
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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Queensland State Government Directory

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Senior's Legal & Support Service Brisbane 6333	07 3214
Cairns	07 4031
7179	
Hervey Bay	07 4124
6863	
Toowoomba	07 4616
9700	
Townsville	07 4721
5511	
State Emergency Service Office	13 74 68

MAR - APL 2023

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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.

A MEMBER OF THE



**EVERYAGE COALITION
OF ORGANISATIONS**



YOUR VOICE MATTERS!



EDITORIAL WITH CHERITH WEIS



Greetings Readers!

It feels as though time flies! How many people make remarks to you about time flying? And the Earth is spinning a little faster! I did read that somewhere recently so that justifies our thoughts!

I would sincerely thank the Minister for Police, Mr. Mark Ryan for the action he triggered by passing on a letter of mine about Scams to the relevant department. I was approached by DSC Deb. Keys initially and then Detective Sergeant Ian Wells who are both involved with fighting Cyber Crime.

The outcome of discussions mainly through emails resulted in Detective Sergeant Wells providing advice in an article for this edition.

The Minister's office is certainly on top of the issue and again today I received another communication which confirms the action taken for which I thank the Office of the Minister, Mark Ryan.

The scams continue. However, if we are wise enough and informed, we should know what course to take by either blocking them or quickly deleting them.

- Branches will be soon be asked to provide agenda items for State Conference which will be held on September 12 and 13.
- Conference to be held at our Headquarters at West End.
- This is an important conference so I would ask branches to make an effort to attend.
- A Lord Mayor's Reception may be held.

I wonder how many of you watched the Coronation of King Charles, the third and stayed the course? I did! Great pomp and glory! If you are around my age, you probably remember Queen Elizabeth's big day. My sister reminded me that we saw it on film at Toowoomba's Empire Theatre with our school. I still have a souvenir or two.


Well, we have an important day coming up on Sunday with Mother's Day with us once again.

Whether you are a Great/Great Grandma or a new Mum we wish you a wonderful day with your families. To those who don't live close by, we hope that you receive heaps of love through conversations! Heaps of love to you all.

Cherith.

**Every life is an
amazing story**

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ensure your story is remembered
by prearranging your funeral
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Fat shaming through fashion:

It's time to stop it!

By Anne Ring

Taylor Swift and I inhabit two different worlds, but there was a momentary cross-over when she hit the headlines. No one could miss seeing what was interpreted as her fatphobia in a 2022 video that she had made to accompany her new song *Anti-Hero*. This received such negative publicity that she publicly recanted from it and put out a new video as an apology. Nothing there that anyone tuned into the mass (let alone social) media doesn't know already.

But there is another sort of fat-shaming that is both highly visible and – yet – so subtle that it stays totally under the public radar. I do notice it from time to time, and then fuhgeddaboudit. Until the next time. Which is now. With the announcement by a clothing designer who shall remain nameless (because they are so not alone in this department), that they have brought out a new line of their gear: a “plus size range”. Being someone who has long teetered on the fringes of Size 16, my first reaction was “Oh, good”, because I'd often admired their designs while finding them a tad tight.

But, looking at examples of this new range, appealing though they were, my second reaction kicked in. Why the hell did this set of designs have to be created specifically for those people who are – to varying degrees - larger than the standard range, which generally stops at Size 14, or L?

I ask this as a member of the legion mourning the closing of the clothing stores of the wonderful designer Nicola Waite. Let me press pause on my rant for a moment, to sing her praises. And the singing is entirely appropriate, because she was – in earlier times – an award-winning international opera singer. And to quote from her Linked-In site, she then found a new cause: “to produce cutting edge fashion using exquisite fabrics, innovative styling and polished finishes for the modern/discerning woman, irrespective of whether she is a size 8 or 22.”

It is fair to say that Ms Waite is also of a generous size. And, happily, she also proved to be a woman of initiative, and a design powerhouse. So, “frustrated with what she could find for herself, yet being a lover of ‘fashion’ per se, she launched her self-titled fashion label...in May 2000.” The rest, for a while, was history. I first discovered her store in Sydney's Paddington some years ago, and became an instant fan. Her styles were fabulous, her fabrics sublime. Unfortunately, that combination did not come cheap. But what she also had were regular sales in her Alexandria warehouse, and – wow – did she know how to discount! The queues for those sales were legendary, and the best strategy, I discovered, was to get there very, very early, well before her doors opened, as groups were progressively allowed in. To the sheer bliss of the wealth of affordable style and choice that she offered. Sans size discrimination. We were women united by a love of her designs for all. Sadly, a few years ago she decided that it was time to close her stores. Fortunately, however, I have a wardrobe full of her clothes and – with her being ahead of her time – her designs are an advertisement for sustainability, being what are now called “forever fashions”, that just don't date.

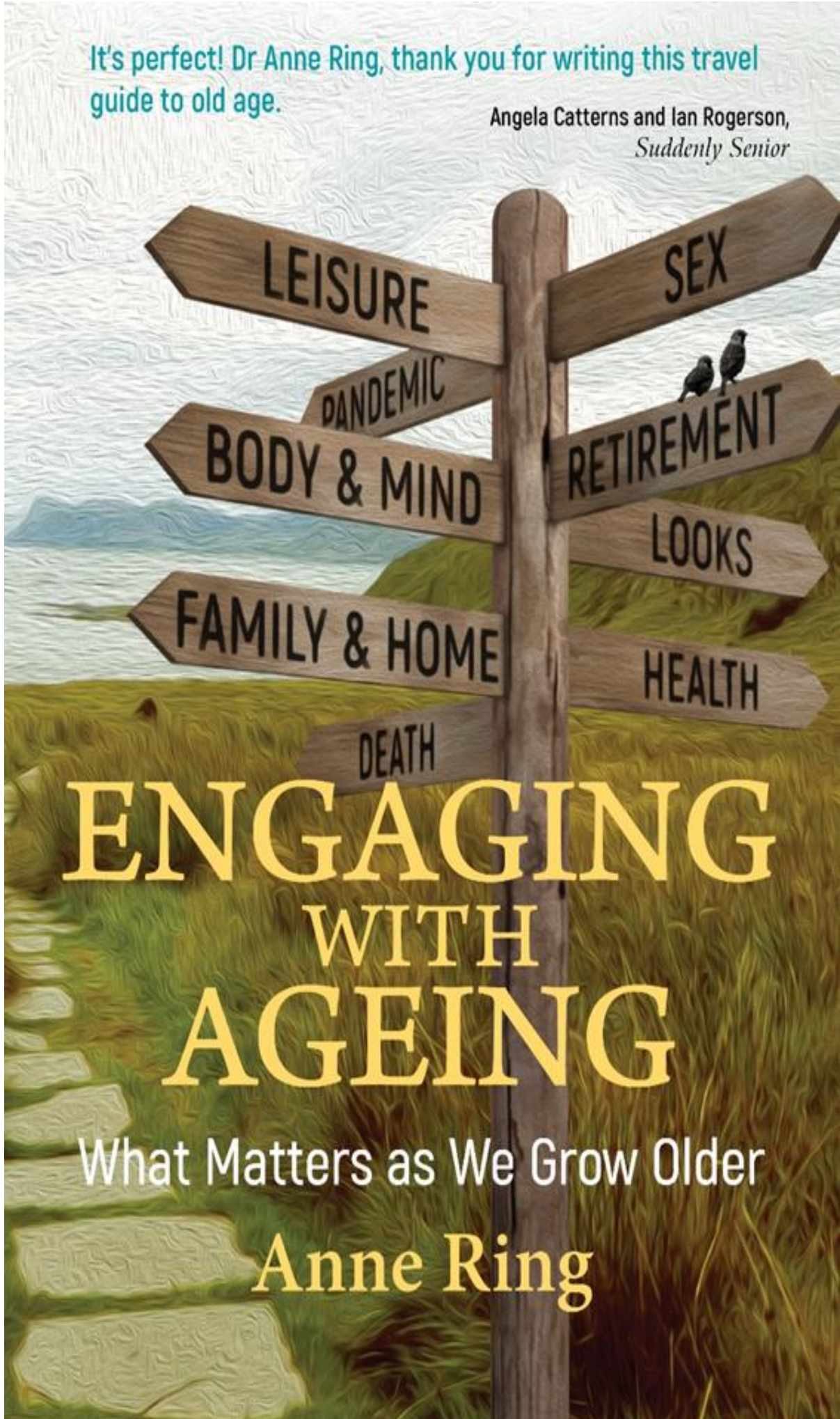
So, reverie over, why can't more designers follow in her footsteps? Why are there whole stores dedicated to the larger sized when it is clear from their designs that they could look good on all sizes? And why, in department stores, do we have – hidden away somewhere discreet, behind pillars – the racks of large-sized and, sadly, often dowdy clothes?

We don't label the small sizes “skinny size”, and it's definitely time to lose their opposite numbers' label of “plus size”. One size doesn't fit all, but all sizes should have access to the same range of styles, in the same locations.

Anne Ring ©2023

It's perfect! Dr Anne Ring, thank you for writing this travel guide to old age.

Angela Catterns and Ian Rogerson,
Suddenly Senior



ENGAGING WITH AGEING

What Matters as We Grow Older

Anne Ring



ROAD SAFETY WITH LEYLAND

Road Markings

It is very important to not only be aware of road signs, but also of road markings to ensure of a safe journey on our roads.

It is important to understand that it is not safe to stop on a yellow road marking as by stopping on that marking you are not only putting yourself in danger but also other road users. You will observe that some train crossings have yellow lines crossing over the area where the train tracks cross a road way. A train can take 100's of meters more than a motor vehicle to stop in an emergency and that is why it is illegal to stop on any yellow markings painted at a train crossing.

Yellow edge lines are in place to stop people parking in certain positions along the road side. Some of these positions create dangerous blind spots for motorists if a vehicle is parked in a certain location and that is why yellow edge lines are used to prevent an incident from occurring. That is if people know what a yellow edge line means.

I have had several incidents recently where not only a student was not aware of marked turning lanes but of other more experienced users not showing any understanding of marked lanes. If you are approaching a multi-lane intersection you will

sometimes see either a turning arrow or a straight arrow with a turning arrow in either lane. It is important that you select the correct lane for your travelling direction as the intersection is designed for only 1 lane to travel through, not both lanes and this can lead to an incident if someone doesn't follow the painted lane markings.

More complicated intersections allow room for a vehicle to proceed to the centre of 2 lanes and it is so important to be aware of the give way markings painted in the centre section of the road. This can be confusing for many people, however if you are aware of the road markings you can make an informed decision to proceed safely.

If you have any concerns over road markings, please purchase a road rules book at your local Qld Government Transport Department.

Stay safe and as a licenced driver you need to ensure that you are up to date with all of our road rules as they are constantly changing.

Please ensure that you do all of your safety

checks before travelling over Easter such as

tyres, lights and have any unusual noises

checked by a quality mechanic.



Mother's Day in Australia falls on the second Sunday in May.

It's was first celebrated in Australia in 1910, according to the National Library of Australia.

"Australia celebrated "Mother's Day" yesterday for the first time," reads an excerpt from The Leader and Orange Stock and Station News in 1910.

"At special services held in Sydney, white carnations were worn," it continued.

History of Mother's Day

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, this celebration fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church"—the main church in the vicinity of their home—for a special service.

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s

Ann Reeves Jarvis and Julia Ward Howe

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

Another precursor to Mother's Day came from the abolitionist and suffragette Julia Ward Howe. In 1870 Howe wrote the "Mother's Day Proclamation," a call to action that asked mothers to unite in promoting world peace. In 1873 Howe campaigned for a "Mother's Peace Day" to be celebrated every June 2.

Other early Mother's Day pioneers include Juliet Calhoun Blakely, a temperance activist who inspired a local Mother's Day in Albion, Michigan, in the 1870s. The duo of Mary Towles Sasseen and Frank Hering, meanwhile, both worked to organize a Mothers' Day in the late 19th and early 20th centuries. Some have even called Hering "the father of Mothers' Day."

Below—A precious memory of mine





Be Financial and Cybercrime Aware

Current popular scams:

- Overdue Toll fee messages on your phone. Never click on any links from emails or texts messages.
- Microsoft Help Desk – Microsoft will never contact you to advise your computer has problems or you need to fix your computer. If you receive a phone call from Microsoft – HANG UP!
- Hey Mum text message – If you receive a text message from your child claiming they have lost or broken their phone and are now using a new number do not answer the message. Ring and speak with your child on the original phone number and confirm.
- Bank emails or text messages – Never click on a link from an email or message that purports to be a bank

Password tips: If you use a password based on a name or object, it can be easily broken. Hackers know many people use passwords starting with a capital letter, based on a name and finishing with a number. Using the same password across many sites allows the hacker to gain access to them all. Use characters such as \$, ?, % or @ in your password at random places to make it more difficult to be broken. Use at least 14 characters for a password and never use the same password for all your online accounts. Have a different password for every online account. Consider using a password manager application to save your passwords.

For more information on current scams or to report a scam, visit www.scamwatch.gov.au

If you have been a victim of a cybercrime, report it to the Australian Cyber Security Centre www.cyber.gov.au

For education, please visit The office of the eSafety Commissioner www.esafety.gov.au



APSL STATE CONFERENCE

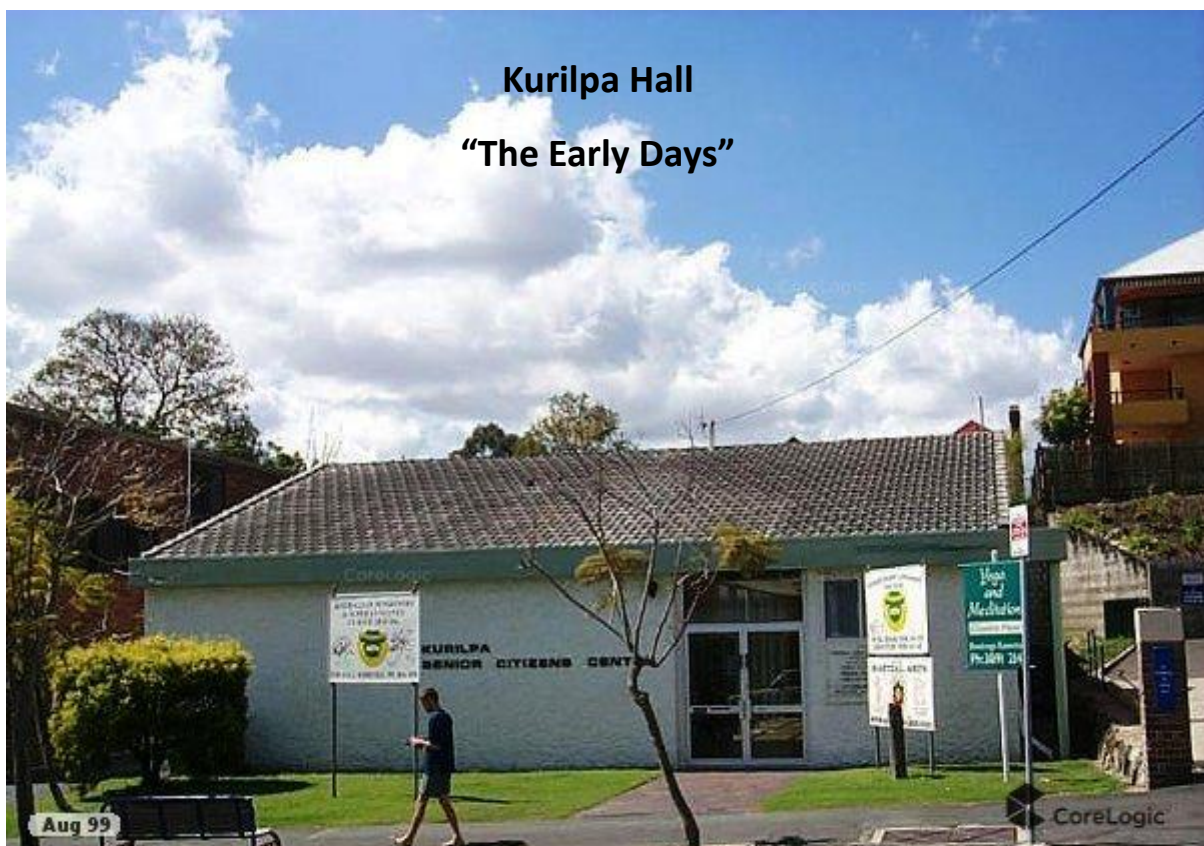
SEPTEMBER 12 & 13, 2023

APSL Branches will soon be receiving information concerning the Annual State Conference and Branches should start working on their resolutions for the conference.

It is hoped that Lord Mayor Adrian Schrinner will hold a Civic Reception for our members.

Venue will be in Brisbane at our headquarters at West End.

We would encourage branches to be very much involved in this important conference



Area Report from Maureen Perry

Monto - All travelling well. Book shop is doing great. Have plenty of new books for sale.

Childers - Things are going well. Attending a BBQ in Woodgate. Have arranged a Mother's Day lunch at Cordalba next month.

Hervey Bay - Everything is going along well. Some sections shut down over the Christmas break. Everything is back up and running.

Caloundra - Still working regarding single pensions and also to check age pension. Have not been doing any BBQs as of late. All had an enjoyable Christmas.

Gympie - On the 21st of February, Gympie's longest financial member, Irene Schmidt, celebrated her 99th birthday. She joined Gympie Pensioners' League in April 1990. Irene still lives in her own home with little help. I went out and had morning tea which was enjoyable. She received some lovely gifts. Gympie branch's next meeting is the 9th of March.

Three Gympie members will operate the parents room during the Gympie Show weekend in May.





Office of the
Minister for Police and Corrective Services and
Minister for Fire and Emergency Services

Ref No: 2023/5496 (C14051-06) AR

8 MAY 2023

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Email police@ministerial.qld.gov.au
ABN 65 959 415 158

Ms Cherith Weis
State President
Australian Pensioners and Superannuants
cherrypink.151@bigpond.com

Dear Ms Weis

I refer to your email of 4 April 2023 to the Honorable Mark Ryan MP, Minister for Police and Corrective Services and Minister for Fire and Emergency Services, about online scams.

I have been asked to respond to you on behalf of the Minister and asked the Queensland Police Service (QPS) to contact you so that our office can be better informed about the issues raised.

I am advised Detective Sergeant Ian Wells and Detective Senior Constable Keys, Financial and Cyber Crime Group, QPS Crime and Intelligence Command, sent an email to you on 21 April about this matter.

I am further advised the Financial and Cyber Crime Group established the Cyber Prevention and Engagement Team in 2021 to educate the community through media campaigns and educational presentations about various online scams and frauds and to provide advice on how to stay cyber safe. The Group also partner with government and non-government agencies such as the Australian Cyber Security Centre, Scamwatch and universities to develop responses to help keep the community safe from cybercrime.

Should you wish to discuss this matter in more detail, please contact Detective Sergeant Wells who is available on telephone 3364 6622 or via email Wells.IanC@police.qld.gov.au.

Yours sincerely

A handwritten signature in black ink, appearing to be 'Daniel Carvosso', written over a faint circular watermark.

Daniel Carvosso
Senior Policy Advisor



Fun for Seniors

Life before Computers



Memory was something you lost with age



A program was a TV show



A keyboard looked like this



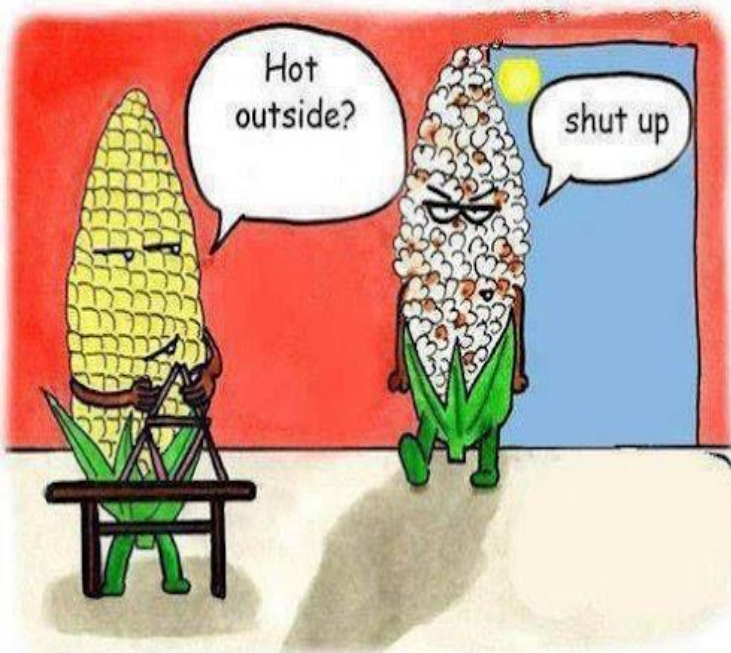
the web was made by a spider



A virus was only the flu



A hard drive was a long road trip



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.