

THE COMET

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

Pensions; Housing; Aged Care What next?

Not having read this anywhere other than my read of the Courier Mail on Wednesday, May 31, I will then take this news as being legitimate. And yes, the Government page does list these facts.

*PENSIONS. “An article written by Anthony Keane and with a headline of PUSH FOR PENSION AGE OF 70 must send a shiver through those around 67 years of age, who will receive their first pension from July 1. Should you be someone younger than 67 this year—say 62; still working; maybe looking forward to a more relaxed life, well knuckle down as there has been a serious “crunching of numbers’ about Aussies living longer and pressure being placed on the payment of pensions in this country.

According to the article, from a report by Macquarie University’s Business School says “Australia’s pension system will require a pension age of 70 to be sustainable amid a fast-growing group of very old retirees. However, it says the higher pension age of 70 should not be introduced until 2050, following a rise to 68 by 2030 and 69 by 2036.

The report’s suggested time frame for pension age increases is much slower than a 2014 Liberal government plan to reach 70 by 2035. That plan was abandoned in 2018, and Professor Shang said it had faced stiff opposition and claims it was causing anxiety among older people.”

I believe that this proposal will once again raise anxiety among seniors, particularly those who do not have adequate savings or any/little superannuation.

“Experts” appear to be taking for granted or gambling on the fact that Aussies are living longer and wanting to work in their later years. Not so much in the more populous country of France!

President Emmanuel Macron is faced with angry protests from residents of France who are objecting to the raising of the pension age from **62 to 64 years of age!** I wonder what would happen in that country if their seniors had to wait until they were 67 years of age?

The Federal Government must look after their ageing residents as seniors have paid their dues and must be protected as they age. Ed.

Housing and Aged Care (contained in this issue.)





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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
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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	134 387
Electricity & Gas	137 468
Water	1800 662
Energy & Water Ombudsman	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	07 3214 6333
Brisbane	07 4031 7179
Cairns	07 4124 6863
Hervey Bay	07 4616 9700
Toowoomba	07 4721 5511
Townsville	13 74 68
State Emergency Service Office	

JUNE 2023

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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!



EDITORIAL WITH CHERITH WEIS



Greetings Friends!

It's hard to believe it's nearly the end of June and another financial year is nearly over.

I trust you are all keeping warm and well as we head into the depths of Winter. You will find a photo of the Warwick area further on through this edition and I must say that just looking at it gives one a cold shiver to the bones!

The days in Rocky have actually reached a beautiful 27 to 28 degrees this week. However, the nights are rather chilly. Please don't get the impression that I'm complaining—it's just a comparison of what I grew up with in Toowoomba and across the Darling Downs.

We used to say that it was too cold to snow in old Toowoomba but it managed to snow there nearly 40 years ago during the first week of July and I missed it as I had already migrated to the north!

Just a another reminder that our State Conference will be held in Brisbane at our headquarters, Kurilpa Hall on September 12 and 13.

We are hoping that the Brisbane Lord Mayor, Adrian Schinnerer will host a Civic Reception at City Hall on the 12th. Don't forget we have our Dinner on the final night, so don't forget to pack your "glad rags".

As I am finishing the compilation of this month's Comet on a weekend...okay, I know I'm late with it...there is work being carried out on the roof of our building and power will probably disappear during the week. This laptop is connected to the office, therefore I rest my case!

With the roof work being carried out, that means that Anneliese is working from home as well as Craig. It also means that some meal days will not happen during the restoration of the roof.


If you are traveling from the regional Queensland you may wish to check out travelling by train as there may be some changes close to Brissie.

I hope you are all well and avoiding the current Influenza outbreak and yes, COVID is still active.

Until next time: keep Well; Warm and Happy;
Cherith.

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A cautionary tale of COVID, from someone who's now joined the club

By Anne Ring

After all those years of tiptoeing around the pandemic, taking every precaution to avoid getting infected – including having every booster shot as they appeared, and, as I reported in an earlier Comet feature, accepting the status of mask-wearing outsider when all about me had discarded theirs – somehow, somewhere, I finally managed to breathe in someone's infected droplets. And so, suddenly, as something of a belated 81st birthday present in late March, I finally lost my NOVID status, when the dreaded two-line positive indicator popped up on my RAT measure.

I do want to say, at the outset, that I didn't have a dramatic version of COVID – no being rushed off to hospital with major respiratory problems or anything like that. Just a range of symptoms that could be managed at home. But, let me tell you, even that was no picnic.

Within our household of two, both of us ended up with it, but with two very different experiences of it. He – the fortunate one – barely had any symptoms, and they were short-lived. I, on the other hand, went down the whole fluey road, and then some. And as anyone who has had that sort of illness can tell you, that's a real mood changer. I, for example, went crashing down from my perennial glass-half-full view of life to becoming congestedly depressed and withdrawn, with my stuffy head, deafened ears, and feeling achy, feverish and fatigued while being quarantined at the rear end of our home with only my iPad for companionship, while He took very good care of me, remotely, with regular meals and anything else I needed. We'd heard of people getting re-infected, and I certainly didn't want him risking getting what I was experiencing.

After a week or so I was getting slowly better overall, but another symptom had kicked in: a slight but unpleasantly constant sensation of nausea at the back of my throat, making most foods utterly unappetising and – worse still – actually inedible. From someone with an impressive record of being able to try just about anything and enjoy it, I was reduced to eating bland porridge, chicken soup and potato chips. And for quite a while after I was otherwise recovered, that was my main diet. Thankfully, gradually, both my taste for food and my mood got back to normal. And I can tell you, it's great to feel like the old, optimistic me again.

So, I am continuing to do my darndest to avoid another episode of what can be a very unpleasant disease. Which, if you follow the ongoing statistics, is still very much around.

And so, please, for your own sakes, do everything you can to reduce the chances of catching it, and take every precaution – including masks indoors – when you are out and about in this continually infected world.

Finally, to end on a more upbeat note, there were three positives out of my experience. Firstly, to my great relief, I did not develop long COVID, which sounds like a whole other level of horrible. Secondly, there is now some research suggesting that those people whose symptoms include loss of taste for food develop more antibodies against COVID, for a while at least. And thirdly, having been a generally healthy person, it was an eye-opener to experience the sort of downer that can come with some illnesses – so it's done wonders for my level of empathy for other sufferers.

Anne Ring ©2023



Office of the
Premier of Queensland
Minister for the Olympic and Paralympic Games

For reply please quote: *SocPol/KR – TF/23/4575 – DOC/23/70405*

16 May 2023

Ms Nola Harvey
State Secretary
Australian Pensioners' and Superannuants' League Qld Inc
secretary@apsl.com.au



Brisbane 2032
Olympic and Paralympic
Games Host
Queensland



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Dear Ms Harvey

Thank you for your letter of 28 March 2023, on behalf of the Australian Pensioners' and Superannuants' League Qld Inc, regarding vaping among school-aged children. I have been requested to reply to you on behalf of the Premier and Minister for the Olympic and Paralympic Games.

In recognition of the community's strong concern on this matter, and the impacts upon people's health and wellbeing, the Queensland Government is taking action to support young Queenslanders to make informed decisions regarding their health, safety and wellbeing, including the use of e-cigarettes. For example, the use of e-cigarettes and vaping is banned in all Queensland state and non-state schools, and school-based health and wellbeing education is delivered as part of the Australian Curriculum or as part of the school's pastoral care program.

Additionally, the Queensland Government is delivering a communications campaign, called *Dr Karl's vape truths*, targeted at young people. More information is available online at www.vapetruths.initiatives.qld.gov.au.

On 12 March 2023, the Premier, the Honourable Anastacia Palaszczuk MP, and the Minister for Health and Ambulance Services, the Honourable Yvette D'Ath MP, announced a Parliamentary Inquiry. This inquiry will investigate the availability of vaping devices, particularly among young Queenslanders, and the health risks associated with e-cigarettes.

The Health and Environment Committee inquiry is now underway and will report back by 31 August 2023. Further information, including the Terms of Reference, is available online at www.parliament.qld.gov.au and click on (1) 'Work of Committees', (2) 'Committees (11)', (3) 'Health and Environment Committee' and then (4) 'Vaping – An inquiry into reducing rates of e-cigarette use in Queensland'.

Further, you may be aware that on 2 May 2023, the Federal Minister for Health and Aged Care, the Honourable Mark Butler MP, announced \$737 million as part of the 2023–24 Federal Budget to fund numerous measures to protect Australians against the harm of tobacco and vaping products.

The Federal Government will work with all states and territories to end the sale of illegal vaping products. Proposed measures include quality standards for prescription vapes to be increased, restricting flavours and colours, reducing nicotine concentrations and volumes, pharmaceutical-like packaging, and to ban all single use, disposable vapes.

Further information on the announcement is available online at www.health.gov.au and click on (1) Ministers, (2) The Hon Mark Butler MP, (3) Taking action on smoking and vaping, 2 May 2023.

Again, thank you for writing to the Premier and I hope this information is of assistance to you.

Yours sincerely

G. FOWLER
PRINCIPAL POLICY ADVISOR



According to the American Lung Association, even some e-cigarettes that claimed to be nicotine free tested positive for the drug.

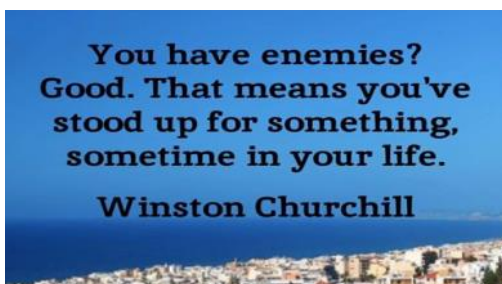
"There are acetylcholine receptors in the brain and other places in the body and, when nicotine enters your system, it binds to them," explained Dr. Fuller. "The long-term effect of nicotine is a higher risk for addiction and a negative impact on brain development, specifically, your working memory and attention span. So, high schoolers who smoke e-cigarettes could be risking their grades and, potentially, their future careers, because they can't pay attention in school."

Parents should also be concerned if their kids are athletes and think it's OK to vape. "This isn't just a water solution that tastes like bubble gum or some other cute flavor. One of the known chemicals in e-cigarettes is diacetyl, which can effect lung capacity and eventually lead to a disease called 'popcorn lung,'" said Dr. Fuller. "In addition to your breathing, if your attention span is impaired by nicotine and you can't pay attention to your game, you won't be playing at peak performance."

If those aren't reasons enough to warn teens off vaping, consider this:

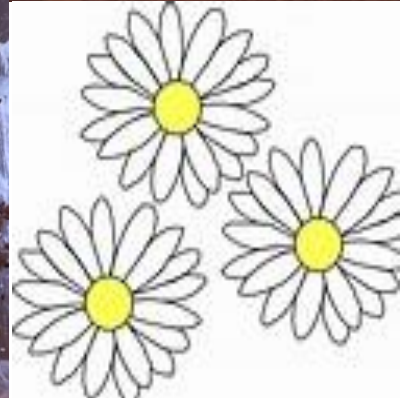
- Some e-cigarettes tested positive for an ingredient used in anti-freeze, others are known to contain formaldehyde.
- * Poison Control has gotten calls about young adults and children ingesting the chemicals in the cartridges. These poisonings can lead to seizures. Vaping devices have also been known to explode.

Second-hand smoke is an issue. The unknown chemicals in the vapors you exhale can harm your friends and family. Pregnant women and children are the most *susceptible*.



GLADSTONE BRANCH ACTIVITIES

Here are some photos of two recent events enjoyed by us here in Gladstone and in Miriam Vale. The birthday girl is Veronica Stonely, 80 yrs. Young on May 7. A surprise tea and cake was had to celebrate this milestone. Veronica is also our longest serving member of APSL here in Gladstone. The second group of photos was taken on Friday May 12 when Gladstone members travelled to Miriam Vale for a day of fun and joviality which was had by all. Gladstone group are looking forward to next year when Miriam Vale Seniors will reciprocate by visiting us here. Cheers, Glenda.



**FROM THE OFFICE OF BRISBANE’S LORD
MAYOR**

ADRIAN SHRINNER

SUBJECT - PINKENBA FACILITY

The number of people sleeping rough or in their cars right now, including young people and children, is truly heartbreaking.

Council’s dedicated public space officers work really hard to link homeless people with the assistance and services they need and have a history of achieving great outcomes.

However, the situation right now is nothing short of a crisis.

Our officers are being regularly told by the incredible people who operate community support organisations that there’s simply no place to put people. It’s a full house.

Yet at the same time, there’s 500 beds sitting idle at the Federal Government’s brand new quarantine facility at Pinkenba.

This facility was built for a crisis. Well guess what? We have a crisis and I believe this facility needs to be put to use right now.

The Federal and State governments should be working together to do whatever is necessary to get a professional operator in to open the Pinkenba facility, even if it’s just temporary.

Our Council stands ready to work with Translink to provide the facility with additional bus services, if required.

I’ve personally toured this facility with community group leaders. I know it wasn’t built to be crisis accommodation. But neither were cars.

Since the State Government’s Housing Summit, there’s been some good initiatives come forward from governments and community leaders.

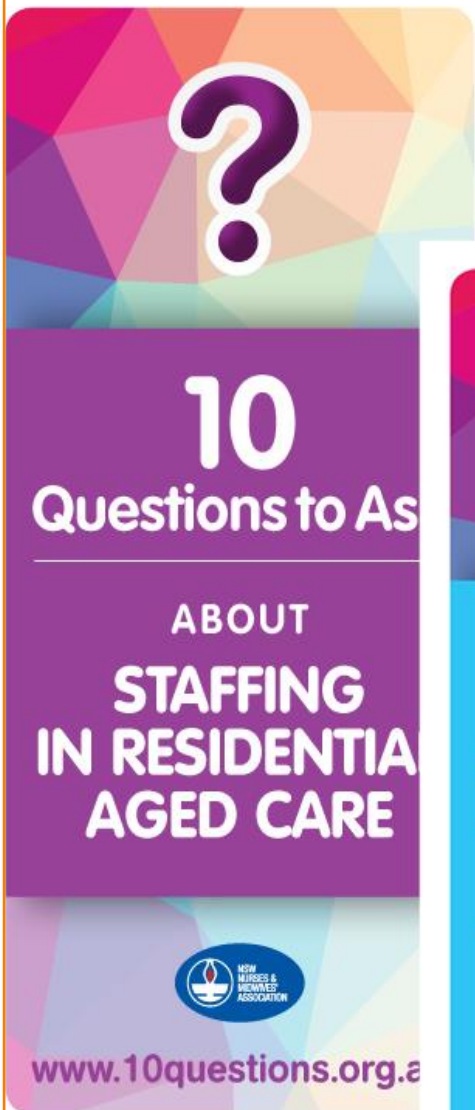
However, there’s no quick fix to this crisis and we all need to continue working together to help homeless people find a home. Ends.

AFFORDABLE HOUSING ABUSED!

I had a look for myself at this mess outside the housing supplied by the State Government in North Rockhampton, and I am utterly appalled! I did not enter premises. However, I am told it’s much worse and houses rats, etc. I am appalled at the state of the premises! I am appalled at the fact that the community is begging for housing and this un-occupied unit is sitting vacant in the midst of a desperate need for accommodation. Why?

This is not where this problem stays! We want answers! And we will get answers!





It's your right to ask

The best way to find a residential aged care facility that suits you is to visit a few. To find your local ones, or for more information about aged care services contact:

My Aged Care

☎ 1800 200 422

✉ myagedcare.gov.au

Contact us tenquestions@nswnma.asn.au

INALA APSL BRANCH

BIGGEST MORNING TEA

33 people attended the fundraising function
and raised \$1.000! WELL DONE!



APSL STATE CONFERENCE

SEPTEMBER 12 & 13, 2023

KURILPA HALL

179 BOUNDARY STREET

WEST END



2024 PLANNERS will be ordered very soon. The price will remain the same as previous years. \$4.00 Members and \$5.00 Non-members.

If you haven't got your order in, do it as soon as is possible, please!

REMINDER TO BRANCHES - Agenda items are also required ASAP!

TRAVEL - if you are traveling by train to Brisbane, please make sure that you know if there has been any changes.....

Should you have any questions, just contact us!

ORIGINAL DOUGHNUT RECIPE

GREPLINS (*KRAPFEN is the German name for Doughnuts*)

Mix flour, salt and sugar together in a bowl. Mix yeast in approx. 1/3 cup of luke-warm water. Make a well in the centre of flour mixture, pour in yeast, and cover with flour mixture and let yeast work.

In the meantime warm the milk and melt butter to lukewarm temperature. (If the liquid is too hot then it will kill the yeast) Add the egg and stir into the flour mixture just before adding milk and butter. Mix to a soft dough.

Cover top and sides of the dough ball with flour to reduce sticking. Place in a warm area covered with a tea towel or plastic film and allow it to rise until double in size. Roll out with rolling pin and cut into squares (approx. 2 cm thick). Pierce squares with a fork, let rise and then cook in hot oil. Oil should be heated to similar temperature for cooking chips. Cook both sides till brown.

These can be eaten as they are or rolled in some cinnamon and sugar. They also can be frozen.

—o0o—

When immigration occurred in the 18th and 19th centuries most Europeans went to America or Australia. They took with them the recipes for food they would normally eat in their homeland. This occurs today with all the multi-cultural cuisine available in Australia.

This is how doughnuts were made round with a hole.

One of the European immigrant mothers was making doughnuts in the way she had always done. In those days they were cut in a square or rectangle. When they are cooked in this manner, in hot oil or fat, sometimes there appears a spot in the centre which is pale and looks less cooked than the rest of the doughnut.

The son of this lady protested and wanted the centre as brown as the rest.

The mother told her son that that was just the way it cooked and there was no way she could think of changing it.

Being an astute young man he suggested that a hole could be cut in the centre thus allowing the oil to cover a greater surface area and making the whole doughnut consistently brown.

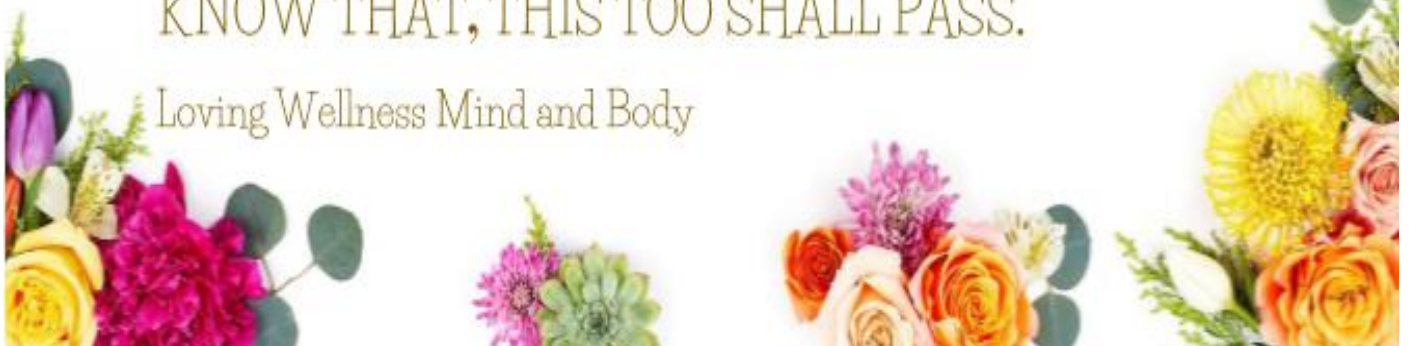
That is why doughnuts have holes. It is also the reason I know that this is the original doughnut recipe because that pale section occurs quite frequently on cooking when using this recipe.

Although I haven't used a doughnut cutter yet I believe that you would end up with the doughnut shape as well as doughnut holes. Recipe supplied by Rocky's Brad Bauer.

Things To Remember

1. Life goes by in a blink of an eye.
SO LIVE EVERY MOMENT AND LOVE EVERY DAY.
2. We cannot change the past.
BUT WE CAN RESHAPE THE FUTURE.
3. Things that matter most must never be at
THE MERCY OF THINGS THAT MATTER LEAST.
4. Take care of your health and well-being
AND THE REST WILL FOLLOW.
5. Do the right thing, do the best you can,
AND ALWAYS SHOW PEOPLE YOU CARE.
6. The best way to forget the bad things
IN LIFE IS TO FOCUS ON THE GOOD THINGS.
7. Watch your thoughts, words & actions
FOR THEY SHALL BECOME YOUR DESTINY.
8. Whatever you're going through today,
KNOW THAT, THIS TOO SHALL PASS.

Loving Wellness Mind and Body



Volunteers Celebrated

Volunteers make up 80% of RSPCA's workforce

This National Volunteer Week, RSPCA Queensland would like to thank its volunteers for the time and dedication they donate to their charity.

"We honestly couldn't help thousands of animals every year without our volunteers," says RSPCA Queensland spokesperson Emma Lagoon.

"Our vollies donate over 340,000 hours of their time every year and it's such a precious gift to give."



Jill and Sue – RSPCA laundry volunteers Jose – Animal Rescue volunteer

Urgent Volunteer Roles to Fill

RSPCA Queensland urgently needs to fill roles with fewer volunteers available this year as people return to the workplace.

Ms Lagoon says, *"Extra hands are always welcome. Not all volunteer roles require being hands-on with animals either."*

Animal Care

Brisbane, Dakabin, Toowoomba, Kingaroy, Cairns, Mackay and Gympie

Animal Rescue

Brisbane, Logan and Rockhampton

Op Shops:

Brisbane, Gold Coast and Gympie

Community Outreach:

Brisbane, Logan, Moreton Bay and Townsville

Foster carers for cats in Townsville

Applications are open for volunteers on the RSPCA website.

For more information or an interview with an RSPCA Queensland spokesperson, please contact:

Emma Lagoon, Communications & Media Manager, RSPCA Queensland

Email: elagoon@rspcaql.org.au

Mobile: 0400 814 221

For all the latest RSPCA Queensland news, visit www.rspcaql.org.au or follow:



Cybercrime in Australia has reached epic proportions and Aged Care providers are in hackers' clear sight.

The Aged Care industry in Australia is worth a whopping \$22.2 billion and one of the fastest growing due to the fast-approaching baby boomer ageing population. It has, therefore, also become a prime target for cybersecurity attacks.

Approximately, over 1,800 organisations across Australia are providing aged care services with the quality of care of residents the first and foremost priority (as it should be). However, without a firm focus on computers and communication systems, the safety of residents' and their families' private health and financial data is at huge risk.

Following the hack of millions of users' personal data over these last two years, it's no wonder aged care providers are rushing to take steps to secure their information technology platforms. The recent cases in the media have demonstrated how the damage is irreversible and preventative measures are mandatory.

The Australian Federal Government has also come down much harder on its criticism of breached companies' cybersecurity measures after these recent hacks.

In a move to bring us in alignment with global standards, the government is putting the onus back onto the compromised companies for any breaches.

It has flagged an overhaul of privacy rules and higher fines, suggesting targeted companies had effectively left the window open for hackers to steal their data.

The highly publicised Optus breach last year admitted to the leaking of names, dates of birth, email addresses, phone numbers, postal addresses, drivers' license numbers and passport numbers. The company later revealed customers' Medicare numbers had also been exposed.

That's why it's critical the aged care sector takes a proactive approach to the way technology plays a role in its services and how it guards consumers' private data.

Here are several reasons why aged care providers must act now:

- * **Protecting sensitive information:** facilities often handle sensitive information such as consumer data, financial and health information. A cybersecurity breach could result in the theft or compromise of this information, leading to reputational damage, loss of consumer trust, and financial loss.
- * **Legal and regulatory compliance:** the aged care industry has legal and regulatory requirements for protecting sensitive information. Failure to comply with these requirements can result in fines, legal action, and other penalties.
- * **Business continuity:** A cybersecurity breach can disrupt business operations, leading to downtime, lost revenue, and other costs. By investing in cybersecurity, aged care providers can protect their operations from disruptions and ensure continuity.
- * **Competitive advantage:** A strong cybersecurity framework can be a huge competitive advantage, as consumers are more likely to trust providers who take data security seriously.
- * **Ethical responsibility:** As custodians of sensitive information, aged care providers have an ethical responsibility to protect consumers' information from harm. By investing in cybersecurity, providers can fulfill this responsibility and demonstrate their commitment to all their stakeholders. From Australian Ageing Agenda

Warwick's Winter Wonderland!



Photo Credit: Photograph by Chris McFerran



ABOVE; Ida Jackson and Eunice Box



Arnie Crowe' Arthur Butler and Alan Taylor



ABOVE: Thelma and Bernie Moore

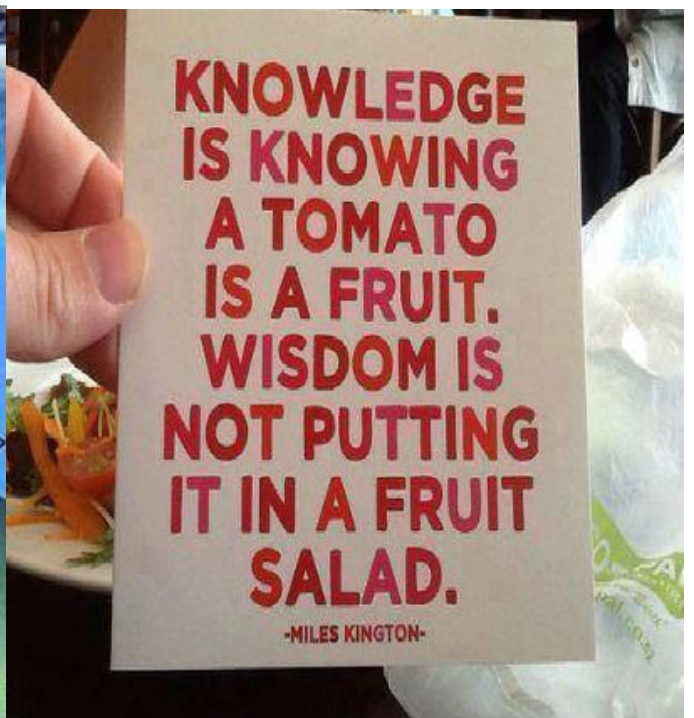
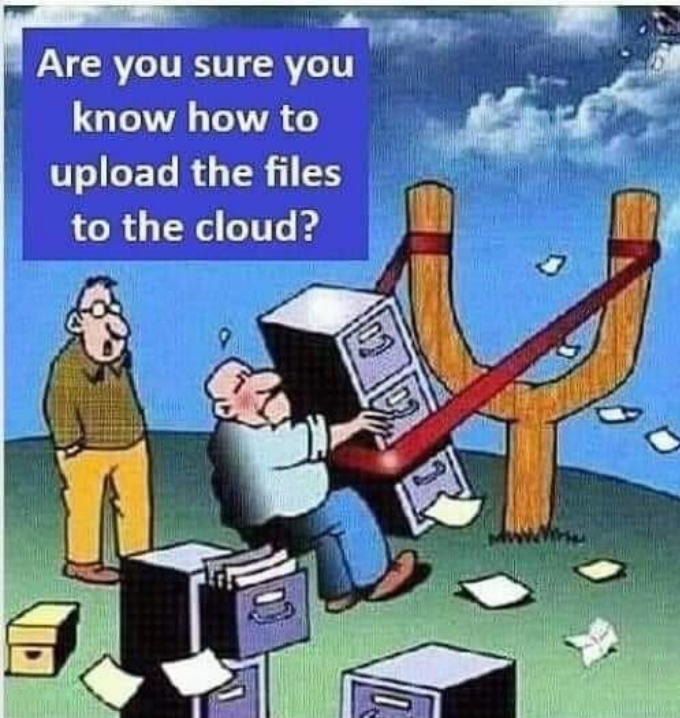


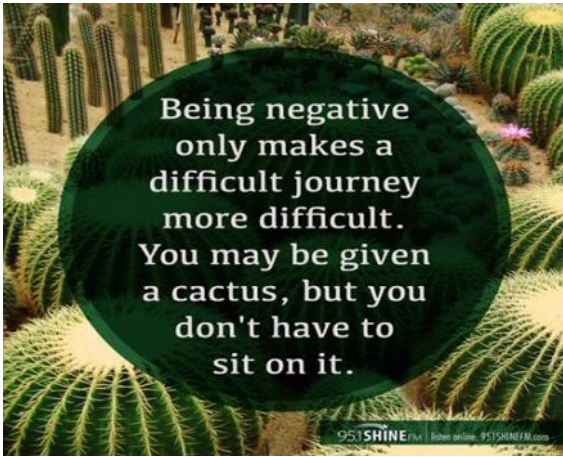
Agnes Mullins; Michael Blake ; President Michael Holland

A busload of seniors travelled from Gatton, Esk and Lowood for a social visit to the Warwick Pensioners and Superannuants last week (25 May). In all, 58 people tucked into morning tea, a lunch of savoury mince and vegetables followed by peach cobbler and were entertained by members of the Warwick Travelling Band.

With a membership of 20 and not every member attending, the Warwick members were outnumbered by the visitors, who had joined forces so they had enough people to hire a coach. President of the Warwick group Michael Holland said the organisation itself had some age on it, having started in L937.

Many Thanks to Jenel Hunt (Warwick/Stanthorpe Today)





AND SOMETHING ON WHICH TO PONDER!

✕ **NO COAL, NO STEEL**

No Coal, No Steel
- No Steel -
 No motor cars.....Not even a pushbike...
 .No Refrigerators.....No Freezer
 No Washing machines.....No Clothes dryer.....No Dish washer
 No sewing machine.....No computer.....No mobile phone.....No TV
 No Lawnmower.....No Whipper snipper...No spade.....No Mattock
 No roofing iron
 No nails and screws. To build houses
 No machines to make cement blocks. To make bricks. To cut timber. To make plaster board. To make pipes for water. Electric cables. Internet cables. Pipes for waste,
 No Transport for.-.People. Food. Household. Industry. Fuel for Cars. that's right no cars. Fuel for Cooking, wood if your lucky. That's if you have any food to cook.
 No Tractors to grow food.
 No Manufacturing industry, for clothing ,for all our house hold goods, for food. Machines are made of steel. No Coal, No steel
 I'll go by rail, "Sorry". No coal, no steel, Rails steel, Locos steel
 I'll fly, "Sorry", No coal, No steel
 I'll go by sea "Sorry" ships. No coal, No steel
 I've still got Medical, sorry no surgical instruments. No coal, No steel.
 Electricity generation, Cable support towers, Steel electricity transmission lines. All steel, "Sorry", no coal, no steel
 At least we've got the dam for water, "Sorry", Concrete needs steel reinforcing No coal, No steel
 The concrete Slab that a house can stand on, needs steel reinforcing, "Sorry", No coal, No steel
 No Bridges, steel reinforcing needed, No coal, No steel
 I'll Get a horse. No bit to guide the horse. No steel to make the saddle. I'll have to ride bare back and hope that I'm going the right way.
 My feet will have to toughen up in a hurry. So will my stomach. No mattock.. "I know" I'll sharpen a stick to dig with.

Coal is an absolute necessity in the manufacture of steel. Manufacturing

More Edit

START EARNING FROM HOME TODAY!

Ever wonder why society is becoming increasingly anti-social?

Banks prefer you use an ATM **instead** of talking to a Teller.

Woolworths and Coles want you to serve yourself **rather** than speak to a cashier.

McDonald's want you to order your meals on their terminals and **not speak** to a staff member.

Public servants ask that you enquire online and **not talk** to a representative face to face.

We have phones now that make it easier to **not talk** to anyone. Ironic?

Social media makes it easier to **be anonymous** and not be accountable to anyone.

Yards are getting smaller, so kids have **nowhere** to play. Computer games are increasingly interactive, so you **don't have to play** with 'real' people.

Imagination is lost because interaction with others is **on the decline**. Our adventures are **lived online** rather than experiencing them first hand.

So, it's not hard to see why social skills are on the decline.

Anxiety and boredom is on the increase. Anti-Social views are gaining momentum because we are losing the free-thinking skills to make our own decisions.

We are becoming victims of our own technology.

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.