalition regarding the Federal Budget. (excerpt)
 At the EveryAGE Counts campaign we were concerned to see that just as the Jobkeeper program – a successful and important program to help workers of all ages during the shutdown and recession – runs out, it will be replaced with a new program that excludes unemployed workers over the age of 35. We have to take a stand against the ageism behind these decisions. As you know, losing your job impacts people at any age. Older workers are just as vulnerable to redundancy as younger workers, and when they do lose work, they are much more likely to take longer to find a job. Whilst this recession continues, and even beyond, it's important that unemployed workers are assisted to get a job, regardless of their age. (Below is reply from Michelle Landry's office).

Good morning Cherie,

Thank you for contacting Michelle Landry regarding your concern over the JobMaker Hiring Credit. Ms Landry has asked that I reply on her behalf.

The JobMaker Hiring Credit has been designed for the age bracket of 16 – 35 due to those in that demographic are facing a higher risk of long term unemployment due to the affects of COVID-19. Experts warn that those who have not found meaningful employment by the age of 22 are at greater risk of a lifetime of welfare dependency.

Prior to the Coronavirus pandemic, youth were already disproportionately affected in the labour market compared to other cohorts in older demographics. In December 2019, the rate of unemployment of those aged between 15 and 25 were 11.5%, more than double that of the general population of 5.1%.

Industries that have been hit the hardest by COVID-19 are hospitality, aviation and tourism, creative arts and entertainment and sports and recreation. The highest employed demographic for those industries are that of those in the 16 – 35 years age bracket.

The JobMaker Hiring Credit Scheme will encourage employers to help to reduce the high levels of unemployment rates in that age bracket. It will help to break the cycle of youth remaining on welfare for the long-term, create 450,000 jobs and help Australia's economy rebound from the difficulties it is currently facing due to Coronavirus.

I would also like to point out that there are already schemes in place for workers over 50 years of age. These are the Restart Wage Subsidy, which gives companies which hire a worker aged over 50 years, who was on income support for six months or more, a wage subsidy of \$10,000. The Restart Wage Subsidy has helped over 50,000 people and there are currently 3000 being supported by this program.

Skills Checkpoint for Older Workers Program is a \$17.4 million scheme which provides eligible Australians with advice and guidance on transitioning into new roles within their current industry or pathways to a new career, including referral to relevant education and training options. The Skills Checkpoint Program will support up to 20,000 older Australians over four years with targeted support to help them stay in or get into the workforce.

Career Transition Assistance (CTA) is a program designed to help mature-age job seekers build their confidence and skills to become more competitive in their local labour market through a short intensive course. CTA helps people 45 years of age and older to increase their job readiness by identifying their transferable skills and better targeting their job search to local industries and available jobs. Participants receive practical support to build their IT skills, update and tailor resumes and job applications, find opportunities in their local area and explore suitable occupations.

Support for Adult Apprentices Scheme which encourages employers to take on workers aged over 21 and support them through their apprenticeships. A payment of \$4000 is paid on the 12 month mark to the employer and is both eligible for full-time and part-time Australian Apprenticeships.

Also, the Mature Age Hub <https://www.employment.gov.au/mature-age-hub> which has been created to provide assistance to both employers and mature age jobseekers and workers.

If there is anything else that you would like Michelle to help with, please feel free to contact her at Michelle.Landry.MP@aph.gov.au.

One Thousand Men Are Walking

Joshua Dyer (aged 14) was tasked at school to write a poem for Remembrance Day.

An hour later (without any help) he produced this.

One thousand men are walking
Walking side by side
Singing songs from home
The spirit as their guide
they walk toward the light milord
they walk towards the sun
they smoke and laugh and smile together
no foes to outrun
these men live on forever
in the hearts of those they saved
a nation truly grateful
for the path of peace they paved
they march as friends and comrades
but they do not march for war
step closer to salvation
a tranquil steady corps
the meadows lit with golden beams
a beacon for the brave
the emerald grass un-trampled
a reward for what they gave
they dream of those they left behind
and know they dream of them
forever in those poppy fields
there walks one thousand men.

Joshua Dyer 2019 (aged 14)

Lest we forget

Tips to stop a car when one of the tires explodes when speed exceeds 100 km/h

1. First tip:

When a tyre explodes try to stay as calm as possible and hold the steering wheel firmly with both hands.

2. Second tip:

It's the most important keep your foot off the brakes and don't push it at all. Don't even look at the brake pedal, don't even think about it.

3. Third tip:

Stay on your path and try not to change it or get out of anyone's way, stay on a path as straight as possible.

4. Fourth tip:

If your car has a manual transmission, gradually change to a lower BUT ONLY do so if you feel that the car is completely under control.

If your car has an automatic transmission, stay in the Drive (D) gear DO NOT change.

5. Fifth tip:

Don't use brakes, the drag from the exploded tire will slow you down.

6. Sixth advice:

When speed drops to 50 km/h, you can gently press the brakes until the car stops

Spread the message! You may save a life.

From the internet.

Oo0oo



Well worth a visit to Jezzine Barracks Military Museum in Townsville! If you are planning a drive around our State - make this a priority if you want to see more of our military history!

Lest We Forget



How to treat a snake bite

1**Follow DRSABCD. Call 000.****(Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillator).****2****Apply a pressure immobilisation bandage.****3****Immobilise the limb using a splint** to reduce the muscles from pumping the venom along the limb.**4****Mark the bandage at the site of the bite** so that medical professionals can examine the area without taking the bandage off.**5****Re-check circulation** in the fingers or toes that have been bandaged to ensure the bandage is not too tight.

Call an ambulance immediately

You should treat any snake bite as an emergency, regardless of whether you think the snake was venomous or not. Many snakes look similar, and if you wait to see if you feel symptoms of venom poisoning, it might be too late by the time you get help.

What to do

You need to stay as still as possible, so rather than running for a phone, use a mobile phone or have someone else go and call for help. Call Triple Zero (000) and ask for an ambulance, or use the [Emergency+](#)

[app](#) to call an ambulance. This app uses GPS functionality on mobile phones to help the emergency services know exactly where you are. And most importantly don't panic.

From the Queensland Department of Health Web site.



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.