

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

CONGRATULATIONS! WARWICK BRANCH OF **APSL! CELEBRATING 85 YEARS!**

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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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branch near you. You can still contact Head Office on the usual number.



A MEMBER OF THE EVERYAGE COALITION OF ORGANISATIONS

YOUR VOICE MATTERS!

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EDITORIAL WITH CHERITH WEIS



Dear Readers,

It's hard to believe that another year is nearly at an end! However, here we are getting ready for Christmas once again.

We cannot ignore the unrest in the world with the war in Ukraine and in other areas. However, life must go on and our prayers for peace to reign and common sense to prevail must continue.

You will read further through this edition about those wonderful and dedicated members we have lost, mainly in the last few months.

Every life is an amazing story

Write your final chapter and ensure your story is remembered by prearranging your funeral with Alex Gow.



phone 3851 7800 | 24/7

NEWSTEAD I BROWNS PLAINS I REDLANDS I DECEPTION BAY

Our sincere condolences go out to their families. These members will be greatly missed in their areas.

APSL will continue for sometime to look after the needs of those who support the Kurilpa Kitchen as clients. We receive a Federal Grant which contributes to meals for clients; staff wages and some activities.

Recently, we had to close the facility for a week as COVID had struck down those who organize the activities at Kurilpa Hall. Anneliese, Craig, Bev and Cyrisse and other volunteers are to be thanked for their dedication and service to APSL and keeping the service going at West End.

It certainly hasn't been an easy year for many members, all of whom are volunteers. Some of the management committee have been battling their own health problems as well as those of family members.

As members are aware, our management committee members reside throughout Queensland. Namely Babinda; Rockhampton; Gracemere; Gladstone and Gympie. Our meetings are continuing on ZOOM which has been a 'Godsend' and which has saved us so much as we don't have to travel to hold meetings.

To all readers, I wish everyone a very Merry Christmas a Happy New Year! Stay safe! Cherith Weis.



Engaging with Ageing By Anne Ring

Recently, I heard the phrase "Stand up and speak out". And I realised that that is exactly what I'm doing with my book, Engaging with Ageing: What matters as we grow older. I'm standing up and speaking out in my way, by writing about what I feel passionate about. And that is to give a reality check to what growing older – and old – is all about.

And what that is, as I see it, is as just another stage of life, with its particular ups and downs, no better and definitely no worse than any other stage that we've lived through. And so, through my book, I wanted to counteract all the antiageing and ageism that we see far too much of in a society that overvalues youth, and undervalues age.

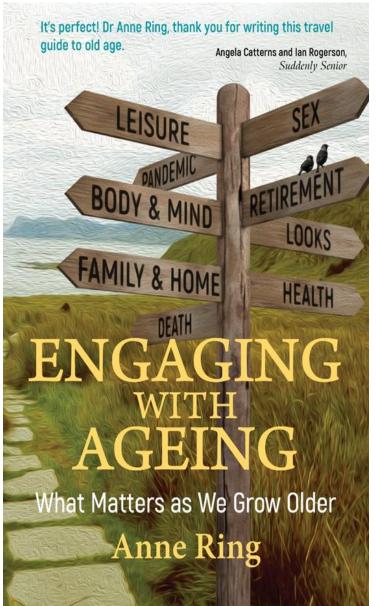
What I wanted to show, instead, is that being older, and old are - in fact - not to be feared, or denied, but to be fully engaged in, enjoyed where possible, and managed in all of its rich complexity. And so, my book covers big ticket items like changes in appearance, retirement as transition, lifestyle choices, sex in old age, taking care of our bodies and our minds – including how to manage challenges such as falls prevention and the possibility of living with dementia – and all the way up to thinking about what each of us would want for a good death.

It also looks at a rich variety of ways in which we can choose to spend the extra time many of us are lucky enough to have, such as on encore careers, volunteering, memoir writing, intergenerational travel, exploring new experiences, joining interesting groups, and becoming an antiageism activist.

joining interesting groups, and becoming an antiageism activist.

It's taken me 13 years of writing, rewriting and weathering all the bumps on the road, including nearly three years of COVID, but here I am now, having had the sheer good luck of finding a publisher and living long enough to get to this point.

CONTACT - website - annering.au



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OUR CHEF CRAIG MERTENS CELEBRATES 10 YEARS WITH APSL!



Pictured above. Craig is pictured with Yvonne Bambling who has also been with APSL for ten years! Thank you, Craig! Above - Our State Secretary Nola Harvey is pictured with our volunteers, Bev and Cyrisse who also contribute to a well-run organisation at West End.

APSL HAS SUFFERED MANY LOSSES OF DEDICATED MEMBERS THIS YEAR— SOME OF THESE MEMBERS FROM SEPTEMBER.





We have lost Beryl Ball from Babinda; above Warwick's Gloria Ellis; Above right -standing I to r — Margaret McHardie and Eileen Russell, seated Patricia Fitzgerald (my photo from an annual meeting in 2004) Top—North Rockhampton's Maisie Hammond and Dell Waite and not pictured - John Bankie.



ROAD SAFETY WITH LEYLAND Traffic Law?

I listened to Sophie on the 4BC Afternoon program on 4RO, 7/10/22 and she asked the question if it was okay to eat a burger or cereals while driving and if you could get fined for it?

She claimed that she rang Qld Transport and they said that she should check with Qld Police and they said they would get back to her.

I did some research and found that you can get charged with undue care and attention.

I rang Sophie up and gave her the information as I have the traffic regulations on hand to assist learner drivers. Even having an air freshener hanging off your centre rear view mirror can land you a fine.

Distractions of any kind is an offence and a dangerous habit while driving if you even take your eyes off the road for just 1 second.

Sophie got a reply from Qld Transport and stated that if you have a crash and it was found that because you were eating a pie or touching a button on a radio that causes a crash that you can be fined for dangerous driving or driving with undue care and attention. 375 dollars for dangerous driving and 575 dollars for driving with undue care and attention was relayed from Sophie.



Leyland Barnett's article continued......

The fine can be found at, https://www.qld.gov.au/transport/safety/fines/demerit/ points#driverdistraction

It is also interesting to find, Driving without due care and attention

A person who drives a motor vehicle without due care and attention commits an offence and can be fined up to 40 penalty units (\$5222) or imprisoned for up to six months (s 83 Transport Operations (Road Use Management) Act 1995 (Qld) (TORUM Act)).

So don't be distracted while driving as it can be a costly problem; however the consequences of having a head on with another innocent driver are absolutely devastating to all people that are involved.

Despite the toughest penalties and fines, people still ignore the consequences, so what is the next step? Larger jails and rehabilitation camps or start crushing cars for recycling that could be a better benefit to the safety of the community?



WARWICK CELEBRATES 85 YEARS!

Members of the oldest APSL branch celebrated their eighty-fifth birthday on Thursday, September 29. Pictured right - The Southern Downs Mayor, Councillor Vic Pennisi who was guest for the day along with other dignitaries. Councillor Pennesi addressed the Warwick members and guests.

Warwick was the first branch formed in the State of Queensland eight years before APSL was registered as the governing body. Obviously Warwick is the only branch to have experienced life during the Second World War and survived.

The celebrations in Warwick were marred by the recent loss of much loved long-time member, Gloria Ellis who members honoured with an

- A &





below) and a minute's silence was also held.

Penoion

Birthday

The Travelling Country Band whose members belong to the Warwick branch supplied some great music for the birthday bash.

> Ross Ellis (pictured below) accepted a donation of \$500 from the Warwick APSL Branch President, Michael Holland on behalf of the Warwick Cowboys RLFC where the branch meets.



Warwick member Ida Jackson had the honour of cutting the 85th Anniversary cake.

Members seated - an empty chair and a purple scarf for Gloria.

WARWICK BRANCH CELEBRATED 85 YEARS - SEPTEMBER 29TH



Several pics can be attributed to WarwickToday while others were supplied by Warwick's President, Michael Holland

THE AUSTRALIAN PENSIONERS' LEAGUE Invalid Old Age (WARWICK DIVISION) FUNERAL FUND 1 m Lilly Forser Arch 65 HOOA Pensioner, hereby apply to be enrolled as a subscriber to the above Fund, subject to the conditions applying to acceptance for provision for burial at death. Date and 21" 1937 63 Age Religion R. C Signature of Applicant APPLICATION FEE, 1/-Collector's Name NOTE .- Subscription 6d. per week, payable fortnightly in advance. Secretary to be advised of Death of Subscriber IMMEDIATELY. J. M. DARBY, Hon. Secretary 29 Locke Street, Warwick.

From the book "50 years of History— APSL WARWICK" BY Oswald. O. Guy





MOUNT MORGAN BRANCH HELD A FUNCTION ON THURSDAY, NOVEMBER 24th. Attending were Mayor Tony Williams; Councillors Cherie Rutherford and Drew Wickerson; APSL members from North Rockhampton and Gracemere and local Mt Morgan members. Many thanks to Barry and Pat Hare. It was a lovely day on the Mount!





Australian Government

Department of Health and Aged Care

The Hon Anika Wells MP Minister for Aged Care Minister for Sport

Chief Medical Officer

Dear older Australians,

23 November 2022

Oral antiviral treatments for COVID-19

Older Australians continue to be vulnerable to the impacts of COVID-19 and it remains critically important to protect yourself from the devastating impacts of COVID-19.

Fortunately, we have effective medications to help those at the greatest risk of developing severe illness from coronavirus.

You may have already had COVID-19 and taken these medications as tablets or capsules, or you may know friends and loved ones who have done so.

Oral antiviral treatments are safe, effective and available for <u>all Australians aged 70 or over</u> who test positive for COVID-19, even if they have no symptoms or other risk factors.

People who are 50 years or older and have two additional risk factors, or who are Aboriginal and Torres Strait Islander people who are 30 years or older with one additional risk factor, are also eligible for the oral antiviral treatments.

These treatments are saving lives

Please, talk to your family and your doctor about your COVID-19 treatment options. This is especially important with the current surge in case numbers and the risk of reinfection.

You will need a prescription for the treatments following a positive COVID-19 test but **planning ahead** and talking to your family and doctor to **give consent** will help to ensure you have rapid access to the medications which must be taken within five days of symptoms starting. The sooner these treatments can commence, the greater their chance of success in reducing severe illness.

These medications are also safe to take again if you have a second or subsequent infection and they are considered appropriate by your doctor.

Phone: (02) 6289 8408 Email: Paul.Kelly@health.gov.au

Scarborough House, Level 14, Atlantic Street, Woden ACT 2606 - GPO Box 9848 Canberra ACT 2601 - www.health.gov.au

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Finally, **vaccination** remains the best way to protect yourself from severe illness, so we encourage you to stay up to date with your COVID-19 vaccinations and continue to practice simple but critical measures like **good hand hygiene** and **wearing a mask** in crowded indoor spaces.

Our healthcare experts are learning more about COVID-19 every day and **monitoring the latest research** in Australia, and internationally, so we can look forward to a time when COVID-19 is managed like a seasonal cold or flu.

Thank you for ongoing resilience during the pandemic and we wish you all the best for this holiday season.

Kind regards

Anko & Jell

The Hon Anika Wells MP Minister for Aged Care

Professor Paul Kelly Chief Medical Officer

INALA BRANCH NEWS

Inala has had a busy couple of months with Bingo and Bowls in October and November, as well as a Seniors Week Fancy / Crazy Hat Party. Regular weekly Bingo and Bowls days are held.

The last day for the branch this year will be December 7 with a break-up party beginning at 10a.m. Members to bring plate of food. A Christmas Party will be held at the Richlands Hotel on December 14. Doors open t 10.30a.m. for morning tea. Lunch to be served at 12 noon. Contact Tanya Ford on 0452 529 094.

NORTH ROCKHAMPTON BRANCH

This branch is enjoying Indoor Bowls every Wednesday at Bauhinia House with play commencing at 10 a.m. Morning tea is served at 9.30 a.m. Last day of play will be December 14 followed by a Christmas Break-up at the Frenchville Sports Club. Indoor Bowls will re-commence on January 25th, 2023.

North Rocky wishes fellow APSL branches a Merry Christmas and a Happy New Year!

it's HOT: Remember your Pets

Heat risk to your companions and livestock

With a taste of summer in Queensland, RSPCA Queensland is urging pet owners to keep their pets cool with ample shade and water.

The charity is already experiencing a spike in calls regarding pets in heat distress.

"People need to be aware of the dangers to their pets this time of year.

"Animals left in hot cars or tied up in backyards without shade and water can suffer heatstroke and even die in these hot conditions," says RSPCA Inspector Ben Newman.

In October, RSPCA Queensland received 70 reports of animals left in vehicles from concerned members of the public, the charity expects this number to grow as the warmer weather continues.

The RSPCA's Top Tips for Keeping Pets Cool:

Provide ample shade for your pets in the backyard and multiple water sources.

Never leave pets tethered in backyards – they can get tangled, leaving them unable to reach water and shade.

Keep pet playtime and daily walks to early morning and late afternoon. Avoid hot bitumen for doggy paw pads!

Never leave pets unattended in cars – cars turn into ovens within a matter of minutes.

Make sure dogs in utes have shade, water, and can't burn their feet on hot trays.

Keep careful eye on brachycephalic (flat face) breeds as they are prone to overheating.

Make sure your livestock, hens and horses all have shade and water too.

Move small pet enclosures for birds, guinea pigs and fish, out of the direct sun.

You can also leave out containers of water to help native wildlife.

If you see an animal in distress, contact the RSPCA's 24/7 Animal Emergency Hotline 1300 ANIMAL.

For more information or an interview with an RSPCA Queensland spokesperson, please contact: **Emma Lagoon, Communications & Media Manager, RSPCA Queens**land

Email: elagoon@rspcaqld.org.au



But it can muffle the sound

Received from the Australian Ageing Agenda



And from The National Seniors

The Federal Government has moved to cap home care and home care package management fees and has banned all exit fees as well as brokerage and subcontracting fees.

As of January 1next year, home care management fees are capped at 20 per cent and package management fees at 15 per cent.

The legislative reform was recommended by the Aged Care Royal Commission and followed complaints that some providers were overcharging clients and billing for unnecessary fees to lift profits.

"Some older Australians have been paying up to 50 per cent of their Home Care Package as administration and management fees. That is not affordable or sustainable and is simply wrong," said National Seniors Australia Chief Executive Professor John McCallum.

"We believe excessive fees restrict people's access to services, compromising their well-being and safety at home and leading to premature entry into residential aged care.

"The caps set the maximum amount a provider can charge. They are not the target price for these services or an indicator of what is considered a 'reasonable' price.

Thank you one and all!

On behalf of APSL Branches throughout the State, I would like to thank those people who have assisted us to get the Comet out to our members throughout the State.

A number of elected State and Federal representatives assist us by printing The Comet in their offices every month, and it is very much appreciated by those branches.

- To our Rockhampton people Barry O'Rourke, the elected member for Rockhampton and his two wonderful office staff, Debra and Karen - thank you so much for printing this journal for couple of branches. Due to a medical issue, I cannot drive to pick them up, so I have been spoilt as Debra delivers them on her way home! Thank you so much!
- The Branch members in Gladstone are supported by Glenn Butcher, Gladstone's State member and his wonderful staff who organise The Comet for the members. A special mention of Jill in his office who looks after our members for Zoom meetings Glenn also visited the Gladstone Conference along with Mayor Burnett issuing support for pensioners and superannuants.
- Gympie is fortunate to be looked after by the State member, Tony Perrett whose office prints off copies for local members. Your assistance is very much appreciated.
- Warwick branch has the Federal Parliamentary member for Warwick, David Littleproud, whose office prints off copies for the local members. On behalf of the Warwick branch, thank you, David! To anyone else who assists in this way, we thank you.
- A number of people contribute to production of The Comet.
 Anne Ring who I believe is a "Sydney-sider" and who I have never met, Anne writes a great monthly column and has released a book. Details of her book are in her article in this edition and I would urge readers to support her.

Local Rockhampton resident, Leyland Barnett has been writing a Road Safety column for years, and at a guess, I would say probably for seven years. Leyland is extremely road safety conscious; is a Driving Instructor and runs a "Learn to Drive school" in Rocky. RSPCA's Emma Lagoon supplies relevant articles and has carried on the contributions initially sent in by Michael Beatty who is a well-known personality in this State and elsewhere and now retired.

Thank you, folks - your contributions make good reading.

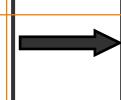
• To the Branches who have contributed, especially Warwick who are regulars, thank you so much.

Just remember to send in your Christmas / New Year as soon as possible for the February issue and any news you may have in your district. The Comet email address is on Page 2 of this journal.

• A Merry Christmas and a Happy New Year to you all! Cherith.

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.