

# THE COMET

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

## WHAT DOES JUNE 6 MEAN TO YOU?

When you think of June 6 do you relate to the date? Or do you give it a second thought?

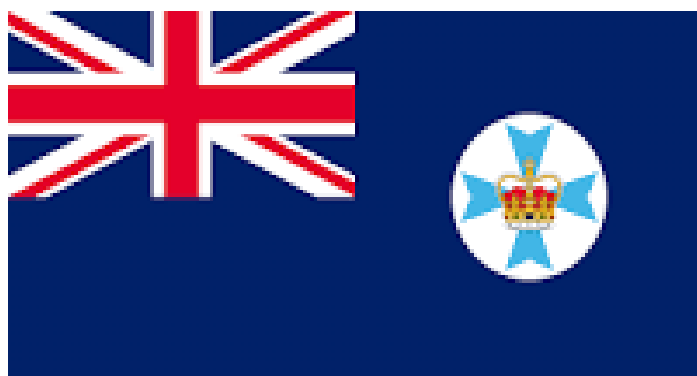
Perhaps you are of an age where you recall or are aware of the “D” day landing on the French Coast at Normandy during World War 2?

My thoughts are closer to home. I think of a day set aside to honour our State.

‘Queensland Day is a celebration of Queensland’s birthday and marks the state's official separation from New South Wales as an independent colony in 1859. This year marks 163 years since this momentous occasion.

Commemorated annually on 6 June, Queensland Day is an important celebration of our state’s culture and heritage, and an opportunity to reflect on what Queensland means to you and what makes you proud to be a Queenslander—whether it be our people, places, opportunities or lifestyle.

We encourage all Queenslanders—businesses, community groups, organisations, schools, families and sporting teams—to come together and celebrate our state's unique culture and heritage.’ (From State Govt. web page)



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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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### Commonwealth Government Directory

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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
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	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
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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
<b>ELDER ABUSE HELPLINE 1300 651 192</b>	

### Community Support Services Service Directory

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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
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My Aged Care	1800 200 422
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Crime Stoppers	1800 333 000

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Alex Gow Funerals	07 3852 1501
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JUNE

2022

P 1 Queensland Day

P2 Information

P3 Editorial

P4 ANNE RING

P5 Frances Nord

P6 Weaad

P7 Leylands loss

P8 Branch news

P 9 Collinsville news

P10 continued

P11 Warwick news

P12 Word of the month & recipe

913 Bits and pieces

P14 Code of Conduct

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 MEMBER OF THE EVERYAGE COUNTS COALITION OF ORGANISATIONS**



## EDITORIAL WITH CHERITH WEIS



Dear Readers

After much rain and in some areas, damaging flooding we are finally feeling “a bit of a nip” in the air! As I’m finishing off this June Comet, I heard that Applethorpe was coolest place in our State today.

Our Gladstone President, Joan Green and Secretary Janet Domoney are busily collecting details and information for holding that State conference in September. I would urge branches to start thinking about Agenda Items for the conference. The receipt of items for discussion is important to formulate action of issues which relate to seniors issues.

I would also ask branches to consider attending as we do have important issues on our books to discuss. Correspondence will be forwarded later in the month.

Stay safe and well, people. All the best.

*Cherith Weis*

### PENSIONER’S PRAYER

**Dear 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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## Tackling the ageist attitude to the “old” in old age

By Anne Ring

For a recent edition of *The Sydney Morning Herald*, Dr Marlene Krasovitsky – the director of the EveryAGE Counts Campaign – wrote an incisive opinion piece about the “sheer power” which is invoked by the societal prejudice against old age that is inherent in ageist jokes. But joking aside, there’s another and more subtle but equally powerful source of ageism, and that’s in the continuing stigmatisation and often outright rejection of the word “old” regarding those of us who have, undeniably, lived for a long time. And, remarkably, this can come from old people ourselves, as well as from organisations dedicated to our wellbeing.

Coincidentally, striking examples of each appeared in other recent editions of that same newspaper. Example One appeared on March 28. This happened to be on my 80<sup>th</sup> birthday, and yes – thank you – I’m delighted to have succeeded in growing to this great old age. But on that day, there was an article about Dr Ruth Wilson who’s achieved the far grander age of 90. In it, she was quoted as saying the following about gaining a PhD in her 80s: “[It] gave me a lot of strength to feel ‘well, I’m not really entering into old age. I’m entering into the best years of my life.’”

What a spectacular endorsement of old age it would have been if – instead – she’d proudly declared: “I’m entering into old age *and* they’re the best years of my life”.

Example Two comes from Anglicare’s (probably well-intentioned) avoidance of the word “old” on the cover of its otherwise excellent supplement of advice clearly targeting older people, and enclosed in the Saturday’s *Herald* of April 9, with its illustration of a cheerful white-haired couple, and sub-headed as being aimed at “Seniors living and support”. *But* its prominent title is the single word *Ageless*.

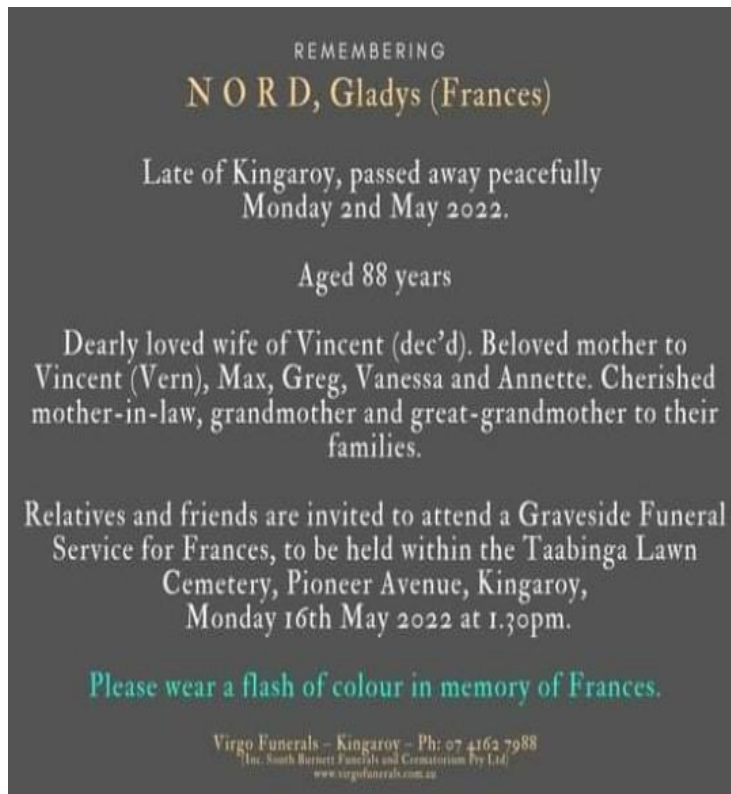
Google “ageless” and you’ll find that it means any or all of the following “not growing old, or not showing the effects of age, or never looking old, or never appearing to grow old”. How completely absurd it would be if those meanings replaced that single word, and thereby clearly excluded those of us who *are* growing old, and quite possibly showing some effects of age, and clear signs of time, while many of us who are happily active have *no* desire for that to be regarded as being in a perpetual state of youth. Or agelessness.

We older people, and our support organisations, should – therefore – be giving more thought to how we can contribute to changing societal attitudes to what it means to be old, both by calling it what it is, and by highlighting the fact that – actually – it is a most fortunate achievement to be able to live into and make the most of a great *old* age.

Anne Ring ©2022



## REMEMBERING FRANCES NORD - FORMER APSL STATE PRESIDENT



Pic on left: 2007 APSL STATE CONFERENCE IN HERVEY BAY. Frances is 4th from right back row:

Left below: 2009 SARINA STATE CONFERENCE. Frances presents an award to Warwick Branch Gloria Ellis for the most new members in that year..

Right below: 2008 ROCKHAMPTON STATE CONFERENCE. Frances chairs the conference held in Bauhinia House.



# WEAAD 2022

World Elder Abuse Awareness Day, or WEAAD, is an annual initiative launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization.

A day in which the entire world voices its opposition to any form of abuse of the older generation.

WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of the abuse older people suffer by raising awareness of the cultural, social, economic, and demographic processes affecting them. Elder abuse is one of the least investigated types of violence and does not get addressed in national action plans as frequently as other key social issues.

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on 15 June to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect.

This year, there are a number of events being held around the State where people can come together to discuss the issues and to engage in their community. Elder Abuse is a hard conversation starter, so we are focusing on RESPECT as a core theme in 2022.

If you would like more information on any events or you believe someone is a victim of elder abuse and would like to know more please contact the Elder Abuse Prevention Unit on 1300 65 11 92.

**Together we can stop elder abuse.**

Visit [www.qld.gov.au/stopelderabuse](http://www.qld.gov.au/stopelderabuse)  
Call the Elder Abuse Helpline 1300 651 192





## **SINCERE CONDOLENCES TO LEYLAND BARNETT AND FAMILY**

Leyland Barnett and family experienced the loss his father, Don Barnett during the past week. In a Facebook message, the below which is an excerpt , Leyland had this to say .....

“It is with great sadness that my father passed away 5.30pm this afternoon. He passed away peacefully holding the hand of his soulmate Denise saying that he loved her. I have many fond memories of my father working hard to provide a roof over our heads, food on the table and providing a great education for our family. I am finding it hard to come to terms that this is the end of a lifetime of companionship and great memories. My father did not live day by day he lived life to the fullest. He relayed to me of the memories of listening to my uncle John's audio tapes when he was over in Vietnam, while at home. It was a great pleasure that my father caught up with Uncle John at my sisters place. I felt that he needed to talk with uncle John. My father brought my family up through humble beginnings, driving trucks, in particular a Leyland truck that he named me by. My mother, Margaret, did a great job looking after us while my father was out working hard to provide a living. I remember many trips in the White road commander, playing Slim Dusty and keeping my father awake. He stood up and faced many challenges and had many great people stand up beside him. He always helped people where he could and opened up his home to friends in need. He could do anything: mustering cattle, drive trucks even at 80 yrs old, carpentry and building, operating dozers and machinery, fixing anything mechanical including an old 1940's Blitz army truck, flying a gyrocopter and even surviving crashes and owning and operating a driving school as well as being successful in sales with Amway. His knowledge and experiences would surpass most men, he was a guaranteed legend where most people get by living; he lived a life most people would envy. God bless you dad, I will never forget your guidance and your help in keeping my marriage with Dianne strong and all of your assistance over the years.”

The Australian Pensioners' and Superannuants' League (Qld) Inc extends sincere sympathy to the Barnett Family on the loss of the much loved Don Barnett.

(Leyland has had time off caring for his Dad during the past few months and we look forward to receiving more of his great road safety articles in the future. Ed)



## BRANCH NEWS

**North Rockhampton** from Cherith. Our Indoor Bowls players are enjoying the game and on our Wednesdays in Bauhinia House, one can hear a bunch of “oldies” enjoying themselves. We would like to see an increase in players as our numbers which we had before COVID, have not increased. Efforts continue to gain more players. It’s a fun game as we are not that serious about winning. Well it is nice to win a game once in awhile! It’s suitable exercise for seniors!

**Monto** from June. Had about 8 inches of rain so far for May in showers. No storms. Wet, wet, wet.

**Childers** from Lorraine. Everything is going well. Planning a cruise on the Bundy Bell along the Burnett River on June 6. Wet, wet, wet.

**Hervey Bay** from Barry. Hervey Bay has had two COVID cases. The Club has lots of Activities: Cards; Table Tennis; Mahjong; Tai Chi; Art; Meditation; and Computer Games. All classes are well attended.

**Caloundra** from Frank. Caloundra has a petition for 24 hour service at the Medical Centre. At present, it is only operating 8 or 9 hours a day not 24 hours. All going well. Have also had rain.

**Gympie** from Maureen. Well, we have had rain, rain and more rain. The bridges were cut the first time; this last time only the Kidd Bridge was as it is the lowest of the two. All traffic - north and south were cut; lots of roads and bridges were damaged. I won some prizes at the Gympie Show including Champion Knitter of the show; also in Arts and Crafts and cookery. One of our members also won First prize for her unfilled sponge and Champion for Cookery

Gympie did not have a meeting in May as it was the show holiday.





## Latest news from Collinsville Pensioners May 2022

We have been hit as other places with medical conditions and operations on a few of our members, but aise the Lord we are all slowly getting back on our feet.

Last month we donated 2 shed brooms and dustpan and brush to the Collinsville Heritage No. 1 Mine, as they were in need of them and we wanted to help them in some way.

This lovely lady, "Mrs. Thelma Wright", did me the honour of handing over the donations to Mr. Raymond Wallace from the local Historical Society. We have since received a wonderful letter thanking us for the donations. Thank you Thelma.



We enjoyed a lovely luncheon at the Pit Pony Tavern in March, it was a small gathering due to some members being away on holiday or medical reasons, but for those who were able to attend, all enjoyed the meal and company.



We are still having fun each Thursday with our card games and scrabble after a lovely morning tea and then after lunch some of us stay for bingo. We have a wonderful gentleman member "Mr. George Davis" who entertains us as he calls the weekly bingo games and then once a month we have Hoi after lunch, where once again George is very entertaining.

His kindness in continuing to do this "chore" is greatly appreciated by all of us that enjoy these games.

Our President Andy “Andrea Pennay” is a real trooper, she has been going through some tough times medically speaking, yet when she is home, arrives before everybody else and gets right in setting things up for the day until Thelma and I arrive to help her. God bless you, Andy.



Our Treasurer “Mr. Graham Smith” can be a real card and since our eldest member had to leave to go to live with her daughter, Graham has taken over the “Job” of supplying the egg sandwiches for our Thursday get togethers. Graham is a great cook and would always surprise us with new treats he had freshly made, however, when he realized how much we missed Sophie’s egg sandwiches, he got her special recipe and now he brings them. Although sometimes he also brings us something that he has made as well as a special treat. A big “Thank you” Graham from all of us.

We are looking forward to our next luncheon in June which will be at the Collinsville Workers Club – we have our luncheons alternating between these two venues so that we do our bit in supporting our local dining places. We have terrific meals; a great time and they look after us very well. If anyone is ever in Collinsville, they should check these places out.

All for now

Denise Smith

Secretary Collinsville Pensioners.

*Well done, Collinsville. Ed.*



## BRANCH NEWS



Pictured are Warwick President Michael Holland, Ida Jackson and Ruby Johnson

At a recent meeting of the Warwick Branch, President Michael Holland happily presented Ida Jackson and Ruby Johnson with Life Memberships of the Warwick branch. Both have been valued and long serving members of the Warwick Pensioners league Inc.

**Contributed by WarwickToday** At the group's regular meeting spot at the Cowboy's Clubhouse, Warwick branch president Michael Holland presented the awards to Ruby Johnson and Ida Jackson.

Ida first joined on 4 October 1984 and Ruby joined in March 1994.

At the Thursday morning meeting, Michael said the awards were approved and passed at a Management Meeting in March and were then presented in front of the club's current members.

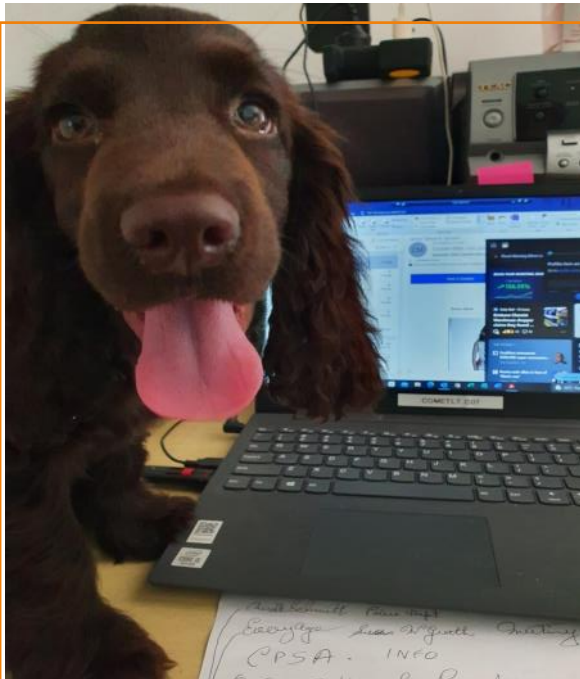
After the meeting finished, which included their regular raffle draw with members winning an assortment of food items, the group had morning tea.

Warwick Pensioners League is the oldest branch in Queensland, having first formed as the Australian Pensioners League in 1937 by Arthur Ernest Pacey.

Michael said the group will be celebrating its 85th birthday in September, with the promise of events in honour of the milestone to occur.

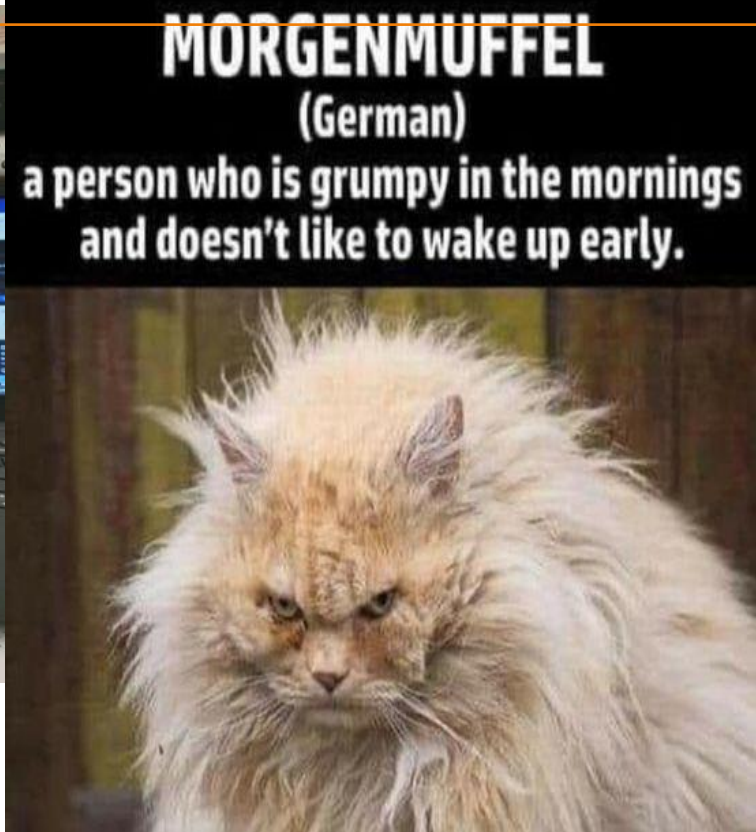
Warwick Today and Stanthorpe Today congratulates Ruby and Ida on their achievement.





**Introducing My 2 I.C. - Archie -**

**What a great help Archie was getting out  
The Comet!**



**WORD OF THE MONTH**

## **WINTER WARMER!**

### **ECONOMICAL - WINTER WARMER**

**SERVES FOUR: PREPARATION TIME FIVE MINUTES: COOKING TIME 30 MINUTES**

#### **INGREDIENTS**

- ♦ 4 Bacon rashers, finely chopped
- ♦ 1 large onion, diced
- ♦ 1 carrot, diced
- ♦ 1 garlic clove, crushed
- ♦ 1 tbspn Olive oil
- ♦ 1 1/2 cups Red lentils
- ♦ 1 1/2 litres liquid Chicken stock

#### **METHOD**

1. Heat oil over medium heat and cook bacon, onion, carrot and garlic until soft.
2. Add lentils and cook for another minute to coat.
3. Add stock and simmer for 20 - 25 minutes or until lentils are soft and soup is thick.  
Season with salt and pepper to taste.

**YUMMY!**



## THE PARTS OF SPEECH POEM

Every name is called a **noun**,  
 As **field** and **fountain**, **street** and **town**.  
 In place of noun the **pronoun** stands,  
 As **he** and **she** can clap their hands.  
 The **adjective** describes a thing,  
 As **magic** wand or **bridal** ring.  
 The **verb** means action, something done,  
 As **read** and **write** and **jump** and **run**.  
 How things are done the **adverbs** tell,  
 As **quickly**, **slowly**, **badly**, **well**.  
 The **preposition** shows relation,  
 As **in** the street or **at** the station.  
**Conjunctions** join, in many ways,  
 Sentences, words, **or** phrase **and** phrase.  
 The **interjection** cries out, "**Hark!**"  
 I need an exclamation mark!"

## Ancestral Mathematics

In order to be born, you needed:

2 parents  
 4 grandparents  
 8 great-grandparents  
 16 second great-grandparents  
 32 third great-grandparents  
 64 fourth great-grandparents  
 128 fifth great-grandparents  
 256 sixth great-grandparents  
 512 seventh great-grandparents  
 1,024 eighth great-grandparents  
 2,048 ninth great-grandparents

For you to be born today from 12 previous generations, you needed a total of 4,094 ancestors over the last 400 years.

Think for a moment – How many struggles? How many battles? How many difficulties? How much sadness? How much happiness? How many love stories? How many expressions of hope for the future? – did your ancestors have to undergo for you to exist in this present moment...

## Do you remember life before the computer? Back when...

- \* Memory was something that you lost with age.
- \* An application was for employment
- \* A program was a TV show.
- \* A cursor used profanity.
- \* A keyboard was a piano.
- \* A web was a spider's home.
- \* A virus was the flu.
- \* A CD was a bank account.
- \* A hard drive was a long trip on the road.
- \* A mouse pad was where a mouse lived.

Do you remember?

I remember the corned beef of my  
 Childhood,  
 And the bread that we cut with a knife,  
 When the Children helped with the  
 housework,  
 And the men went to work not the wife.  
 The cheese never needed a fridge,  
 And the bread was so crusty and hot,  
 The Children were seldom unhappy,  
 And the Wife was content with her lot.

I remember the milk from the bottle,  
 With the yummy cream on the top,  
 Our dinner came hot from the oven,  
 And not from a freezer; or shop.  
 The kids were a lot more contented,  
 They didn't need money for kicks,  
 Just a game with their friends in the road,  
 And sometimes the Saturday flicks.

...  
 I remember the slap on my backside,  
 And the taste of soap if I swore  
 Anorexia and diets weren't heard of  
 And we hadn't much choice what we wore.

Do you think that bruised our ego?  
 Or our initiative was destroyed?  
 We ate what was put on the table  
 And I think life was better enjoyed.  
 Author Unknown

**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.