
THE COMET

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

STATE CONFERENCE and ANNUAL GENERAL MEETING

GYMPIE

September 13 and 14, 2021



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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
My Aged Care	1800 200 422



JUNE 2021

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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 EVERY-
AGE COUNTS COALITION OF**





EDITORIAL

By

Cherith Weis



Dear Friends,

Time is marching on and with the State Conference set down for Gympie on September 13 and 14, branches are being reminded that agenda items are required soon at Head Office. Branches are asked to research the subjects about which they are concerned before sending items for inclusion in the Conference agenda.

During my stay in Gympie over the past few weeks, Branch Secretary Maureen Perry took me to the Albert Park Bowls Club which I believe to be an ideal venue for conference.

We also visited the Jockey Club Hotel which is the venue for our first night dinner. Both are excellent venues.

I believe that this conference will go ahead and would ask as many branches as possible to attend and make this conference a success.

It is with great sadness to learn that we have lost two members from the Bowen Branch. Betty Cunningham and Nola Tapp have been long time members of the branch and will be sadly missed by all.

Branches have contributed greatly to this edition along with photos of their activities. A special thanks to Collinsville for an article on the town and some news about their branch. Many thanks, Denise.

All branches are invited to submit an article about your area and your activities to be included in The Comet.

Photographs should be sent as JPEG files and of decent size in resolution. Closing date for inclusion in the next edition is the 20th of the month.

APSL is working on:

- changes to the Constitution;
- Proposed change to the APSL Name; the difference between the single pension and the couples pension; the need for more social housing: just to name a few.

These items will be dealt with at conference with all delegates having an opportunity to vote on the issues. Please seriously consider attending - it's your conference.

Stay safe - Stay well.

Cherith Weis

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Collinsville Pensioners 2021

We would like to tell you a bit about us and our town. Collinsville, Queensland is a coal mining town, we are proud of our town and our coal mines. We have a lot of lovely murals around town and 2 museums which attract a lot of tourists. Our town has a high school, 2 state primary schools, a Catholic school, kindergarten and prep.



This is a photo of the No. 1 mine, it is no longer a working mine but a tourist attraction. This is an aerial photo of our town, there is actually two small towns together, Collinsville and Scottville, which is one community.

Collinsville is also called “The Pit Pony Capital” of Queensland, this comes from the Pit Ponies that were used in the mines. In our local area we have 2 working mines, which are the backbone of our community.

This year we have lost some of our members due to them leaving town, they are sorely missed and we remember them, Sophie Whitton, Thelma Bruncker and Bill and Beryl Aspinall, we wish them all the best in their new homes and lives.

We have a weekly get together on Thursday starting at 9.30am where we have morning tea, then scrabble, and cards until 11.30am when we prepare for our luncheon, after cleaning up we then finish our day with playing bingo until 1.45pm. Each week we have a raffle and on the 3rd Thursday we have a “Bring & Pick” where each member brings an item with the value of \$5 and these are the prizes of our raffle that day. Every 2nd Thursday of the month we have our meeting before we start our normal pensioner day. We also have a luncheon every 2nd month, where we take turns in supporting the two venues available for our outing. We are truly blessed by each of our members who enjoy our weekly get-togethers.



Some of our members gathered together for a photo before we start our day with morning tea.

**2021
STATE CONFERENCE
VENUE
ALBERT PARK BOWLS
CLUB
RIVER ROAD
GYMPIE**



**THE VENUE FOR THE
CONFERENCE
PLENTY OF PARKING
ACCESSIBLE OFF THE
MAIN HIGHWAY
THROUGH
GYMPIE**



The venue is accessible to all persons with a concrete footpath to the door and no steps to negotiate to enter the building. A large number of car parking spaces are also provided. I accompanied Maureen on a visit to the club while staying in Gympie in May. She is pictured above speaking to the Club’s representative Rick Wadrop outlining needs for members during the conference.



I enjoyed a scrumptious lunch at the Victory Hotel on the Gympie north-side at the invitation of Gympie Secretary Maureen Perry and her branch members during my stay in May.

It was a great day with members who were wonderful company.



ROAD SAFETY

with

Leyland Barnett

Dash Cams

What are the benefits of having dash cams installed into your vehicle and what you should know about the features?

The benefits of having a dash cam in your car allows you to identify an incident or crash from a video being recorded from a front camera and a rear camera with some models, to assist with insurance claims.

A crash can put you into shock and in that state you may forget to take down necessary details such as registration plates, licence number and contact details of the other driver as well as details on crash location and descriptions of damage.

A camera can record the registration plate, the details of the damage and the identity of the other driver as well as the incident itself, some cameras record GPS location, making insurance claims very easy.

I had an incident happen a couple of years ago where someone run into my car while stopped at a rail crossing, for a stop sign.

The individual gave me false details and drove off.

However the dash cam recorded the incident, the registration plate and the description of the driver which made it easy for the police



to track down the driver and helped me to avoid paying the access on my insurance policy. The camera paid for itself with the insurance savings on the one incident.

Dash cams vary in price and the dual dash cams of front and rear can retail around 450 dollars whereby just front cameras at 100 dollars.

The dual cameras are a better set up as the rear camera can record the registration plate in the event of a common rear end collision.

Make sure that the dash cam doesn't impair your view while driving and keep any cables clear of air bags.

The higher the resolution the more details can be revealed, however you need a larger memory card to store the information.

Most cameras record over the old footage once the card fills up and you would be required to download the footage that you need as soon as possible after the incident.

The camera I use is a Navman MiVue model that has 1080 resolution front and rear. The rear camera can see through the windscreen of the car following behind and can easily identify the driver and passenger.

I have had situations where other drivers have accused a Learner driver from doing something wrong and when the video footage is reviewed the evidence is quite clear on the driver at fault, as videos don't lie whereas some people do.

RSPCA Qld Vollies celebrate National Volunteers Week

“We simply couldn’t survive without them,” said RSPCA Qld spokesperson Michael Beatty. He was of course referring to the more than 5,000 volunteers that volunteer at RSPCA shelters, wildlife and veterinary hospitals and Op Shops across the state. They assist veterinary nurses and animal attendants, they drive ambulances and animal delivery vehicles and they staff Op Shops that raise much needed funds that enable the RSPCA to care for over 50,000 animals that come into their care every year. All in all, volunteers contributed 550,668 hours to RSPCA Qld in the last year.

From Monday 17th May until the 23rd is National Volunteers Week and the nearly 6 million volunteers all over Australia are being remembered and saluted for their generosity of spirit and dedication to their chosen charity.

Here are just some profiles of our volunteers in different parts of the stat

Warren Howard

Warren has been volunteering for almost 7 years and has completed 3,271 volunteer hours! Warren is a volunteer Animal Ambulance driver and assists with dog animal care every Friday.

Warren is a dedicated volunteer who commits to driving one of our Animal Ambulances multiple days a week, he is always ready and willing to do anything. Warren is always a gentleman and one of the best assistants you could ask for. One night when completing an animal rescue, Warren went swimming in a pond in the dark to rescue a bird that was tangled in fishing line. His love for rescuing animals is truly admirable!



Amanda Chen

Amanda has been volunteering since February 2019 and has completed over 1,100 volunteer hours! Her roles include: Behaviour and Enrichment support and Customer Experience Concierge. She offers up her Fridays and Saturdays to help animals and visitors at the RSPCA.

While Amanda finds her role incredibly rewarding, it does mean she’s spending a lot of time cleaning up after the animals. The animals certainly appreciate her help in keeping their areas all tidy and clean! Amanda is a hard worker and passionate about helping animals of all shapes and sizes.



John Emeny

John is an active and caring man who has completed over 1,260 volunteer hours at the RSPCA. He is an Animal Transfer Driver and is constantly out in the community rallying support for the RSPCA in Cairns.

He is always putting his hand up for events or driving animals where they need to go! An advocate for big dogs, the running joke for John is that he is “the large breed rescuer”, but he’s reached his adoption quota with us for now! He is a happy father to four beautiful Great Danes, that’s a lot of couches that he needs to keep free for these gentle giants!





Members of the Constitution Committee spent a weekend in May working on proposed amendments to the APSL constitution. The venue was Gracemere. Another meeting will be held on the second weekend in July.

Pictured are standing— Margaret Laughton and Barry Ramsay.

Seated - Meg Paterson; Joyce Macdonald; Cherith Weis and Nola Harvey.

GRACEMERE BRANCH MEETS ON MOUNT ARCHER

Members of the Gracemere APSL made a trip to the top of Mt Archer for the purpose of holding their May Monthly Meeting in the great outdoors. A spot with a view was selected by Member who enjoyed a Morning cuppa prior to the Meeting followed by lunch and a chat afterwards. A few of our members decided to partake of a little exercise in the form of a walk to **the** two lookouts on Mount Archer while others decided to bask in the view from our table.



While packing up, everyone commented on how they had enjoyed the morning and would certainly like to do it again at a later date.

PICTURED - Back row (L to R): Vince Reynolds, Nola Harvey, Jean Harvey, Lois Collins.

Middle row (L to R): Eileen Russell, Desiree Reynolds, Jocelyn Ward, Cheryl Smith.

Front Row (L to R): Alice Kelly, Linda O'Dea, Marion Graham.

WARWICK WELCOMES VISITORS



On Thursday May 27, the Warwick branch was privileged to be able to host our first group of visitors since 2019.

With visitors from Esk (Over 50's Club), the day was enjoyed with food, laughter and the music entertainment from members of our club as well as the Travelling Country group lead by our very own Arnie Crowe and Ted Thompson.

We also enjoyed the poetry and yarns from our local artist and member Greg Dillon.

A great day was had by all. Looking forward to going to Esk in September.

Thanks to the Warwick Branch Secretary, Madeleine Holland for this news. (ed.)

Warwick is the oldest branch of APSL.

In fact, Warwick is older than the organisation - APSL - of which it is a member.

Sitting gracefully on the banks of the Condamine River, historic Warwick – known for its roses and rodeo – features some of the state's finest original sandstone buildings. From here it's an easy drive to explore the friendly villages and small towns of the Southern Downs.

Settled more than 150 years ago, the city is rich in "Heritage and Historic Building Trails" featuring a number of well-preserved churches, cottages, railway stations, schools and monuments – each with its own story of old. One of the most interesting stories is that of Thomas Byrnes whose imposing statue stands in the main street – the talented son of poor Irish immigrants, he rose to be Queensland Premier in 1898 and after just five months in office, tragically died of pneumonia. (from the web)



BOWEN BRANCH SAD NEWS

Bowen Branch sadly advises the passing of two of their members.

Betty Cunningham aged 91. Betty was always very interested in APSL business and contributed some very thoughtful and relevant ideas to the branch . VALE

Nola Tapp aged 90, a member for some 15 years contributed much to the branch activities.

Nola was a beautiful cook and produced scones and tasty goodies all Bowen APSL functions....as well she crocheted and donated many knee rugs and cushions for branch cent sales, which were excellent raffle prizes.

Nola shared her definite views on the many support packages for a better deal for pensioners and for an outcome of a better lifestylemixed with good humour.....Vale

Joyce Macdonald....Bowen President.



Pensioners' Prayer

Heavenly Father,

We pray for the Aged, Invalid and Widowed, who meet here,

As well as those absent through sickness

Grant that we may never forget that God is Love

And May he ever rule our hearts.

Give us Grace to face advancing years with courage

And help us always,

To be thankful for all mercies, remembering that God is

The Finisher, as well, as the Author of all Life

Make us patient in suffering,

And ever keep alive our faith in the resurrection

This we beg through Jesus Christ our Lord.

AMEN



Found this timely, because today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today? I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" I just say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Have you ever noticed: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he knows when he's really in trouble.

Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs?"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me.

I want people to know why I look this way.

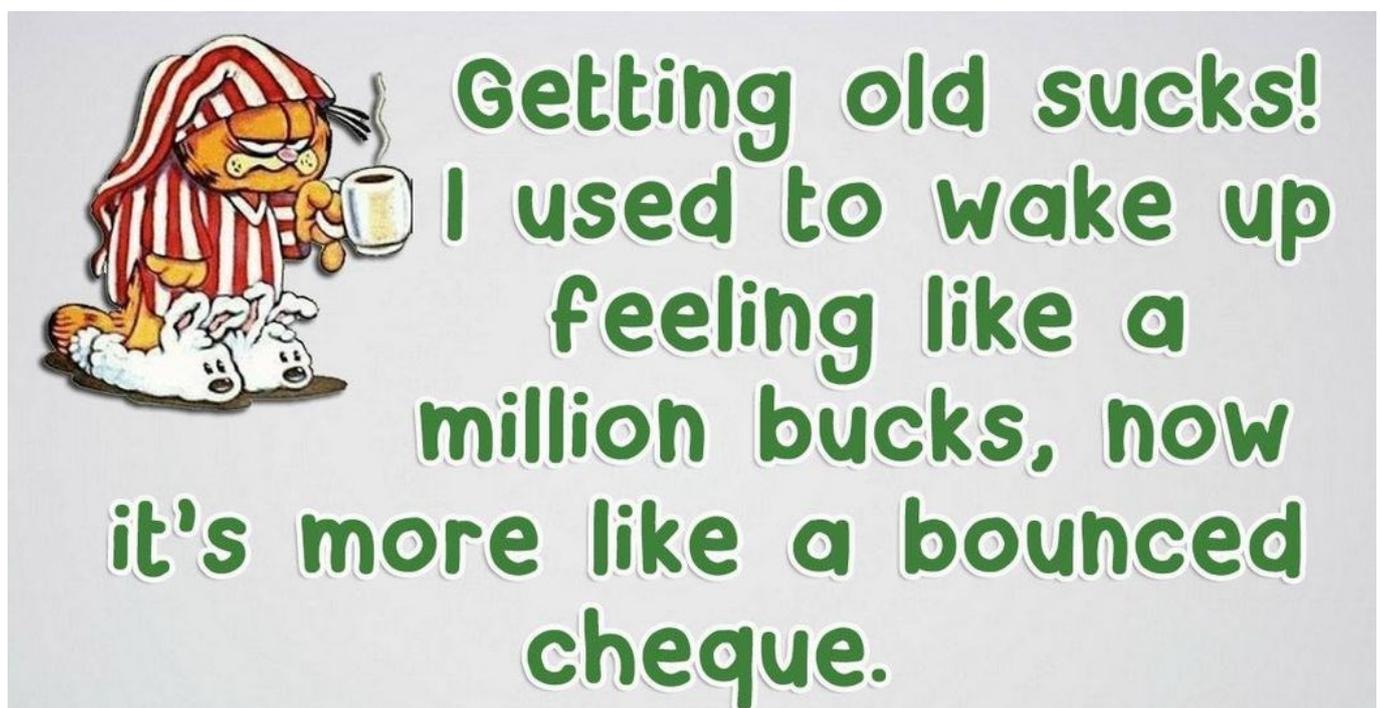
I've traveled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up, sags or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have: Love to share, Cash to spare, Tyres with air, And friends who care. 🌟



HAVING A WOW OF A TIME AT WYNNUM



For the benefit of the rest of us, Wynnum is a coastal suburb of Brisbane. In the 2016 census, Wynnum had a population of 12,915. The suburb is a popular destination in Brisbane due to its coastline, jetty and tidal wading pool. (Wikipedia)

Kurilpa Kitchen clients had a fun day out recently in the seaside suburb. Craig prepared a great lunch in the relaxed atmosphere while our Bev assisted in making sure everyone enjoyed the outing.

DRONES AND SOME RULES

The basic dos and don'ts of recreational drone flying laid out clearly by the Australian Civil Aviation Safety Authority (CASA). Recreational drones cannot fly: closer than 30 metres to anyone not involved in flying or navigating the drone during take-off, flight or landing.

If the rise of drone technology in everyday life makes you a little uneasy, it may comfort you to know that pilots of commercial drones weighing two kilograms or more need to be registered with the Civil Aviation Safety Authority (CASA) and have an operator's certificate before their RPA (remotely piloted aircraft) goes zipping through the public airspace.

But it's a different story with smaller recreational drones – the ones you can now buy at retailers across Australia.

Drones and personal surveillance

Recreational drones are rising in number, and the rules around their use are well laid-out, for the most part. CASA has put together a [handy quick-reference](#) guide that breaks down all the flight regulations for new pilots.

But what if you're on the receiving end of a drone's gaze? It's no secret that many recreational drones are equipped with cameras – and that people can be nosy. As it stands, your protection against unauthorised surveillance is limited.

So if you're wondering whether you can legally spy on your neighbours or other persons of interest with a drone, the answer is currently unclear. Anti-stalking legislation may forbid such activity in some cases, and some legal experts say recording activity on private property would be illegal in most states. Others say there really are no hard and fast rules at the moment. In any case, there's nothing encoded in law regarding recreational drones and privacy.

From CASA website

The dos and don'ts of flying

You must:

- only fly one drone at a time
- always fly your drone in visual line-of-sight — this means:
 - flying only during the day
 - avoid flying through cloud, fog or smoke
 - you can always see your drone with your

own eyes — not by using goggles, binoculars or another device

- not flying behind obstacles that stop you from always seeing your drone. For example, trees, buildings or other structures.

You must not fly your drone:

- higher than 120 m (400 ft) above ground level — that's about the height of a 35-storey building or length of a football field
- closer than 30 m to people — other than those helping to control or navigate your drone
- over or above people at any time or height
- in a way that creates a hazard to another person, property or aircraft
- near emergency operations
- in prohibited or restricted airspace (use a CASA-verified drone safety app to help you)
- closer than 5.5 km to a controlled airport, which usually has a control tower, if your drone weighs more than 250 g. You can operate indoors provided the drone can't get out of the building. If you're a ReOC holder, please see more information on flight authorisations.

You may operate your drone within 5.5 km of a non-controlled airport or helicopter landing site if:

- there are no manned aircraft flying in the area
- you see any manned aircraft flying to or from the airport or helicopter landing site you land as soon as safely possible
- you stay outside the airfield boundary.

Report unsafe drone operations

There are rules in place to keep you and others safe, on the ground and in the air.

The drone safety rules, also known as the standard operating conditions, apply to all types of drones and remote-controlled aircraft.

If you suspect that a drone operator is breaking the rules, you must report the incident to your local Civil Aviation Authority. (Ed)

Your Health.....ABOUT OSTEOPOROSIS

Osteoporosis literally means 'porous bone'. It is a condition where bones become thin and lose their strength, as they become less dense and their quality is reduced. This can lead to broken bones, which cause pain, disability, and make everyday activities extremely difficult.

Around the world, one in three women and one in five men over the age of fifty will suffer a broken bone due to osteoporosis.

The following information will help you to understand more about osteoporosis, what you can do to help prevent it, and how it can be diagnosed and treated.

Our bones are living tissue that give our body structure, allow us to move and protect our organs. Osteoporosis causes the bones to become more porous and fragile, greatly increasing the risk of painful and often disabling broken bones (known as fragility fractures).

Osteoporosis is often called the 'silent disease' because most people don't know they have osteoporosis until they suffer a broken bone from a minor fall or bump – something that would not normally have caused such a drastic injury. In fact, even after breaking a bone, around 80% of patients are still not diagnosed and treated for osteoporosis, the underlying disease which has caused the fracture.

HOW OSTEOPOROSIS DEVELOPS

From birth to adulthood, our bones develop and grow until, in our early 20s, they reach what is called peak bone mass – the time when the bones are at their strongest, densest and least likely to fracture. Throughout life, bone is constantly being renewed, with new bone replacing old bone- and this helps to keep our skeleton strong. But for people with osteoporosis, more and more bone is lost and not replaced. This means that the bones gradually become brittle and more likely to break.

By being aware of osteoporosis and which factors could place you at risk, you can make sure that you get diagnosed and treated as soon as possible. Fractures that are most often associated with osteoporosis are at the hip, spine and wrist. Fractures of the spine are the most common, yet many people dismiss the back pain as just a sign of getting older and don't get proper diagnosis.

Early diagnosis is important because one broken bone increases the risk of suffering yet more broken bones - resulting in long-term disability and loss of independence. One in four women who have a new spine fracture will fracture again within one year. After a hip fracture, about one-quarter of people die or never walk again.

By getting early diagnosis you can be treated more effectively, so that future fractures can be prevented.

And remember, there are things you can do to help prevent the condition and keep your bones strong: follow a bone-healthy diet, exercise regularly, avoid negative lifestyle factors, and find out whether you have risk factors for osteoporosis.

Be informed and know how to help yourself!

(Continued on page 15)

Your Health.....Osteoporosis continued from page 14

QUICK OSTEOPOROSIS FACTS

- -Osteoporosis is a condition where the quality, quantity and strength of your bones is reduced, making them more likely to break.
- One in three women and one in five men over the age of 50 will be affected by a broken bone due to osteoporosis.
- It is a serious condition, but it can be treated. You can help prevent osteoporosis through good diet and lifestyle.
- Early diagnosis means that treatment can be more effective – don't ignore back pain!
- If you've broken any bone (for example, your wrist) after a minor fall from standing height, this could be a sign that you have osteoporosis. Be sure to ask your doctor for testing and treatment - because one broken bone is a warning of more to come!

HOW SERIOUS ARE BROKEN BONES?

It cannot be emphasized enough that broken bones due to osteoporosis are not just painful, they are all too often a cause of life-changing disability and loss of independence. That is why it is so important to ensure you are diagnosed and treated early, before fractures happen!

HERE ARE JUST A FEW FACTS

- In women over 45 years of age, fractures due to osteoporosis result in more days spent in hospital than many other diseases, including diabetes, heart attack and breast cancer.
- Up to 20-24% of patients die in the first year after a hip fracture
- Hip fracture survivors experience loss independence, with 40% unable to walk independently and 60% requiring assistance a year later, 80% are restricted in other activities, such as driving and grocery shopping.
- 33% of hip fracture patients are totally dependent or in a nursing home in the year after a hip fracture
- A fracture not only affects people physically, but also emotionally. It reduces overall quality of life, often causing depression and isolation as people reduce social interaction or are no longer able to do the activities they used to do.

The long-term loss of independence and mobility can put physical, emotional, and financial strain on patients themselves, as well as relatives and friends.

From the International Osteoporosis Federation Website

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 not 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.

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.