



THE COMET

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

LEST WE FORGET



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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
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Medicare	132 011
Migration Review Tribunal	1300 361 969
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Pharmaceutical Benefit's Scheme	1800 020 613
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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 811	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
Police link Queensland Police (non-urgent)	131 444
Crime Stoppers	1800 333 000



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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.

APSL — MAKING A DIFFERENCE!

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EDITORIAL WITH CHERITH WEIS



Dear Readers,

You have probably have noticed that this edition is much smaller than usual and once again is a little late. Several happenings at “base” have had to be dealt with and sometimes routines are upset.

I would have liked it to be in all of our members hands before Easter but that may not happen.

I don't want to labour too long about the war in Ukraine and the horrible events which are portrayed on our TV screens. Who would have thought that seventy-seven years following the atrocities of WW11, it would be happening again. All we can do is support and pray for those afflicted and pray for an end to this madness.

Following a conference sometime ago, APSL lodged a complaint about the number of betting commercials on TV. Of late, I am sure they have knocked the Seniors Insurance Ads for six as well as the Quickie Loan ones. The betting ads content have changed somewhat in that it's like most ads; you think you're viewing something informative and then WHAM, basically saying you can't lose! Oh yes, you can and heavily! The last line that they use to warn gamblers, is said so quickly I challenge anyone to tell me what is said.

Have you changed your Smoke Alarm batteries? In years to come, you will find that you will have to instal smarter smoke alarms. (Details are on Qld Health website.)

Rockhampton has Rocky Nats over Easter and preparations are being organised for an influx of “Rev Heads”. The centre of the city will be signed over the mighty motor vehicle; all weekend.

Some of us may find it's a little difficult to attend Easter services but a few cars won't stop us!

On April 21, Queen Elizabeth will celebrate her ninety-sixth birthday while four days later many of us will attend Anzac Day services on Monday April 25. The stalwarts and their families will attend while others enjoy another long weekend.

To everyone please stay safe; safe from Covid; drive safety on the roads. Our road fatality numbers are too high by far.

Cherith Weis

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A musical blast from the past – rediscovering a renaissance man of entertainment

By Anne Ring

In my article on the benefits of a home gym, I mentioned the fact that I listen to podcasts as I exercise. What I didn't reveal then is just how vital these podcasts are to my keeping on with my daily circuit, which otherwise could become pretty boring. Instead, my preferred podcasts – featuring stories about an abundance of interesting people – make that circuit an active pleasure and even something to look forward to. Sometimes. I love *Chat 10 Looks 3*, *The Moth Hour*, *This American Life*, and the ABC's *Days Like These* and *Ladies, We Need to Talk*. But my first and enduring favourite is the ABC's *Conversations* with Richard Fidler or – increasingly – Sarah Kanowski.

And it was a recent Conversation featuring comedian Mark Trevorrow (AKA Bob Downe) that drove me way back down memory lane, revisiting the work and life of the multi-talented, British-born Anthony Newley – who had had a dazzling career from childhood, as a highly successful actor (stealing the show with an early film role as the Artful Dodger in *Oliver Twist*), as well as, later, a singer, songwriter (of memorable songs such as *What Kind of Fool am I* and *Goldfinger*) and co-creator of musicals, including the film score of *Willy Wonka & the Chocolate Factory* in 1971. I'm embarrassed to admit that the main thing I'd remembered him for was his marriage, for a while, to Joan Collins, by whom he had two of his five children.

Trevorrow was promoting his own new musical show, and – unusually for this podcast – extracts from a number of songs in that show were also played, including several by Newley, which – when heard – were totally familiar and as lovely as ever. Added to that, Trevorrow spoke glowingly of him as a delightful individual. It was all so interesting that I spent some time afterwards looking him up, and being reminded of all that he had packed into his 67 years before he died of cancer in 1999.

And thanks to YouTube I discovered an episode of *This is Your Life*, all about him, in the year before he died. For anyone who wants to revisit his accomplishments in a most moving way (I defy you to emerge from it dry-eyed, after scenes such as the embrace between him and his 95-year-old mother), I can highly recommend that episode, which can be seen via this link: <https://www.youtube.com/watch?v=t6oRueZQRY8>.

Throughout our long lives we have been privileged to be entertained by so many talented people. And rediscovering Anthony Newley has been such a pleasure that it's inspired me to revisit more of those great artists from our past, who deserve to continue to be remembered and enjoyed.

Anne Ring ©2022

FROM MY DESK

- COVID

Throughout the State, branches are facing members coming down with Covid and in some areas are really struggling to survive. In Rockhampton, we have had members contract Covid and a number have said it must have been while they were out and about doing the shopping. Most can say we've had a scare - so far, I haven't contracted it. However, I can tell you something....I am quite expert now at doing a nasal swab. I think over the past few months I've had about 6 RATs plus a couple at the Uni with all producing a negative result.

Presently, our Chef is off work as he tested positive. Our office manager is working from home and valued volunteers, have stepped up to keep the "show on the road". Our Frail and Aged Meal Day clients will be escorted to the Hope Café next door to Kurilpa Hall for a day out on Thursday, April 13.

I miss the "CHECK IN QLD" app use when one enters supermarkets etc. Yes there are some places where Face Masks are still required. Doctor's surgeries; Chemists; Airports.

I believe we still MUST socially distance, but having said that has anyone else noticed that the circular floor pads bearing the message are disappearing. One northside supermarket in Rocky has ditched them and yes, I know some people didn't adhere to the 1.5m rule, but now it's bedlam.

- CONSTITUTION

We held a meeting recently to work on the draft supplied by the pro bono lawyer involved and the meeting proved to be productive. A number of areas were questioned; assessed and returned. We are only a third of the way through the proposal. It is expected that 2 more Zoom meetings will be required to finish the draft. If anybody thinks we have time to spare, I would say - don't even think it.

- A new Queensland Government group "Health+Wellbeing Queensland" is being formulated at the moment. Organisations have been invited to join the board and we are one of those groups. Vice President Nola Harvey has agreed to represent APSL. Nola has vast experience in the health field.

A framework of action will comprise of key components which will contribute to the achievement of improved and more equitable health and social outcomes.

- On April 11 our Warwick President, Michael Holland was interviewed on ABC's Regional broadcast mainly about pensioners being able to work more hours without Centrelink deducting more off their pension. Michael also has regular publicity through WarwickToday.
- Several weeks ago, I was interviewed on Radio National and I got feedback from someone in Victoria and also locally. Subject was basically about living on the pension. CQToday is also a good outlet for APSL.
- If you still have a battery powered smoke alarm; just a reminder as you should change batteries on April 1.
You might also check the relevant website which tells you about the new conditions covering smoke alarms which will come into being in 2027.

Cherith Weis

11 April 2022 From COVID-19 Vaccine Aged Care — Department of Health

This e-lert provides important information to assist in-home and community aged care providers with their worker vaccination reporting COVID-19 vaccination reporting.

Upcoming changes to provider reporting on COVID-19 Vaccination

The Department will be making improvements to the reporting template for in-home and community aged care providers' weekly reporting on workforce COVID-19 Vaccination status.

These changes to the reporting template is scheduled to commence from **Tuesday 3 May 2022**.

Changes to reporting on in-home and community aged care workforce COVID-19 vaccinations

For all aged care providers, the new template will provide a clear distinction for reporting the number of workers who have received a single dose only, two doses only (primary course) or a booster dose.

The changes will support more accurate reporting by only enabling workforce data to be entered against one data set.

Providers will not be required to report on workforce COVID-19 Winter dose vaccines for workers which are voluntary and available only to those who meet the criteria for a Winter dose as defined by the Australian Technical Advisory Group on Immunisation (ATAGI):

- residents of aged care and disability care accommodation
- people aged 65 years and older
- people aged 16 years and older who are severely immunocompromised

Aboriginal and Torres Strait Islander people aged 50 years and older.

ATAGI does not consider there to be sufficient evidence of benefits to recommend an additional COVID-19 Winter dose for aged care workers (unless they meet the above criteria as a vulnerable individual).

Save the date – 27 April 2022 - Webinar on COVID-19 vaccination reporting changes

The Department will be hosting a Webinar on **Wednesday 27 April 2022** to provide a step-by-step run through of the new reporting template, and answer any questions you may have.

More information, including the time and link to the webinar, will be issued to providers in shortly.

Resources for providers

Online resources will be available in the coming weeks to assist all aged care providers to transition to the new reporting data sets, including a step-by-step guide and fact sheets.

Stay up to date

To stay informed about the vaccine program for aged care, you can:

[subscribe to our COVID-19 vaccines update](#)

[subscribe to our Protecting Older Australians newsletter](#)

follow us on [Facebook](#), [Twitter](#), [LinkedIn](#), [Instagram](#) or [YouTube](#)

[view translated information](#)

call the [National Coronavirus Helpline](#) on 1800 020 080, and ask for an interpreter if needed.

MONTO

On behalf of all APSL members, we extend to June Kilah and her family sincere condolences following the loss of her husband, Hector.

The Federal member for Flynn Ken O'Dowd paid a fitting tribute to Hector Kilah on the floor of Federal Parliament recently. Mr. O'Dowd outlined that Hector was a very involved, valued member of the community who contributed so much in his life time.

Please accept our sincere condolences, June.

Warwick Branch Happenings

Our first meeting was set for January but was delayed due to Covid, We had a full meeting on the 17th February planning our busy calendar for 2022.

The 3rd of March we ventured out to lunch at Wild Bird Café on Killarney Road just outside of Warwick, a lovely afternoon was had by all who attended.

This week on the 17th March we will have our meeting and hopefully a little St Paddies entertainment.

Mount Morgan

Mount Morgan branch will meet again on Thursday, April 21 in the School of Arts.

GLADSTONE

We started back on Monday 31st January to play Hoy, which we do every Monday; start time 1Pm. We had our 1st meeting on 21st February. We hold our meetings on third Monday of each month. We do not do all that much but have a \$50 money board. The prizes are \$15.00, \$10.00, \$10.00 which is run every now and then.

We appeal to all branches to send in their reports regularly as we love to get feed back.

Any photos.....please send separately as a Jpeg file and details of any functions you may hold.

A run down of the area that your branch covers would also be appreciated.

BRANCH NEWS

North Rockhampton P & S President, Merv. Molloy celebrated his 86th birthday at the Indoor Bowls on Wednesday, April 6.

A number of N R members have dealt with a bout of COVID with at least one ending up in hospital.

North Rocky members enjoy Indoor Bowls every Wednesday at Bauhinia House, Corner Berserker and High Streets, North Rockhampton.

Morning Tea at 9.30 a.m. with play starting at 10.



GYMPIE

Irene Schmidt celebrated her 98th Birthday on February 21 with Anne Long celebrating her 80th on February 14. Happy Birthday, Members!

Gympie held their first meeting of the year in March and it hasn't been easy going. The town has been hit by widespread flooding and is experiencing a slow recovery and noticeable increases in COVID cases. The main Banks in Gympie had their premises inundated and will not be functional for quite some time. Some are sending customers to Bank branches in towns south of Gympie. A local spotted a log floating down the Mary River with a fox sitting on it and looking as though he was enjoying the trip!

CHILDERS

About fifteen members attended their first meeting held in February. The branch was hoping to hold a BBQ in March. The area experienced some good rain.



CALOUNDRA

Caloundra are rejoicing that the proposal jail in town is not going ahead. They were palling a Bunnings BBQ in March. Caloundra is writing to Senior Politicians including Prime Minister, Federal Treasurer and relevant Ministers regarding The Pension proposal which was adopted at State Conference.

HERVEY BAY

Recently have had to remove two large trees from the car park. Have to fix barriers to stop Ping Pong balls from disappearing under seats. The branch is extremely grateful for the generous donation of a photo copier. Hervey Bay recently held a successful afternoon tea with lot of cakes and chocolates.

WE ARE A GENERATION THAT WILL NEVER COME BACK

A generation that walked to school and then walked back. Angels, Fairies & Cherubs - Oh My
 A generation that did their homework alone to get out asap to play in the street.
 A generation that spent all their free time on the street with their Friends.
 A generation that played hide and seek when dark.
 A generation that made mud cakes.
 A generation that collected sports cards. 
 A generation that Returned empty bottles for 5 cents each.
 A generation that made paper toys with their bare hands.
 A generation who bought vinyl albums to play on record players.
 A generation that collected photos and albums of clippings.
 A generation that played board games and cards on rainy days. 
 A generation whose TV went off at midnight.
 A generation that had parents who were there.
 A generation that is passing and unfortunately it will never return!!..
 I loved Growing up when I did.

The word for this month is

Gaslighting

Gaslighting is a colloquialism, loosely defined as making someone question their own reality. The term may also be used to describe a person who presents a false narrative to another group or person, which leads them to doubt their perceptions and become misled, disoriented or distressed.

Generally, this dynamic is possible only when the audience is vulnerable, such as in unequal power relationships, or when the audience is fearful of the losses associated psychological manipulation of a person usually over an extended period of time. The use causes the victim to question the validity of their own thoughts, perception of reality, or memories and typically leads to confusion, loss of confidence and self-esteem, uncertainty of one's emotional or mental stability, and a dependency on the perpetrator.

Gaslighting can be a very effective tool for the abuser to control an individual. It's done slowly so the victim writes off the event as a one off or oddity and doesn't realize they are being controlled and manipulated.

There are many explanations of this practice on the internet.

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.