
THE COMET

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

**KEEP
CALM
RELAX
READ
ON**

The Comet is the official journal of the Australian Pensioners' and Superannuants' League. ISSN 0814-2211

Australian Post Publication No PP100000/860.

The Comet is published monthly from February to November each year. It is available online, through branches from the State Office and APSL Branches throughout Queensland.

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

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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



AUGUST 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 EVERYAGE COUNTS COALITION OF OR-





EDITORIAL

By

Cherith Weis



Dear Readers,

Once again, the headlines are all about COVID19 and our screens and newspapers are full of it. I don't need to watch the repetitive comments from some misguided personality prattling on about the virus.

Yes, this virus is not the flu. It's deadly serious and must not be under-estimated. Never in our lifetime have we experienced such a virus. We have had all the childhood diseases in our lives and many of us contracted most of these diseases before a vaccine was introduced, but this is something different.

Never had we been subjected to a barrage of "conflicting notions/statements" much of which has come out of the mouths of "would-bes" and keyboard "warriors". Even some experts disagree, but some of the ridiculous stories on social media take the cake.

Herd immunity from Queensland Health

Vaccines prevent or reduce the severity and long-term impacts of COVID-19 infection, protecting the individual, and saving lives.

We reach 'herd immunity' when enough people are immunised to stop or slow the circulation of the disease. This reduces the likelihood of infection, which then affords some protection for people who can't be vaccinated.

The percentage of people required to achieve herd immunity changes depending on the disease and how effective the vaccine is at preventing transmission. The percentage of people required to be vaccinated against COVID-19 to begin inducing herd immunity is not currently known.

Our end goal is to vaccinate as many Queenslanders as possible and anyone who wants to be vaccinated, will be vaccinated. In the meantime, we will continue to follow the advice of the Australian Technical Advisory Group on Immunisation (ATAGI).

We continue to encourage people to register their interest. Registering your interest is the fastest way to make an appointment. To register your interest, visit www.health.qld.gov.au/vaccinebookings. ENDS

At the time of writing this column, we are holding our conference on September 13 and 14 in Gympie. All notices and conference information have been sent to attending branches.

Many organisations have been hit hard by the "event" which is now in its second year. However, until we have complete control over it, we must live with it.

On the agenda will be the need for pensions to be increased and in particular the difference between single and coupled pensions.

Social housing is another subject which will be raised at the conference.

There will be more information in our September edition.

Enjoy the read. We welcome feedback and requests. Until we meet again, please adhere to social distancing; sanitise; stay well and be happy!

Cherith Weis



Eye to eye with a cataract operation

Anne Ring



Cataract operations are so common amongst older people that they could be considered to be a rite of passage. Those of us who wear glasses, and have regular eye check-ups for prescription updates, tend to find out about cataracts and their trajectory towards a stage of operational need progressively. Others – I’m guessing – find out about them when they realise that their vision is not quite as good as it used to be. Either way, I’d like to reassure those who haven’t yet had that op, that they are a remarkable experience of advanced medical technology to help us preserve one of our most vital senses: sight. And they can have unexpected side benefits, as I found out when I had mine.

First of all, though, for me there were two disconcerting aspects in the lead-up to the operation. Most off-putting, perhaps, was the information that you are sedated for it, but only to a level where you are still conscious, and have to endure the feeling and the knowledge that someone is fiddling around in your eye! Also disturbing, however, was the necessary signing of an acceptance of the remote – the very, very remote – possibility that things could go wrong, from a minor to a quite gorily described major degree. Unsettling indeed, despite all the reassurances from the professionals and those family members and friends who had gone before, of how unlikely they are (and in that regard it can be a boon if one has an eye surgeon whose skill in this area is legend).

So, scene set, there was the key question of what sort of fixed lens I wanted for my super myopic left eye. My sister was one of those who had gone before, and as she had needed to have both of her eyes done (one shortly after the other), she had opted to have one eye with short sight (good for reading) and one with long sight (good for distance vision). And that had worked splendidly.

At this point, I want to back track a bit – well, 70 years or so – when my extreme short sight was revealed by the fact that I was constantly having to walk up to the blackboard to see what was written on it. At that time, my lovely ophthalmologist erroneously reassured me that with age my sight would increasingly lengthen until I could throw away my glasses. Instead, what happened was the need for increasingly expensive and complex graduated focal lensed spectacles.

So, the idea of finally not needing glasses had a lot of appeal, and I opted for a long-sighted lens. I gather that that might not work for everyone. But for me, it has proved to be nothing less than a medical marvel. Almost immediately afterwards – and so, even during the four tediously obligatory weeks of a complicated eye drop schedule (that I managed by drawing up a chart to tick off each application) – my spectacle-free distance vision was perfect (I could, finally, buy trendy non-prescription sunglasses!), as my reading continued to be. And the only thing I now need glasses for is for intermediate use, such as for the computer screen. With contact lenses never having worked for me, there aren’t words to describe how much of a joy this aspect of ageing has brought to me, finally. Not to mention an unexpected bonus in these intermittent times of having to mask-up: no glasses above to mist up.

And as for the (completely successful) operation itself, it was the most amazing discovery to find that the only thing that you feel is the prick of the needle with the sedating solution. And the operation itself turned out to be so relaxing that I dozed off during the procedure, and had to be woken up so that it could continue!

Anne Ring ©2021

Check In Qld app

Check In Qld app

Important

In addition to the hospitality sector, from 1 a.m Friday 9 July, the Check In Qld app will be mandatory for a number of new sectors, including:

- venues that attract large crowds, such as stadiums, convention centres, theme parks, concert venues and cinemas
- shopping centres and supermarkets
- beauty and personal care service, such as hairdressing, beauty therapy and nail services
- indoor events, such as cultural festival and expos
- outdoor events that are a music or dance festivals
- leisure and recreation facilities, such as gyms, health clubs, indoor sports facilities and indoor pools
- short-term residential facilities such as hotels, boarding houses and short-term holiday rentals
- outdoor recreation, such as caravan parks, camping areas, zoos and aquariums
- public-facing government services, such as customer service counters in government buildings, galleries, museums, libraries and community centres such as recreation halls
- weddings, funerals and places of worship (only required if indoor)
- higher education institutions, such as universities, TAFEs and registered training organisations
- adult entertainment venues
- hospitals, residential aged care, disability service accommodation (applies to visitors, volunteers and contractors, not staff or patients/residents).



Further detail of the businesses and activities that are now required to use the Check In Qld app is included in Queensland Health's [Restrictions on Business, Activities and Undertakings Direction](#).

The Check In Qld app is available to download and use to help keep Queenslanders COVID Safe when we're enjoying venues like pubs, clubs, restaurants and cafes across Queensland.





CARAVAN SAFETY ON THE ROAD

with

Leyland Barnett

Ancap?

Many people are unaware that all vehicles have an ANCAP rating that is evaluated by primary and secondary features that help you from stopping a crash and to protect you from a crash.

ANCAP is the car safety rating system used in Australia and New Zealand that analyses primary features that protect us from having a crash and secondary features that save us from a crash and the safest rating is 5 stars and the lowest is 1 star.

What are primary features that we should consider when considering purchasing a vehicle for our daily drives that will protect us from crashing?

ABS is a primary feature that allows steering control during braking to help avoid a collision. ABS works by activating brakes on and off many times per second during a heavy braking procedure towards preventing brakes locking up and creating loss of control.

ESC-Electronic Stability Control is a feature that helps drivers to avoid losing control from emergency swerving by detecting skidding and applying control to individual wheels to stabilise the car.

AEB- Autonomous Emergency Braking is a device that detects when you are travelling too close to another vehicle and will apply the brakes to reduce the chances of a crash.

What are some of the secondary features that save us from a crash?

Features such as structural integrity will help to dissipate the forces of a crash through crumple zones that disperse the forces away from the occupants that improves survival from high speed crashes.

Air bags are a secondary feature that protects us from impacting parts of the vehicle from cushioning.

5 star rated cars have a number of air bags includ-

ing protection from the front, side, curtain and legs.

The most important secondary feature is the seat-belt that protects us from being launched through a windscreen after an impact. It is important that we apply the seatbelt correctly and not just click it into the supporting base.

We need to ensure that we adjust the height adjuster to ensure the belt is not against our neck and to ensure that the lap belt is across our hip bones and not on our stomach to prevent spinal injury in the event of a collision.

It is important that we consider safety features when purchasing a vehicle but it doesn't matter what vehicle we purchase when it comes down to the contact a vehicle has on our road surface.

Tyres are only the width of an average hand and it is so important that we ensure that our tyres are in good condition.

The newer the tyre the better the grip and the better of the stopping ability because when tyres wear down their performance denigrates. The legal tread depth on tyres is 1.5 mm and a wear indicator is a lug in the depth of the tread to warn you when you need to replace your tyre.

Please ensure that you enjoy your driving but also ensure that your driving will be safe with the modern features that cars provide but also pay attention to simple things such as your tyres.

If you experience noises, vibrations in the steering or anything abnormal, please get it checked as a front tyre blow out can be extremely dangerous at high speeds.

If this happens, resist slamming the brakes as this could drive the rim of the wheel into the road surface and cause immediate loss of control.

Allow the car to roll to a smooth stop with minimal braking if possible.

Stay safe on our roads and look into ANCAP when purchasing a new vehicle.

Baking a difference

Calling all animal lovers to support the RSPCA in August

RSPCA is calling on animal lovers to bake a difference in the fight against animal cruelty for this year's annual Cupcake Day on August 16.

Last year despite COVID impacts, 3,469 super sweet people hosted a fundraiser for the RSPCA in their homes, schools and workplaces to raise much-needed dough for animals in need.

"Our annual National fundraiser will help thousands of neglected, mistreated and abused animals in Queensland each year. Animals like Bug here," says spokesperson Michael Beatty.

Currently in RSPCA care, Bug was rescued by RSPCA Inspectors and received urgent veterinary surgery to treat his injured front leg.

The funds raised from Cupcake Day will keep RSPCA shelters and services operating to provide care for pets and wildlife in need, keep Inspectors on the road investigating animal cruelty complaints, and funding prosecutions against animal cruelty offenders.



How \$72 helps

By raising \$72 for Cupcake Day you're keeping an animal warm and snuggly at an RSPCA shelter until they find their forever home.

How \$252 helps

By raising \$252 for Cupcake Day you're helping care for an animal at the RSPCA for a whole week!

How \$504 helps

Raising \$504 for Cupcake Day keeps an RSPCA Animal Ambulance or Inspectorate vehicle fully fuelled for a week, responding to injured and sick animal calls - just like Bug's - 24/7 across Queensland!

Cupcake Day is officially on Monday 16 August, but hosts can celebrate Cupcake Day on any day throughout the month!

It's free to sign up here: www.rspcacupcakeday.com.au.

E mbeatty@rspcaql.org.au W rspcaql.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





MEDIA RELEASE

Council committed to Fireclay Caverns Reopening

Rockhampton Regional Council has this morning reiterated its unwavering commitment towards reopening the Fireclay Caverns in Mount Morgan.

Councillors at today's meeting resolved not to proceed with the compulsory acquisition of the native title but Mayor Tony Williams reassured the local community that Council was still committed to the project and would look for other avenues to progress it.

"Today's decision is a clear sign we remain committed to seeing this incredible tourism and historical experience brought back to life but we want to do it the right way and the compulsory acquisition of native title isn't that way," Mayor Williams said.

"For Council to gain access to the land, the state government required Council to purchase the land and convert it to freehold and this triggered the need to compulsory acquire native title and the compulsory acquisition was never our preferred option..

"The deadline has been approaching on whether we'd proceed with the acquisition or not and we've had to ask ourselves is this the path forward we want to take?

"The answer is no. If we're going to bring this experience back to life, we need to do it together – us, the community, the traditional owners and other levels of Government, all working together.

"Council will now write to both the State and Federal Government seeking recognition of the natural and historical significance of the Fireclay along with a request for assistance to stabilise and to conserve the caves to ensure this important site remains intact for future generations.

"I firmly believe that we have an obligation to history to see the Mount Morgan Fireclay Caverns reopened for the world to see and for people to walk in the literal footsteps of dinosaurs.

I'd like to thank the passionate people in the Mount Morgan community who have advocated

so passionately to Council about this issue, to the Gaangalu Nation People who have talked to us about this and given us their time, and to the divisional councilor Cherie Rutherford who has lobbied tirelessly for this project.

"This project won't happen overnight. But the community should be reassured we're here to work with you – we've shown that with the water supply, we'll do it again with this," Mayor Williams said.

ENDS



GYMPIE

VENUE

ALBERT PARK BOWLS CLUB STATE CONFERENCE AND AGM



Some conference information for branches.

CONFERENCE CATERING: -

Morning and Afternoon Teas and also Lunch will be supplied on the both days of Conference. Each branch will pay the costs for their delegates and observers. This cost will be \$30 per head per day.

We ask that you advise the Gympie Secretary (Details below) of any *dietary* needs when sending in your meal payments.

CONFERENCE DINNER:-

This will be held at the conclusion of Conference on Tuesday evening at the Albert Park Bowls Club. Table service will be by the "drop" method. The cost for the Conference Dinner is \$35 per head.

Please note that the Albert Park Bowls Club bar will be open for business for the dinner!

- **N.B . Payment for Catering Costs is required by the close of business NO LATER THAN WEDNESDAY, AUGUST 11, 2021. PLEASE SEND TO GYMPIE PENSIONERS, C/- MAUREEN PERRY,**

10 PERRY LANE, SOUTHSIDE, GYMPIE, 4570.

NO CIVIC RECEPTION: Due to the uncertainty of restrictions in the current environment, there will be no Civic Reception this year. However, a social GET-TOGETHER has been organised for Monday, September 13 from 5.30 p.m. at the Jockey Club Hotel, 39 Exhibition Rd., Gympie.

The Monday night meal will be at the individual's cost. This will be an excellent opportunity to relax; have some fun and conversation.

IMPORTANT:-

If Branch representatives wish to attend this gathering, please indicate numbers *when returning your catering payment to the Gympie Secretary or at the check-in at the Albert Park Bowls Club early on the morning of September 13.*

Also every year, branches support the host branch with two prizes for the branch raffle. We ask that you support the Gympie branch by forwarding prizes to the address in this article. Thank you so much. Cw.

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

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CORONAVIRUS EXPLAINED EASILY:

- Kate got infected yesterday, but she won't know until 14 days later.
- Kate thinks she's healthy and is infecting 10 people per day.
- These 10 people think they are ok, they travel, go out and infect 100 people.
- These 100 people think they are healthy and keep infecting 1000 people.
- No one knows who is ok or who can infect you.

**Do you understand why it is important to stay at home?
Be responsible. Stay in quarantine.**

©Sassy Senior Society

Three Things I Won't Tolerate When Someone is Talking to Me.

1. Don't Talk to Me Like I'm Your Child.
2.  Don't Talk Like I am Suppose to Be Scared Of You.
3. And Never Talk To Me Like I Am Stupid.



Socially Connecting this October

During [Queensland Seniors Month](#) October 1 to 31, hundreds of event organisers will host inclusive events and activities suitable for people of all ages, cultures, and abilities.

That's right, you can mark the whole of October in your calendar as we introduce big changes this year.

Beginning on the United Nations International Day of Older Persons, 1 October, the month will end on National Grandparents Day, 31 October.

This year's celebration will be held with the theme of *Social Connections*.

I think most of us can agree that this past year and a half has been a bit tough. We have been separated, segregated, and yet somehow, most of us have found ways to stay connected.

Hands up, who is over Zoom calls? *Note I am holding one hand in the air, I still need to type. Whilst our conventional ways of connection may have been replaced by video, emails and phone calls our basic human need to feel safe and secure; stretched and stimulated; connected to and part of the wider community; and a sense of meaning about life and what we do, to name a few, has not wavered.

Feeling socially connected, especially in a COVID world, is more important than ever and it can provide great health benefits and improve your quality of life.

Don't forget to check-in with people. A phone call can do wonders towards a person feeling connected, especially when we are physically distanced.

Let's come together Queensland, it's going to be a connect fest!

Cheers,
Lisa Hodgkinson
 Coordinator

Warwick Branch News

We have been a very busy club over the last couple of months. June 24th we were able to have visitors from Booval it was a great day we also celebrated Hazels 95th Birthday we had about 40 people from Booval and our club combined.

Then another case of Covid hit Queensland in July and it was lock down for the Ipswich and Brisbane areas so our visitors from Lowood were unable to make it, but in true Warwick style we had a lunch at the Golf club and Celebrated Ida's 98th Birthday.



On July 22, we held our AGM with Sheryl Windle and Marco Giori; our local members of council chairing and reading out the reports

Our committee is still the same with Michael Holland President, Arnie Crowe Vice President, Del Thompson Treasurer and Madeleine Cristina-Holland Secretary.

We also acknowledged the help of Ashley Cristina-Holland when we have visitors as he helps with the serving and catering.

We are looking forward to trips away in the future with a Mystery Trip planned for late August.

Madelaine Cristina-Holland, Warwick Branch Secretary.



People are mad about not being able to go places.

Please. I was grounded about 90% of the time between 7th and 12th grade. I trained for this.



Due to social distancing guidelines, I will no longer be shaking hands or hugging.

In lieu of these, you may kneel or bow (from a safe distance). You are welcome.



If you have been in any of the 11 locked down South East Queensland LGAs on or after 1:00am Saturday 31 July 2021, then you are required to follow the same lockdown rules even if you are no longer in those areas. People in home quarantine, regardless of where they are in the state, still need to follow their home quarantine requirements.

- Gatherings:** Up to 100 people can gather in homes. No limit for people gathering in outdoor public spaces.

Indoor premises: One person per 2m² or 100% allocated seated and ticketed capacity (e.g. restaurants, cafés, pubs, clubs, museums, art galleries, places of worship and convention centres) and need to comply with the [COVID Safe Checklist](#).
One person per 2m² for short-term accommodation (including hostels, B&Bs and short-term rentals), and need to comply with the [COVID Safe Checklist](#). Density requirements do not apply in sleeping areas.
One person per 2m² at indoor play areas and need to comply with the COVIDSAFE c/list

Hospitals, aged care and disability services: Anyone who is a close contact, or has been in a declared hotspot or interstate exposure venue of concern must not visit any Queensland hospital residential aged care facility or disability accommodation services.

Indoor wedding ceremonies: One person per 2m² or 200 people or 100% allocated seated and ticketed capacity (whichever is the greater)
All guests can dance (indoors and outdoors) subject to the one person per 2m² rule.

Self-service food: No restrictions.

Indoor funerals: One person per 2m² or 200 people or 100% allocated seated and ticketed capacity (whichever is the greater).

Indoor events: One person per 2m² or 100% allocated seated and ticketed capacity and need to comply with the [COVID Safe Checklist](#).

Ticketed venues: 100% capacity with allocated seating (e.g. theatre, live music, cinemas, indoor sports, universities and other higher education institution).

Stadiums: 75% capacity with allocated seating for stadiums over 20,000 people (with COVID Safe Site Specific Plan).
Patrons must wear a mask at all times, including when seated. Masks can be removed when eating or drinking. Patrons must be seated to eat and drink. Queenslanders must **wear a mask** when at **stadiums**, at an **airport**, and **on a domestic or international flight** departing or arriving in Queensland. It is also **mandatory** to: carry a mask with you at all times when you leave home; wear a mask when travelling on public transport, in a taxi or ride share; in shopping centres; or in any indoor or outdoor space when physical distancing is not possible. Visit the [Queensland Health website](#).

ROCKY'S RING PULL GROUP IS UNIQUE



Established about ten years ago, this band of volunteers of Rockhampton's Ring Pull Association has achieved much in that time and established an outstanding name for the local group within the Rockhampton region. Picture are from left to right:- Brett Jones; President Wayne Hayes; Darrell Duke and Jim Rogers.

Donations are needed and more volunteers are invited to join this group!

The group first started just collecting ring pulls off soft drink cans and beer cans and from that these volunteers have expanded and collect general scrap metal.

Members are busily involved in recycling anything they can get their hands on.

Donations are always welcome. Pre-loved fridges; washing machines; lawn mowers; furniture in fact, they say anything they can save from the landfill they will recycle or sell metal and "left-over" scraps to raise funds for their charity.

For instance, the interiors of washing machines are made into fire pits and the idea which have taken off as popular fixtures in back yards this Winter. Old washing machines are stripped and the electric motors are taken out as there's more money in retrieving the copper from the old units.

One of the most valuable donations to the Ring Pull Group, which they appreciate are heaps of ring pulls from all kinds of canned products. Bottle tops from plastic water bottles are also welcomed and are usable and valuable items when it comes to making specialised wheel chairs and prosthetics for children with disabilities.

Fellowship of the Ring

Tin turns to gold for little Alex

TEN-year-old Skye Hutchinson, a Rockhampton Girls Grammar School student, is a recycling ambassador and the youngest member of the Rockhampton Ring Pull Association.

The association is an energetic band of volunteers who, while conducting fundraising drives and turning the results into worthwhile donations, are doing a much to save the environment from pollution.

Rockhampton Ring

Pull Association members collect many types of cast-offs including all metal lids and ring pulls.

Wayne Hayes is particularly proud of his hardworking band of volunteers, who aim to support disabled people with medical aids that will make their lives easier.

Their most recent donation was to Alex Schutt, of Gracemere, a student at South Rockhampton Special School.

The Ring Pull Association purchased a

Rifton Walker valued at \$3500, and presented it to Alex and his mother Samantha Schutt, in Gracemere last week.

Members of the association and Alex's teacher, Lynn Slatter of South Rockhampton Special School, were present.

The Rockhampton Ring Pull Association would like to hear from anyone who has metal lids or ring pulls to donate.

Phone Wayne Hayes on 0402 503 189 or secretary Kim Falconer on 0431 593 686.



NEW WALKER: From left, Kristen Williamson (director of Le Smileys Gracemere), Jeff Bean and Verla Moller (Ring Pull Association), Lynn Slatter (teacher Rockhampton Special School), Colleen Sendon, James Rogers, Stan Rebetzke all of the Ring Pull Association and Wayne Hayes (president). Seated, Kim Falconer (Ring Pull secretary), Debra Clark and Sid Batts, Alex Schutt, 10-year-old Skye Hutchinson, Alex's mother Sam and sister Bree Schutt.

PHOTO: CHERITH WEIG

Above - Ring Pull article featured In the Rockhampton Morning Bulletin, May 26, 2012.

Pictured at Le Smileys, Gracemere in May 2012 for the presentation of a special walker for young Alex Schutt; are left to right standing; (Director of Le Smileys, Gracemere Kristen Williamson; Verla Moller (Ring Pull Group); Rockhampton Special School teacher Lynn Slatter; Ring Pull Group members Colleen James Rogers, Stan Rebetzke, and Wayne Hayes RPG President.

Seated - Kim Falconer (Ring Pull Group Secretary); Debra Clark, Sid Betts, 10 year old Alex Schutt with his new walker; Skye Hutchison; Alex Schutt's Mother Samantha and his sister, Bree.

In 2010, the present President of the Rockhampton Ring Pull Association, Wayne Hayes started the group. He had an interest in recycling which hasn't waned. The dedicated volunteers use their independent skills and gifts to refurbish the donations.

Washing machines interiors become fire pits; they recover copper to sell; the majority of the donations come in the form of household appliances and any thing metal even if it be used is sold for scrap. They even have some casement windows and doors in stock. If you are renovating and need some second hand items, don't rule out having a look at what this group has in stock before you go elsewhere.

Ring Pull has collected damaged roofing iron after hail storms and whether or not they consider it suitable for resale or scrapping, the result adds up to "money in the bank". Don't forget to keep those plastic bottle caps and drop them in. Many prosthetic limbs are made through recycling these caps..

The group is "staffed" by a number of volunteers who contribute much time and hours to attend to "duties" and recycling materials. There are no paid employees. However, with many plans in the pipeline to complete more recycling jobs, the Ring Pull Association is calling for more volunteers. Wayne would love to hear from you and says that volunteers are guaranteed a sausage on bread! Contacts details are 0402 503 189. The Ring Pull Association Inc. is situated at 242 Alma Street, Rockhampton.

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.

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.