



THE COMET

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

GLADSTONE



“THE PORT CITY”



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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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Home & Community Care (65+ years)	1800 200 422
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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
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Senior's Card	13 74 68
Senior's Enquiry	1300 135 500
Senior's Legal & Support Service	
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Hervey Bay	07 4124 6863
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Townsville	07 4721 5511
State Emergency Service Office	13 74 68
Youth & Family Support Service	07 3274 9917

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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
Police link Queensland Police (non-urgent)	131 444
Crime Stoppers	1800 333 000
Alex Gow Funerals	07 3852 1501

SEPTEMBER 2022

P1 GLADSTONE

P2 Information

P3 Editorial

P4 Memories

P5 Road Safety with Leyland

P6 Leyland Escoters

P7 Branch activities

P8 Gladstone pics

P 9 Anne Ring Article

P10 Pension Article Frank Gower

P11 History in Pics

P12 Ditto

P13 Ditto

P14 Man Ctte

P15 History in pics

P16 Code of Ethics and Personal conduct

Contact APSL State Office to enquire about membership and a branch near you. You can still contact Head Office on the usual number.

YOUR VOICE MATTERS!

**A MEMBER OF THE
EVERYAGE COALITION
OF ORGANISATIONS**





EDITORIAL
WITH
CHERITH WEIS



Dear Friends,

Time seems to have flown and here we are getting ready for the State Conference in Gladstone on September 13 and 14.

Janet and Joan have organised the event very well and although it would be a small gathering this year, the format will be very much the same as in previous years.

As small as it may be, it will be held in the true spirit of all previous conferences.

This year will heavy hearts as earlier in the year, we lost the former President of APSL Mrs Frances Nord who held the role for something like 4 or 5 years. You will see a pic of her and Gloria Ellis from Warwick who we lost just this week on September 6th.

Just prior to Gloria's passing, on Saturday September 3rd we received the news that long-standing member of APSL for 32 years at Babinda, Beryl Ball had passed away.

These ladies contributed SO much to APSL by way of local involvement and also at many State conferences. Tyranny of distance, kept Beryl from attending in the last decade and Gloria didn't travel once COVID hit us.

My memories of both of these ladies is that they were always the same; loved a chat; always happy and joined in the discussions.

This Comet does not contain all of the usual content as I thought I would make it more of a pictorial of past events; conferences and so on.

I hope it brings back memories for members.

I haven't named all of the pictures as I thought I would test your memories of the people we have met along the way.

For those involved in the conference—thank you for your work and hope to see you next week

Cherith Weis

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VALE - BABINDA'S BERYL BALL

And

WARWICK'S GLORIA ELLIS



Members of the Australian Pensioners' and Superannuants' League throughout Queensland are deeply saddened to learn that Babinda Branch has lost their dedicated Secretary, Beryl Ball. Babinda members are in mourning at the loss of their much loved and dedicated member whose personality and charm won hearts. During a period of over sixteen years as Secretary, Beryl was always ready to help others; sell raffle tickets in public to raise funds to send delegates to conference or raise money for her church.

Beryl was well known throughout Queensland branches as she always attended the State Conferences. Members have remarked that Beryl was always the same - courteous and cool, and collected! She was awarded Life Membership for her contribution to the Babinda Branch and APSL.

APSL sends sincere condolences go to her family at this sad time. May great memories be consoling comfort to them.



On Tuesday, September 6, 2022, we received the sad news that our dear friend, Gloria Ellis had passed away in her home town of Warwick. In September every year, until Covid hit us, always meant Gloria would attend the State Conference as many APSL members would attest. Gloria mixed well with all members and loved getting her hands on a Conference booklet to take home with her.

Gloria had been a member of the Warwick Branch for 32 years having joined in 1990. She kept a keen interest in the branch and APSL and was quite an historian gifting books about the beginning of the Warwick Branch 85 years ago to many members. It is worth noting that the Warwick Branch was formed eight years before the Australian Pensioners' and Superannuants came into being on September 23, 1937.

The Warwick branches Bus trips were one of Gloria's loves which meant if it was a trip to Boonah, it meant a visit to Gloria's favourite shoe store. I am told she never failed to buy a couple of pairs while she was there.

APSL sends sincere condolences to Gloria's family for their loss of lovely lady.

APSL is deeply saddened at receiving the news of the loss of two great APSL Branch members who both contributed so much not only to their branches, but to the Australian Pensioners' and Superannuants' League.

Farewell, lovely ladies.





ROAD SAFETY

With

LEYLAND BARNETT

E-Scooters

I believe that e-scooters are a huge risk to various road users in our community, including pedestrians and cyclists if people that use them are totally irresponsible.

What is an e-scooter? An e scooter is a scooter that is normally powered by an electric motor. The scooters used around Rockhampton are activated by using a mobile phone application that charges your account after the scooter has been activated. They are restricted by a GPS device to prevent them from travelling out of designated areas. The commercial e-scooters are quite heavy as I have tested the weight, can go over 30 km/hr and can cause significant injuries to a rider or a pedestrian/cyclist if involved in a collision.

There are a lot of rules and regulations involved with the use of the scooters however if people ignore the rules then they are putting their lives and the lives of others at stake.

I have personally seen them riding around on busy roads and amongst

traffic in some extreme circumstances where collisions have been narrowly avoided. They are not easily seen if the rider is not wearing hi-viz clothing and because of their ability to be able to travel faster than an average cyclist.

Another problem is the fact that some riders leave these scooters lying over footpaths and out on roads where pedestrians and cyclists risk crashing into. I certainly would hate to run over one in my car as they are very heavy and robust and would cause some significant damage. I suggest that if any one finds a scooter lying or discarded in a dangerous place that they use a mobile phone application, "Snap Send Solve" or ring the council to alert them of the problem.

It always takes just a handful of people to do the wrong thing and the scooters may eventually be restricted to a point where they are no longer viable.

I can see some of the merits for these scooters to be used around parks and gardens but as far as roads and heavy traffic is concerned, definitely no way.

The rules for e-scooter riding in Qld:

- Be at least 16 years of age, or 12 with adult supervision
- Wear an approved bicycle helmet, that is securely fitted, at all times (unless an exemption has been granted for medical or religious reasons)
- Not carry passengers
- Not use a mobile device
- Not drink and ride
- Have a working flashing or steady white light on the front, and a red light and reflector at the rear when travelling at night or in hazardous conditions
- Rideables should be used on paths wherever possible
- Some limited access to roads is permitted but only in specific circumstances. For example, you can use your rideable to cross a road or avoid an obstruction on a path for up to 50 metres
- You are allowed to stay on your personal mobility device to cross a road at a designated crossing
- You can also ride on local streets, where it is safe to do so. A local street is a road with a speed limit of 50kph or less. It must have no dividing line or median strip and if it is a one-way road, it can't have more than one lane
- You must not ride on main roads or streets
- When permitted to ride on a street you must keep as far to the left side of the road as practicable
- Just like bicycle riders, you may ride alongside one other person or

BRANCH ACTIVITIES



Nine Warwick members enjoyed lunch at the Condamine Sports Club on August. 4th.
The meals are always very good.



**In happier times at the Bowen 2016 State Conference,
Warwick’s Gloria Ellis chats with the now member for Dawson, Andrew
Willcox at a relaxing dinner at a local Bowen Hotel.**

Welcome to Gladstone branch members! CQ's Port City Branch!





Exploring sex and sexuality through Good luck to you, Leo Grande

By ANNE RING

I certainly wasn't planning to follow my review of Elvis with another film review, but I've just seen *Good luck to you, Leo Grande*, and I do have to report that it is well worth seeing, in a much happier and very different way to Elvis. As a professional reviewer, Sheila O'Malley of the Roger Ebert website presumably has to keep something in reserve, and so she described *Good luck...* as "an almost perfect movie". As an amateur, I would have deleted the "almost". This is a film that is perfect in so many ways. Here are at least some of them (fear not, there are no spoilers).

So, as has been widely publicised with the promotional visit to Australia of its UK stars Emma Thompson (as the older widow Nancy) and Daryl McCormack (as the young sex worker Leo), this film is literally all about sex, and sexuality, from the perspectives of both its older and its younger participants. Young people, in general, try not to think about older people having sex (way too gross), and many older people worry about their changing bodies and the impact of that on continuing (or starting) a satisfying sexual life.

In this film, while Nancy has all of those fears, Leo has none of the negativity. He is the perfect person to open an anxious and depressed widow – gradually – to the joys not only of sex, but also of accepting and even appreciating her 68-year-old body.

Both of the actors have heaped praise on the Australian director Sophie Hyde – to the point where their promotional trip all the way from the UK was to show their respect for the way in which she has created a mood that is engrossing and real without being smutty or crass. And this has been done in a way that would translate (and probably will be some time in the future) into a perfect stage play, with almost all of it being filmed in a single hotel bedroom, without this feeling in any way claustrophobic.

I cannot praise Emma Thompson highly enough for – yet again – inhabiting her role in the most naturalistic way possible: uptight, unglamorous, and gradually finding herself able to relax into who she could be, without any sort of a Hollywood-style make-over. As for Daryl McCormack, he is undeniably a fine figure of a man, but it is the warmth of his personality that manages to break the ice around Nancy's inhibited sexuality. Oops – sorry, that was a bit of a give-away. But not really a spoiler as the whole promotion of the movie makes that a given. And the last quarter of the film goes into completely unexpected directions that send this film way up the scale beyond one that is just about a series of sexual encounters.

Last but definitely not least, here is a film that not only explores sex physically, but talks about it in frank ways that might encourage some viewers to become equally courageous about exploring their own sexuality, in ways that suit them.

Altogether quite a unique film that is worth checking out.

Anne Ring 2022©

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Pension battle hots up

BY EILEEN WOOD

A GROUP of retirees has renewed its battle with the federal government to make the single age pension fairer.

For six years the Australian Pensioners' and Superannuants' League of Queensland tried unsuccessfully to have the previous government address what it says is the inadequacy of the single age pension. It now hopes the new government will be more amenable to its campaign.

The league says the cost of living is way above the income of a single age pensioner, particularly those who rent.

Two years ago it petitioned the federal government to address the issue but failed to persuade parliamentarians to take up the cause, which it partly puts down to the pandemic.

Now it wants retirees and pensioners across Australia to lobby their local member of parliament.

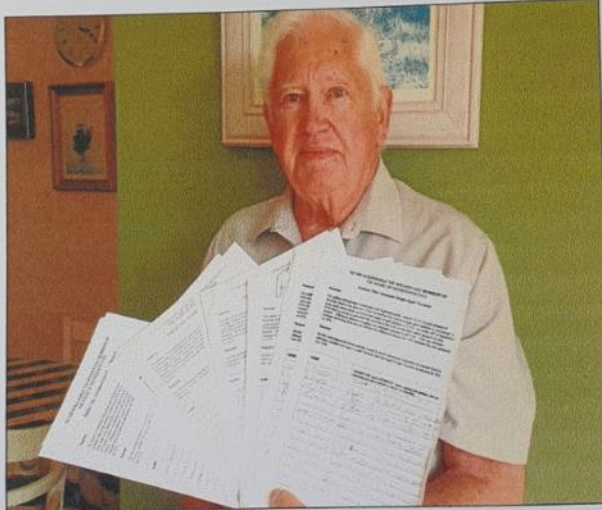
The league wants to see the difference between the couple combined and single age pension reduced to about 20 per cent.

It says it is not financially easy for a couple living on the age pension, particularly if they have to rent in the private market, however when a partner dies, the result is not only devastating emotionally but can be financially crippling.

A couple on the age pension receives \$1488.80 per fortnight including supplements. If they pay rent of (for example) \$700 a fortnight, they would also receive rental assistance of \$137.40, leaving them \$926.20 for food, power, transport, phone and internet, water, health, clothing, maintenance and other day-to-day expenses.

If one partner dies, the surviving partner's income is slashed from \$1488.80 to the single pension rate of \$987.60, a cut of \$501.20.

However, almost all their expenses remain the same, particularly the fixed expenses such as housing, power, car, petrol, phone and internet. Even after the single person rental assistance of \$145.80, the surviving partner who rents at \$700 a fortnight would have \$433.40 to live on each fortnight.



CRIPPLING CUT: Frank Gower with the petitions tabled in parliament two years ago.

The league Caloundra branch president Frank Gower said there was no cost-of-living saving to a single pensioner that justified the disparity in the two pension rates.

"Single pensioners are severely disadvantaged," he said. "Most basic living costs

do not decrease when a pensioner ceases to be part of a couple.

"A single pensioner does not save \$501.20 fortnightly on their major bills, food, power, water, and general cost of living."

Mr Gower said many older single pensioners have never

received superannuation, and relied on their pension as a sole source of income.

"There are single age pensioners living in poverty, many are barely surviving, and it's time the government did something to help them."

Mr Gower said many older single pensioners have never received superannuation, and relied on their pension as a sole source of income. "There are single age pensioners living in poverty, many are barely surviving, and it's time the government did something to help them." (07) 3844-5878 or apsl.com.au

Rise due as cost of living surges

AS INFLATION continues to surge, pensioners are keenly awaiting news of the half-yearly welfare payment increase, due September 20.

The Pensioners and Beneficiaries Living Cost Index showed a 3.5 per cent increase from January 1 to June 30. The Consumer Price Index increased by 4 per cent.

According to the Combined Pensioners and Superannuants Association, the CPI increase will be used in September as Centrelink bases its pension indexation on whichever is higher, the pensioners and beneficiaries index or Consumer Price Index.

The current single age pension is \$900.80 plus \$72.70 pension supplement and \$14.10 energy supplement. The pension supplement is CPI indexed; the energy supplement is not indexed.

In the past year food has gone up by 5.9 per cent, housing by 9 per cent and transport by 13.1 per cent.

Featured in the Senior News - September 21, 2022

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QUEENSLAND
MARCH 2018

The Senior

The Senior traveller
On top of the world

First Kyoto, now he's our top senior PAGE 7

Live! No drag'n the chain! PAGE 18

Group's war on waste

THE Australian Pensioners and Superannuants League Queensland is mounting its own war on waste campaign, encouraging seniors to change their coffee-to-go habits as a first step.

Disposable coffee cups are the second biggest litter item after plastic bottles in Australia, with about a billion caffeine hits on the run quickly ending up in garbage.

"Few takeaway coffee cups are truly recyclable or compostable because of a thin plastic liner and the hard plastic lid," said league president Cherith Weis, who has taken to carrying a reusable travel mug wherever she goes.

"They're in our landfill and not breaking down.

"I have great-grandchildren coming along and I want them to have a better life and a cleaner world. We seniors can make a difference, one cuppa at a time."

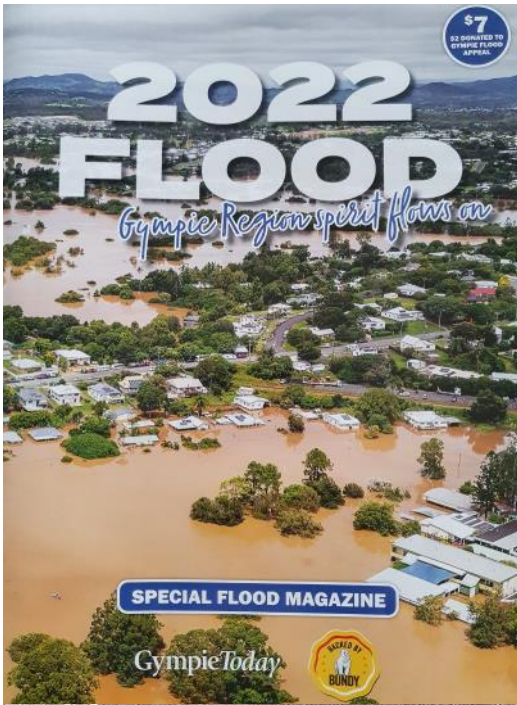
CLEANER WORLD - Cherith Weis (left) is happy with her reusable mug while assistant state secretary Nola Harvey (right) doesn't like her coffee cup being a polluter.

Cherith shares these tips:

- Don't take away. Enjoy your beverage sitting in the cafe, sipping from a ceramic cup.
- Carry a reusable mug.
- Some coffee shops now store regular customers' own mugs on their shelves.
- Encourage your cafe to use cups made from renewable resources.
- Refuse a lid to your takeaway cup if you don't really need that plastic sipper.

The Senior will explore ways older people are declaring their own war on waste in coming editions. Share your tips with us - email edit@thesenior.com.au or write to The Senior, PO Box 130, Wyong NSW 2259.

Some pictorial history through some years of APSL starting with the number of floods hitting Gympie this year







APSL was involved in the meetings held in Rockhampton
 Cherith and Nola were represented. Also pictured
 Is
 Joel Pringle of Every Age Counts Coalition.



Joyce and Anneliese—The Constitution Meeting in Gracemere
 Nth Rocky President Merv Molloy and Rocky Mayor Tony Williams
 Kurilpa conference members at Mt. Coo-tha



2021 - 2022 APSL MANAGEMENT COMMITTEE

BACL ROW; Maureen Perry (Gympie); Michael Holland (Warwick); Meg Patterson (Gladstone); Margaret Laughton (Gracemere); Kevin Ward (Gympie).

Front row: Anne Long (Gympie); Nola Harvey (Gracemere); Barry Ramsay (Kurilpa) and Cherith Weis (North Rockhampton). Inset - Graham Lynch (Babinda)





Plenty of fun at the ACACIA Ridge Conference with Elvis. Gloria loved him!



Above - Two ladies we lost this year. Gloria Ellis receives a presentation from APSL President, Frances Nord.

Below - Beryl enjoying herself at Acacia Ridge Conference, and

Graham Lynch and Beryl are pictured with Elvis at Acacia Ridge Conference.



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 and 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.