



# THE COMET

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



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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

<b>Domestic Violence Crisis Line 811</b>	<b>1800 811 811</b>
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!**

A





## EDITORIAL WITH CHERITH WEIS



Dear Readers

I can only apologise to you that I haven't met the first of the month deadline, but I had a close scare and have done a fair bit of isolating.

I hope you are well and coping with the current pressures which we are all experiencing. We are living through a time like no other with challenges never before experienced by most of us.

While reading through this edition, I trust you will feel for the people of Mount Morgan. You can support a special Facebook page dedicated to the problem—

*Mount Morgan - Secure our water, Save our Dam, Save our Town.*

Hey, don't forget to like us on FACEBOOK!

Recently, I was approached by a coast resident who had suffered a severe household fall.

She applied for help through Home Assist and was shocked to be told that they couldn't assist her as, they didn't have anyone on their books at the coast who could fill her requirements.

As I understand the service is administered by the Livingstone Shire Council through the Rockhampton Regional Council with funding

provided by the State Government. I would be interested in receiving comments on this problem.

To every Mum out there; Grandmother; Great-Grandma; and Great Great-Grandma heaps of blessings on Mothers' Day.

Whether you are alone for any reason or have family around you, please know that you are loved and blessed.

Until we meet again; please stay safe and well.

*Cherith Weis*

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## A momentary antidote to the world's current pain

By Anne Ring

*I fear that there are many of us who literally cannot bear to listen to the news about the horrors that are unfolding in Ukraine, while the protesting world looks on, largely helplessly, sanction-escalation notwithstanding, as the big bear of Russia galumphs destructively and murderously through a country whose population – like most of us – just wants to live in peace.*

*As a break from all of that, I briefly went back in time, to the 1920s – an unsuspecting era in recovery from the first World War, all unawares that the second was about to appear on the horizon, with the Great Depression in between. My trip back was thanks to an ABC Conversations episode about a highly successful Australian-born author and gardener, Elizabeth Von Arnim, whose colourful life – documented in a recent biography, *The Countess from Kirribilli* – included marrying into German and then British aristocracy, followed by marriage to Frank Russell, brother of Bertrand. But for me, the most interesting fact was that she had been the author of a best seller of her times, *Enchanted April*, which I'd never heard of; but I had very fond memories of the 1992 filmic delight of the same name, on which – it now turned out – it was based. I had loved that movie, and immediately bought the eBook, to be drawn deeply into the exquisite Italianate world of love and beauty that Von Arnim had created. True, the writing is a bit old-fashioned, but once I was in it, pure escapist bliss.*

*Fast on its heels came the thrill of finding that the full film is available free and ad-free on YouTube. While I had loved it, it turned out that I had remembered none of the details, which were now made all the more entrancing for remaining true to the book. What I had also not remembered was its cast of enduring British stars, with Miranda Richardson winning the Golden Globe as best actress for her role, and Dame Joan Plowright awarded one as best supporting actress, and with Alfred Molina, James Broadbent and – as a delicious bonus for me – one of my favourite actors as the star of *Foyle's War*: Michael Kitchen, in a sweet and significant role. And overarching all of that was the sumptuous beauty of a flower-filled Italian spring that had warmed even the most frozen heart by the end of the movie.*

*Thank goodness for the sort of fiction that can give us temporary relief from the real world while, as Matisse said about another war, we are in a state of “anxious stillness and waiting”.*

Anne Ring ©2022





### **MOUNT MORGAN HAS HUGE PROBLEMS WITH WATER SUPPLY TO THE TOWN OF AROUND 3,000**

From the Rockhampton Regional Council website—

Level 6 Water Restrictions have commenced in Mount Morgan, following the news that the No. 7 Dam has fallen to below 10% capacity. However, the water conservation by Mount Morgan residents means watering of private gardens can continue so long as the community keeps under the 0.8 ML per day target. The prohibition of all hand watering using a hose : only hand watering using a bucket or watering can is permitted between 7am and 8am or 5pm and 6pm in accordance with the existing odd or even numbered properties' allocated watering days. There are no restrictions on using recycled or bore water in your garden. Water tanker deliveries—We have commenced emergency water trucking from Gracemere up to Mount Morgan, with around 20 tankers a day providing 160 litres of water per person per day. Before this we carried out trials to make sure everything would work properly.

Rockhampton Council endorses Mount Morgan pipeline, as trucking costs hit \$4.5m. The Rockhampton Regional Council has taken a major step towards securing a permanent water solution for Mount Morgan, following a report presented at the council's meeting early this week. 11 Mar 2022.

Ends RRC website.

The route of the water tankers is by the Razorback road which at the best of times you don't want to follow any heavy vehicles.

- ◆ Cost of trucking 20 water tankers daily to Mount Morgan? A year ago, it was costing \$70,000 a week. It has been reported that up until now, this cost has amounted to \$4.5m!

Mount Morgan residents have every right to be concerned for their future as do all Rockhampton Rate-payers who are footing the bill. The obvious conclusion is a rate rise to cover the cost.

Apparently, the State Government has washed its hands of the problem and will not financially support a pipeline from Gracemere to the Mount which hasn't gone over well by residents.

Comments have been expressed that the State's thinking is that Mount Morgan is being penalized as the seat is held by One Nation's, Steven Andrew.



Continued from Page 5.

The residents of Stanthorpe went through a similar debacle with tankers trucking water into that town until the skies opened and Stanthorpe's problems came to an end.

However, Mount Morgan's estimated 3,000 residents have missed out on any substantial rain that would raise the height of the dam water. They will be looking towards the skies again and praying for rain with the predicted heavy rain forecast for the week of May 9. The council has also had around 6 million dollars deducted from State Government grants, but something must be done and soon.



# FEEDBACK

You will recall that a previous Comet carried a front page article referring to “Joy Riding” and our opposition to the that terminology being used when reporting stolen vehicles.

The source of the complaint was raised by our Caloundra Branch several years ago at a State Conference and it was thought that the issue should be once again raised with authorities.

The March Comet was subsequently emailed to our readers including State Ministers with a covering email requesting feedback.

I am happy to relate that the Police Minister’s Office replied almost immediately. Firstly, with a phone call and followed by several emails. We thank the Hon. Mark Ryan for his speedy reply. I will be sending a copy to branches and our members for their information.

I am sure most of us treat the term “Joy Riding” with contempt and there’s no such term in the Criminal Code. It all rests with the Media dropping the term in their releases about people unlawfully using vehicles and/or breaking into homes to obtain the keys of vehicles.

I have to report that I am an avid listener of Ray Hadley when I am able.

4RO relays the broadcast into Rockhampton so I sent an email to him and am fortunate to say I heard his acknowledgement. From what I remember, he commented that he had used the “Joyriding” term in the past but he said he would never use it again and thanked the writer.

Other media outlets will be approached in the near future and I hope that they will all recognise that there’s no “joy” in losing the second most expensive item that all resides are likely to have taken from their property.

As the law in Queensland stands, these are the charges;

- ***Section 408A – Unlawful Use or Possession of a Motor Vehicle (in circumstances where the vehicle is unlawfully possessed or used by the offender, without the owner’s consent);***
- ***Section 328A – Dangerous Operation of a Motor Vehicle (where the vehicle is driven by the offender in a dangerous manner);***
- ***Section 419 – Burglary (where the owner of the vehicle’s home is entered or broken into by the offender in order to obtain the keys to the vehicle).***

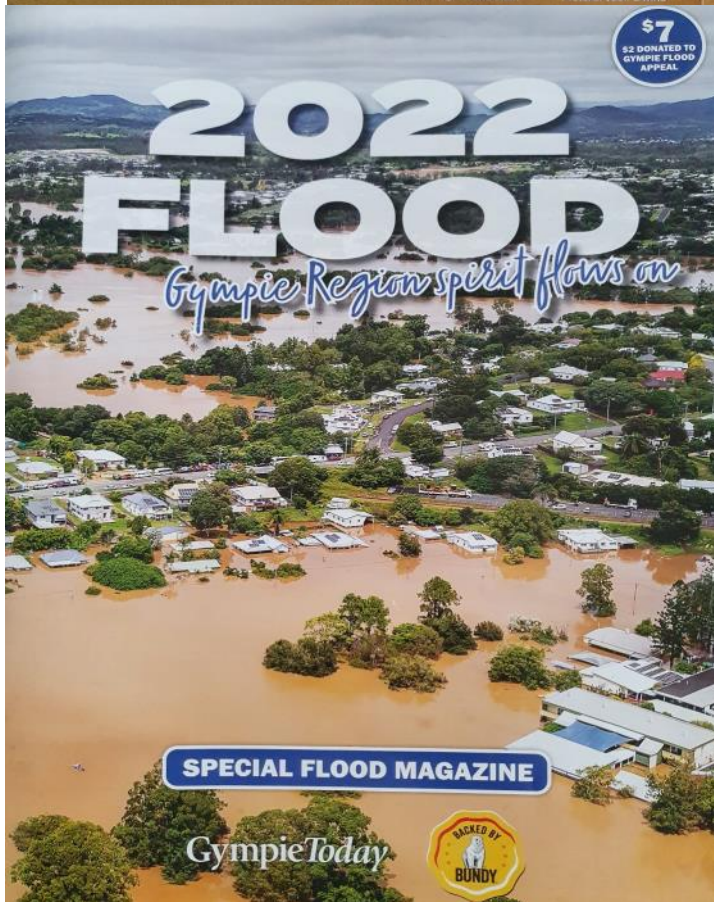


## GYMPIE IN FLOOD

**GympieToday** has published an excellent coverage “2022 FLOOD” priced for just \$7.00.

I wonder if those who attended the APSL State Conference in September, 2021 recognize the site of the conference.

Our sincere thanks go to **GympieToday**; their fabulous photographer Jack Dwine and their Senior Reporter Arthur Gorrie.



It is anticipated that this flood will cause a delay in the provision of White goods.

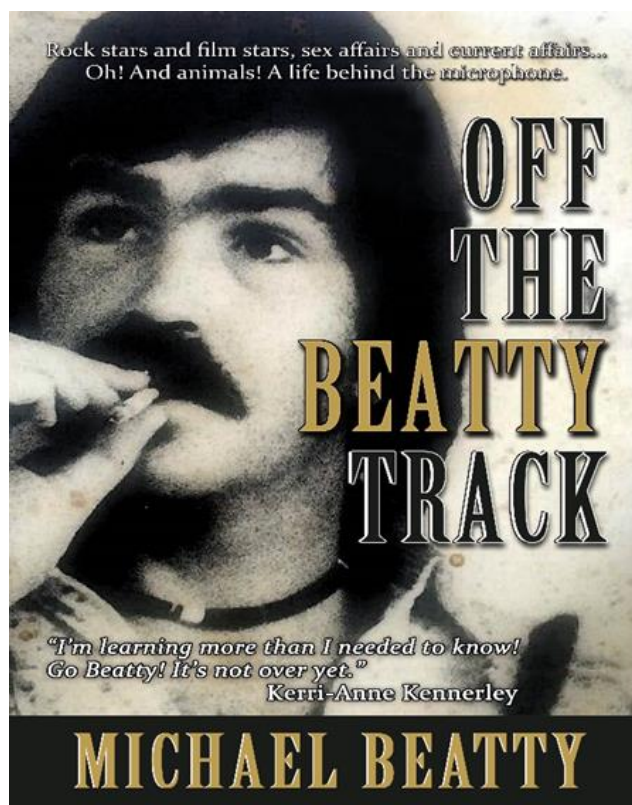
Maureen has advised that we DO manufacture white goods in Australia. That sent me surfing the web and YES we do.

Westinghouse operates from South Australia!

Our first choice now should be **WESTINGHOUSE!**



~~Most of the younger generation know Michael Beatty for his work with the RSPCA but the older generation know him for the 40 years he spent as a television reporter. While at the BBC he interviewed the cream of rock music before coming to Australia and working in current affairs, *Beyond 2000* and *Wild Life*. During his career he covered one war, two revolutions, two coups and two royal weddings. To put it mildly his career was never boring. He has now released part 1 of his memoirs...~~



## Off the *Beatty* Track

### Michael Beatty

He did his first interview with guitar legend, Jimi Hendrix, for the Canadian Broadcasting Corporation and was promptly 'exiled' to a CBC radio station in the Eastern Arctic. After a period of learning Inuit and braving minus 40C temperatures, Michael returned to London to follow in the footsteps of his father, British screen royalty, Robert Beatty.

What followed was an illustrious, and at times, hazardous career that saw him interview stars from Cary Grant to the *Rolling Stones*; tackle North Queensland radio and crocs; take on the stories of the day and the stories no-one wanted on *Willesee*, *Today Tonight* and *Good Morning Australia*; and report at two royal weddings that didn't end well. His list of interviews is a historical snapshot of the personalities that shaped a generation. Take a walk *Off the Beatty Track*!

*I'm learning more than I needed to know! Go Beatty!  
It's not over yet"*

**Kerri-Anne Kennerley.**

## WARWICK NEWS

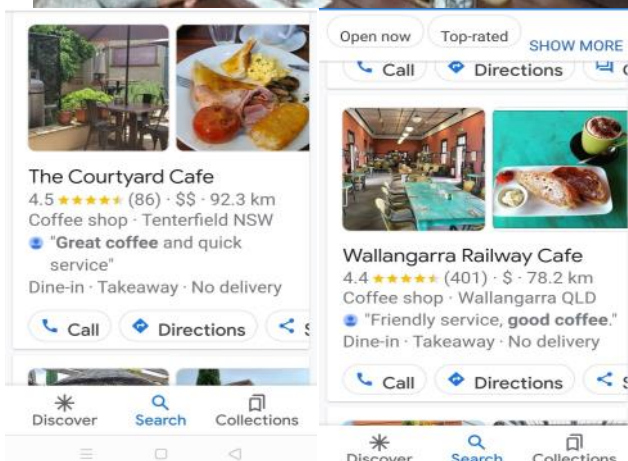
The Warwick Branch held a Mystery Trip on Thursday, April 28. Members waited patiently for the bus at 8.30am at the clubhouse in Queens Park. Members set off south bound from Warwick not knowing where they would end up.



First stop was Wallangarra Railway museum for morning tea.



Then off again heading further south ending up in Tenterfield to see the sites of the area with a visit to the Saddlers museum and then lunch at the Courtyard Cafe. Back on the bus heading back towards home with one last unplanned stop at the Chocolate Shop at Ballandean. A great day was had with raffles arriving back in Warwick at about 4 p.m. Verdict? A great day!





## FROM THE QLD HEALTH WEBPAGE

### Staying healthy while in isolation

Some people with COVID-19 report not feeling much like eating, but you should try to eat healthy food regularly, and drink plenty of water. See [I have COVID-19—now what?](#) for more detail on looking after yourself (and others) physically and mentally in isolation.

**How long do I have to isolate for?** Most people can end isolation 7 full days after taking the test that gave you the positive COVID-19 result. You must not have a fever, sore throat, runny nose, or a cough that is bad or getting worse, on day 7 of your isolation.

If you do have a fever, sore throat, runny nose, or a cough that is bad or getting worse, on day 7 of your isolation, you'll need to remain in isolation until those symptoms have gone away.

You do not need another COVID-19 test to end your isolation period.

Some people still have a mild dry cough, mild fatigue, or loss of taste or smell after being sick with COVID-19 – you do not need to stay in isolation if you still have these symptoms.

If you are being treated by a Queensland Hospital and Health Service, you will be able to end your isolation when a nurse or a medical practitioner from the service tells you to.

### Should I be concerned about 'long COVID'?

Some people experience long-term health problems and can have COVID symptoms and feel unwell for many weeks or months after they no longer have the virus. This is called 'long COVID'. [Long COVID](#) can affect even those who had mild disease and did not go to hospital.

If you're unsure whether you need medical care for your symptoms, or you're unsure what type of care you may need, you can:

use our [COVID care self-checker](#)

- call the National Coronavirus Helpline 24/7 on 1800 020 080. Call the helpline if you need an interpreter or want to talk to a person about your health or the health of someone you care for.

People with long COVID often have the same or similar symptoms to what they had during their COVID-19 infection, such as fatigue, headaches, 'brain fog', sleep problems, depression, exercise intolerance, and loss of taste or smell. Some develop new symptoms.

The virus is not usually detectable in those with long COVID and they are unable to spread it.

The Royal Australian College of General Practitioners (RACGP) recommends having a check-up with your GP six weeks following a COVID-19 infection to discuss any ongoing symptoms, or earlier if needed.

### I've had COVID-19. Am I immune now?

If you have recovered from COVID-19, you have a low risk of getting it again for up to 12 weeks after infection as most people develop some immunity, so you will generally not need to quarantine or get a test if you are exposed to someone with COVID-19 again in that period.

There is some evidence that reinfection can occur 12 weeks or more after the initial infection — so people who have recovered should be tested again if they develop new symptoms 12 weeks or more after they leave isolation.

It is also possible to be infected with the Delta variant, recover, and then be reinfected with the Omicron strain.

### Do I need the vaccine if I've already had COVID-19 in the past?

Yes, being fully vaccinated and boosted is highly recommended, even if you've had COVID-19.

Research shows the vaccines add protection even after you've had COVID-19:

Getting vaccinated against COVID-19 if you've already had it significantly enhances your immune protection

- If you've had COVID-19 before and are not vaccinated, research shows your risk of getting re-infected is more than double the risk of those who get vaccinated after having COVID-19

A Centers for Disease Control and Prevention (CDC) [study](#) found that adults hospitalised with COVID-like sickness were 5.49 times more likely to test positive to COVID-19 if they were unvaccinated and had COVID-19 before, compared with those who had been vaccinated but not had COVID-19 before.

See [4 reasons why relying on your immune system to beat COVID-19 isn't a safe bet.](#)

## More medical practices to scrap bulk billing

Several Australian medical practices have cut or reduced bulk billing, with Queensland families looking for alternative options to reduce healthcare costs. From the Brisbane Times!

May 3, 2022 – 7.57pm

### Headline from the Daily Telegraph

How much you'll pay is Bulk Billing Axed

And so the headlines tell the story.

From what I heard at the Mount Morgan meeting, the patients attend a Rockhampton surgery. Apparently, there wasn't any notice of the move to drop the patients from Bulk Billing. One patient incurred a charge of \$80.00 while another had a bill of \$120.00.

It is rather concerning as these members are pensioners and it looks like more will have to pay up. What's the alternative? This also could be a move prior to the federal election. Who knows?

I attended a Doctor's appointment on Tuesday last week May 3 for various issues with involved having a Flu needle; a B12 injection and a Care plan. As I was leaving I asked if I owed anything, and the reception shook her head and said "No".

I ask for your feedback and whether or not you have you have experienced the loss of Bulk Billing. Email: comet@apsl.com.au

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## **BRANCH NEWS**

Lorraine from Childers reports their trip to Woodgate was cancelled. They have a new organiser. Some members have left the Branch. Hoping to have another trip early May.

Frank from Caloundra reports there last meeting was on the 28th. March with nine members in attendance. The Branch held a BBQ at Bunnings and made a good profit. Caloundra are hosting a Cancer Morning Tea on the 3rd. June. They are still waiting for information Re: Pension letters.

June from Monto reports the Book Shop is still going really well. Sadly June's husband passed away recently. Our condolences and prayers go out to June and Family.

Barry from Hervey Bay reports all non Covid vaccinated members are back. Activities are being held again. Good to see people returning again.

Maureen from Gympie The Floods have been and gone. One of our members had water in her house, and can't move back home before 4-6months, another 70cm and the back water and the river would have been in my house. The bottom end of Mary Street still looks like a ghost town, Five of the major banks in Mary Street will not reopen for 4-6 months. We have to go to Maryborough, Noosa or Nambour for business other than the ATM. However they are starting to set up offices in vacant shops.

Shirley from Clermont reports they had a good meeting, with one new member after their trip to Teresa Creek Dam. So good to have a new face to attend.

Denise from Collinsville reports they only had seven members present, many were absent owing to Covid paying a visit, and some on holidays, but they all had a fun time after the meeting.

Cherith North Rockhampton reports that we missed a couple of weeks with Indoor Bowls play because of some members contracting COVID, however it would appear that they have recovered . Talking to Rocky people and the general reply is "Yep. Rocky's full of it and especially in the schools."

Cherith and Nola attended the Mount Morgan meeting on Thursday April 21. It was good to catch up with the members as COVID has intervened and forced us to keep our distances. Something that was raised at the meeting was the cessation of bulk billing for a couple of members. Some publicity has been out there since the meeting and we will look into it.

**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.**

**Ed**

# WORD OF THE MONTH

# hyperbole

figure of speech: exaggeration  
making something bigger/worse than it really is

I'm so hungry I could eat a horse!

My backpack weighs a ton!

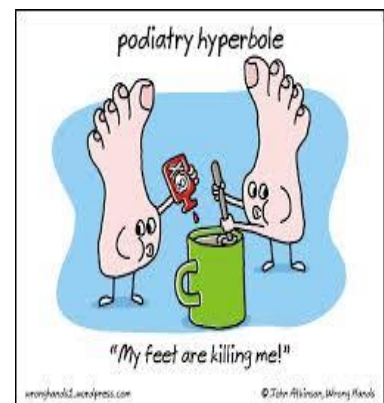
I could sleep for a year!

I've told you a million times!

These shoes are killing me!



**Hyperbole**  
| hy-PER-ba-lee |



“Hyperbole is used for  
emphasis and effect.”

I believe we are all guilty!

Images from internet—incl “How to Say Series”. Ed.



**MINUTE AND MINUTE  
SHOULDN'T BE SPELLED THE SAME.**

**I'M NOT CONTENT WITH THIS CONTENT.**

**I OBJECT TO THAT OBJECT.**

**I NEED TO READ WHAT I READ AGAIN.**

**EXCUSE ME BUT THERE'S NO EXCUSE FOR THIS.**

**SOMEONE SHOULD WIND THIS POST UP  
AND THROW IT IN THE WIND.**

**How do I know that  
my youth is all spent?  
Well, my get up and go  
has got up and went.**

Artist:  
Jen's Wild Gourds



Angels, Fairies & Cherubs - Oh My

**But in spite of it all  
I am able to grin.  
When I think of the  
places  
my get up has been.**

## **Tips to look after your husband**

*(Extract from 1950 Home Economics Book)*

### **Have dinner ready**

Plan ahead, even the night before, to have a delicious meal on time. This is a way of letting him know that you have been thinking about him and are concerned about his needs. Most men are hungry when they come home and the prospects of a good meal are part of the warm welcome needed.

### **Prepare yourself**

Take 15 minutes to rest so you will be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work weary people. Be a little gay and a little more interesting. His boring day may need a lift.

### **Clear away the clutter**

Make one last trip through the main part of the house just before your husband arrives, gathering up school books, toys, paper etc. Then run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too.

### **Prepare the children**

Take a few minutes to wash the children's hands and faces (if they are small), comb their hair, and if necessary, change their clothes. They are little treasures and he would like to see them playing the part.

### **Minimise all noise**

At the time of his arrival, eliminate all noise of washer, drier, dishwasher or vacuum. Try to encourage the children to be quiet. Be happy to see him. Greet him with a warm smile and be glad to see him.

### **Some don'ts**

Don't greet him with problems or complaints. Don't complain if he's late for dinner. Count this as minor compared with what he might have gone through that day.

### **Make him comfortable**

Have him lean back in a comfortable chair or suggest he lie down in the bedroom. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low, soft, soothing and pleasant voice. Allow him to relax - unwind.

### **Listen to him**

You may have a dozen things to tell him, but the moment of his arrival is not the time. Let him talk first.

### **Make the evening his**

Never complain if he does not take you out to dinner or to other place of entertainment. Instead, try to understand his world of strain and pressure, his need to come home and relax.

### **The goal**

Try to make your home a place of peace and order where your husband can renew himself in body and spirit.

I would love to hear from readers and their response to the above article.

**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.