
THE COMET

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

The Australian Pensioners' and
Superannuants' League, Qld. Inc.

STATE CONFERENCE



KURILPA HALL

WEST END

SEPTEMBER 12 & 13



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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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Aust. Securities & Investment Commission	07 3867 4700
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Centrelink (Older Australians line)	132 300
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Human Rights & Equal Opportunity Comm.	1300 369 711
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Qld Ombudsman's Office	1800 068 908
Residential Tenancies Authority	1300 366 311
Safe Food Queensland	1800 300 815
Senior's Advocacy Information & Legal Services (SAILS)	07 3214 6333
Senior's Card	13 74 68
Senior's Enquiry	1300 135 500
Senior's Legal & Support Service	07 3214 6333
Brisbane	07 4031 7179
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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.

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“Making a difference!”



**EDITORIAL
WITH
CHERITH WEIS**



Greetings Friends!

It didn't take long for it to get here! But State Conference time is here! September 12 and 13!

As I type this message, Anneliese, Nola and I are in Brisbane preparing the Conference Booklet; running off a proof and checking contents!

We are looking forward to meeting all of our delegates and observers for this one, and we know that this conference will be smaller than most we have held.

At the present, we are handling a plumbing "disaster" at Head Office for which the BCC has accepted the cost.

The hall is presently unusable as we have had a team of plumbers working on a huge problem. Pipes burst and water invaded the corridor from through the women's toilets.

Provision of water is a "no go" as it is presently turned off to all facilities. It's quite a big problem and will take about a week to fix, thus upsetting our routine to supply meals to our Frail and Aged clients.

After being told that the cost to fix it would be around \$44,000, and after picking ourselves up off the floor, we were pleased to hear from the BCC that they will bear the cost. Thank you, BCC!

We will not be seeing some of our favourite members at Conference. To Graham Lynch, we are disappointed that we won't be catching up with Graham on line as he will be hospitalized coinciding with the conference. Graham would be the longest serving member on the Management Committee and of recent times, has been fighting ill health. All the very best to you, Graham!

I would remind members that I would like contributions for The Comet by the 20th of each month and please include "pdf" file of photos.

To our contributors; Anne Ring, Leyland Barnett and the RSPCA, we thank you for your support and contributions throughout the year. Very much appreciated!

Cheers for now, Cherith.

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A BURIED TREASURE

TROVE OF GENDER DISPARITY

By Anne Ring

Who doesn't love a good human interest story? For lovers of such, full-bodied obituaries provide fascinating reading about lives lived in a variety of engrossing ways. But these are not easy to find. True, in its hard copy version, my local newspaper The Sydney Morning Herald (the SMH) provides an occasional one that's felt of be of general interest: a Queen (Eli), a cardinal (Pell), a soccer player (Pele), a writer (Fay Weldon), or someone less widely known but who's done something remarkable (97-year-old climate activist Bill Ryan). But for those who want more, there's a treasure trove of them buried deep down in the Browse category of the SMH's premium digital online site.

And as one such lover of lives lived well, from time to time I like to dive into them, finding stories of so many interesting people, some whom I've heard of, and many whom I haven't. There are the ones who bring back memories of times past: good grief, Bubbles Fisher! I remember her well. She was indeed everywhere in the media of the day. And then she suddenly disappeared (Bubbles, TV, royalist: Diana Fisher dies, aged 91 (smh.com.au)), so it's good to read that she continued to do well in her not-so-public life, right until the end. And then there are the ones whose gripping stories are news to me, like Guy Pease, one of the few heroic airmen who actually survived WWII, and who went on to contribute much while making his personal century of 100 years (War hero Guy Pease dead aged 100 (smh.com.au)).

For those not subscribing to the SMH, but who also like to have glimpses of the lives of people whom we can learn more about now only through what their loved ones have written, the Courier-Mail has a lovely Tributes and Eulogies section that can be accessed at this link: [The Courier Mail](#). These are, however, more personal ones than those of more public interest, that make it into the SMH.

And unsurprisingly, one of the outstanding features of the SMH obituaries is the gender disparity. Out of the most recent 65 at the time of writing this, for example, approximately three quarters are about men, and one quarter about women. Does this mean that men lead lives more worthy of being summed up after their death? Or is it a problem akin – at least in part – to the one suffered, also, by the Australia Day Awards, as identified by Shelley Rees, the Chair of the Council for the Order of Australia? In a recent opinion piece for the SMH she pointed out that some of the reasons for which there are still more men than women

CONTINUED...A BURIED TREASURE TROVE OF GENDER DISPARITY

featuring in those awards include the fact that more men than women nominate people, and that men are more likely to nominate other men, while women – more even-handedly, surprise, surprise – “nominated men and women equally”. So, she urges men to do likewise.

I say “at least in part” because some obituaries are selected by the editor, as being about well-known people of general interest. And, still unsurprisingly, most of them turn out to be male. However, some obituaries are selected from what may well be a wealth of submissions by people writing about a family member, friend or colleague. And, if they are interesting enough, they might get up. So, I certainly feel that more women and men should be encouraged to send in more obituaries about the great women in their lives, and who have only recently departed.

Last but not least in those more formal obituaries, the partner of the subject usually gets short shrift, and in my time I’ve seen only two obituaries that have had an additional and very special aspect, of being multiplied by two: about couples who had lived rich lives together, each contributing jointly to an enduring partnership in which each supported the other in their shared and individual endeavours, before both dying in old age. In one case, the couple died one day apart. In the other, it was 10 years apart, and their son wrote movingly about linking them in this way. Both were a prescription for a long and happy relationship, and it would be instructive as well as lovely to have more of such obituaries too.

Dr Anne Ring is a health sociologist, freelance writer and author of “Engaging with Ageing: What matters as we grow older”

Anne Ring ©2023



1



2

Here are four of our hardworking Management Committee members pictured quite a few years ago.

Can you name them in the correct order?

The results will be announced at our dinner on Wednesday night, September 13!

Be in it to win a prize!



3



4



ROAD SAFETY WITH LEYLAND

Only 17

Road safety is certainly an issue in regards to attitude and some young people reflect an attitude that it can't happen to me and that they are 10 foot tall and bullet proof.

The unfortunate statistics show that when a learner driver first gets their P-plates, their risk of a serious crash is 6 times higher. The fatal five contributions in relation to young drivers are as follows: Drink Driving 44%, Driver Distraction 85%, Speeding 72%, Seatbelts 52% (44% males and 8% females), and 30% Fatigue with more than a third, 72% of 17-25 year olds admitting to driving tired according to Qld Transport.

How do we adjust the attitudes of young drivers on our roads, to drive safely?

Do we need more shocking road safety videos and ads to be introduced into schools and onto television?

The trouble with "it won't happen to me" attitude is the fact that when it happens, it devastates so many lives, from the immediate victims to families and emergency services workers.

I always find the article "Only 17" a very thought provoking article in the fact that you can't turn back time, like pushing a reset button on a video game machine.

DRINK DRIVING

44% 17-25 year-olds admit to drink / drug driving occasionally (including prescription medication and driving the morning after)

On average, **23%** of young drivers and riders (16-24) involved in fatal crashes were drink driving or riding

DRIVER DISTRACTION

85% 17-25 year-olds admit to using their mobile phone illegally

Driving in an emotional state:
10 x crash risk

SPEEDING

72% 17-25 year-olds admit to speeding on at least 50% of trips

46% of speed related hospitalisations are 24 years or younger

SEATBELTS

Without a seatbelt, you are almost **nine times more likely** to lose your life if involved in a crash

52 young people lost their lives between 2016-2020 because of not wearing a seatbelt

(17-24) **44 males**
8 Females

FATIGUE

Young drivers are involved in a proximately **30%** of fatigue-related crashes where people are killed or seriously injured.

50% 16-17 year-olds are not getting enough sleep on school nights to meet national sleep guidelines

More than one third of Australian adults are not getting a adequate sleep.

72% 17-25 year-olds admit to driving tired

The young drivers' fatal five

StreetSmartsQLD

Queensland Government

1. Department of Transport and Main Roads QLD, Driver Attitudes & Behaviour State-wide Research 2021 Footprints Market Research, 2. Department of Transport and Main Roads QLD, unpublished, Road casualty statistics, average 2016-2020, 3. Department of Transport and Main Roads QLD, Driver Attitudes & Behaviour State-wide Research 2021 Footprints Market Research, 4. MCSPP Emotional Distraction 'Quick Facts' 2018, 5. Department of Transport and Main Roads QLD, Driver Attitudes & Behaviour State-wide Research 2021 Footprints Market Research, 6. Department of Transport and Main Roads QLD, Driver Attitudes & Behaviour State-wide Research 2021 Footprints Market Research, 7. Department of Transport and Main Roads QLD, Your Right to Drive in Queensland, 2021, 8. Department of Transport and Main Roads QLD, unpublished, Road casualty statistics 2016-2020, 9. Department of Transport and Main Roads QLD, unpublished, Data extracted 27 June 2023 via road casualty statistics 2019-2017, 10. AIFS Growing Up in Australia longitudinal Study of Australian Children 2018 Annual Statistical Report, 11. Health of Queenslanders 2020, Report of the Chief Health Officer, 12. Department of Transport and Main Roads QLD, Driver Attitudes & Behaviour State-wide Research 2021 Footprints Market Research.

'Please God, I'm only 17'

"Please god, I'm only 17. The day I died was an ordinary school day. How I wish I had taken the bus! I remember how I wheeled the car out of Mum.

"Special favor, " I pleaded, "all the kids drive."

When the 2.50 bell rang, I threw all my books in the locker. I was free until 8.40 tomorrow morning!

I ran to the parking lot, excited at the thought of driving a car and being my own boss. Free!

"It doesn't matter how the accident happened. I was goofing off—going too fast, taking crazy chances. But I was enjoying my freedom and having fun.

"The last thing I remember was passing an old lady who seemed to be awfully slow.

"I heard the deafening crash and felt a terrific jolt. Glass and steel flew everywhere. My whole body seemed to be turning inside out. I heard myself scream.

"Suddenly I awakened. It was very quiet. A police officer was standing over me. Then I saw a doctor.

"My body was mangled. I was saturated with blood. Pieces of jagged glass were sticking out all over. Strange that I couldn't feel anything.

"Hey! -don't pull that sheet over my head. I can't be dead. I'm only 17.

"I've got a date tonight. I'm supposed to grow up and have a wonderful life. I haven't lived yet. I can't be dead.

"Why did they have to see me like this? Why did I have to look at Mum's eyes when she faced the most terrible ordeal of her life? Dad suddenly looked an old man. He told the man in charge, 'Yes, he's my son'.

"The funeral was a weird experience. I saw all my relatives and friends walk towards the casket.

"They passed by, one by one, and looked at me with the saddest

eyes I've ever seen. Some of my buddies were crying, a few of the girls touched my hand and sobbed as they walked away.

"Please—somebody—wake me up! Get me out of here! I can't bear to see my Mum and Dad so broken up.

"My grandparents are so racked with grief they can barely walk—my brother and sisters are like zombies; they move like robots. In a daze—everybody—no one can believe this. And I can't believe this either.

"Please don't bury me. I'm not dead! I have a lot of living to do!

"Please God, I'll be the most careful driver in the whole world. All I want is one more chance—please God, I'm only 17."

First printed in the Military Police Newsletter of January 1980, then reprinted in a 'Campaign 500' article on 25.4.80 (paper unknown, but believed to be in Melbourne) and sent in by Col Parsons of Apple Driving School.

Latest news from Collinsville Pensioners, Queensland. August 2023

Though we have some of our members going through various things, we have still been able to have our weekly get togethers. Covid has raised its head a few times and knocked our numbers down, but Praise the Lord everyone keeps coming back.

Owing to information needed, I, Denise Smith (Secretary) and Thelma Wright (Pensioner) went through all the paperwork we have for the Collinsville Pensioners and what we found out was most illuminating. Collinsville pensioners have been meeting since the late 1950's.

In 1982 the then Collinsville Pensioners League wanted to build their own building as they had over 50 members. While in conference with the then Collinsville Council, it was decided that the Pensioners and Council work together to build a Community Centre. At this time, Collinsville also had an Amateur Dramatic Society, who also got on board with this opportunity to have a building where they could hold their performances.

Plans were drawn up and the Council, the Pensioners and the Amateur Dramatic Society each had a set of plans given to them. Because these three entities worked together to build Collinsville a Community Centre, each one had parts of the building that belonged to them exclusively because of the money that was invested by them to have this building become a reality.

Collinsville Pensioners own a small kitchen, a store room, a store room, 2 lockable cupboards and the full use of the inside center flooring for our get togethers, which we have every Thursday. The Collinsville Amateur Dramatic Society (CADS) own dressing rooms, under the stage, stage and a separate room where the piano is situated, sadly CADS no longer exists as a club. Council has a larger kitchen and a number of rooms that are exclusively for the community and council's use.



These are some photos of our Community Centre.

In recent years, The Whitsunday Regional Council have set up the Community Centre as a Disaster Relief Centre, we are very proud of our Community Centre and how everyone within the region is able to use this facility. However we have had need to bring to attention and remind Council that this building was paid for and built by these 2 local clubs as well as the then Collinsville Council, and that we, the pensioners and the CADS actually own part of this building.



Our Mayor, Julie Hall, and Sandra Black, head of the disaster relief, have been truly helpful in seeing that we do not lose our parts of this building



When we realized that we the Pensioners of Collinsville had inherited our own part of this building it has been our duty and honour to continue as the original Collinsville Pensioners League had foreseen for the future, by continuing to build this Pensioners League in Collinsville. If the Collinsville Amateur Dramatic Society ever start up again, they also have their place in this building to entertain our region.



We continue to have our raffle, bingo and card games weekly,



with Hoi on the fourth week instead of bingo, Bring & Pick, the third week of the month and our meeting on the 2nd Thursday of the month. Each member provides toward our morning tea and lunch with the club supplying the tea and coffee. It is good to have a place to call our own and truly enjoy our Thursday Pensioners Day.



We also have our luncheons, where we take turns in supporting the local eating establishments.

We have also been entertained by St. John Bosco School "Bosco beat" singing band, with the added bonus of singer Kodi Mackie from the local High School.

These children are wonderful singers and great entertainers.



INFORMATION FOR LATE AGENDA ITEM

FROM GRACEMERE for STATE CONFERENCE

DETAILS LISTED BELOW

Positron Emission Tomography (PET) scans give us information not available from other scans, which your doctors can use to help them choose the best treatment. This helps with managing your cancer.

We can also use Positron Emission Tomography scanning to check the effectiveness of treatment. They can also help plan for surgery and radiation therapy.

The PET scanner looks a lot like a CT (Computed Tomography) scanner and is open at both ends.

What the procedure involves

We will inject a small amount of radioactive solution (radiotracer) into a vein in your hand or arm. The most common radiotracer is 18F-FDG. FDG (fluorodeoxyglucose), which is a sugar compound.

After this injection, you will need to rest in a bed or recliner chair. You will need to lay down and be quiet for at least an hour (60 minutes). During this time, the radiotracer travels through the body. It is important that you lie still during the resting period. This prevents muscles from taking up the radiotracer. You can watch television or listen to music whilst you rest, but you cannot read a magazine or book.

After the resting period, the PET scan will begin. You will lie on the scanning bed, which inches through the scanner. The PET scanner will detect the radiation released from the injection. It will use this to create pictures of the inside of your body. The scan will take around half an hour (25-30 minutes), depending on the area of the body we are scanning. You will need to lie as still as possible, to help the technologist get good quality images.

How to prepare for an FDG Positron Emission Tomography scan

Generally, you will need to fast for several hours before the PET scan. This means no eating any food or drinking any liquids with sugars. You can drink plain water during this time. We recommend you drink at least 500mls (half a litre) of water before you arrive for your appointment. Your appointment letter will give specific instructions about when to begin your fast.

Dress in warm, comfortable clothing. It's best if this is without metal items like zips or studs.

You will spend about two to three hours at the PET Centre. Please consider this when parking your car.

You may usually experience pain when lying down for similar periods. If so, we ask that you bring your pain-relief medication with you.

Other Positron Emission Tomography radiotracers

In our department, there are several other PET radiotracers available.

68Ga-tate (Gatate) is a radioactive tracer used to detect some Neuroendocrine tumours (NETs). You do not have to fast for this test, but you need to hydrate. Let our staff know if you are having Octreotide or Somatostatic injections. Please inform us when booking your appointment. Patients should expect to be in the department for two to three hours.

68Ga-PSMA (Prostate-Specific Membrane Antigen) or 18F-PSMA radiotracers used to look at Prostate Cancer. Patients do not need to fast for this scan but must be well hydrated before it. You should plan on being at the PET centre for two to four hours.

Location

Peter MacCallum Cancer Centre
Level 5 (5C), 305 Grattan Street
Melbourne VIC 3000

FROM THE PAST**DSS Pension Rates 20 Sept - 31 Dec 1996***Old Rates New Rates***MAXIMUM AGE PENSION RATES:****Pension Rates Per Fortnight**

Single:	\$342.60	\$346.40
Couple (each):	\$285.80	\$288.90

PENSION DISQUALIFYING ASSETS TEST*:

Single homeowner:	\$240,000	\$241,500
Single non-homeowner:	\$328,500	\$330,000
Partnered, homeowner (combined):	\$368,500	\$370,500
Partnered, non-homeowner (combined):	\$457,000	\$459,000
One partner eligible, homeowner:	\$368,500	\$370,500
One partner eligible, non-homeowner:	\$457,000	\$459,000

*(includes PhA)

PENSION DISQUALIFYING INCOME LIMITS*:**Per Fortnight**

Single:	\$794.00	\$801.60
Partnered:	\$1,326.00	\$1,338.40
For each child, add	\$24.00	\$24.00

*(includes PhA)

TELEPHONE ALLOWANCE:

Single or partnered (combined):	\$59.20	\$61.60
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(this is divided into four instalments and paid quarterly)

COMMONWEALTH SENIORS HEALTH CARD:**Annual Income Limit**

Single:	\$20,644.00	\$20,841.60
Partnered (combined):	\$34,476.00	\$34,798.40
Partnered, illness separated (each):	\$20,332.00	\$20,529.60
For each child add (not indexed):	\$624.00	\$624.00

A BLAST FROM THE PAST AND 4 LADIES WHO MADE THEIR MARK ON APSL

State Budget

On Tuesday, 10th September, the Coalition Government presented its first budget in six years. The theme of the State budget, similar to that of the Federal Budget, has been to move to a more user pay approach.

What Has Been Increased:

Oil	10c
Tyres	\$3.00
Car Registration	\$3.60
TAFE	\$1 per hour
National Parks	\$3.00
Cigarettes	80c
Bank Debits Tax	
Payroll tax threshold	
Child Adoption Fees	

More Spending On:

- * Health
- * Education
- * More teachers, police and prisons
- * Capital Work

The infrastructure programs identified in the budget are:

- * \$400 million upgrade of the Pacific Motorway
- * \$105 million for a new prison complex in South East Queensland
- * \$733 million to boost hospital and health services buildings
- * \$26 million on police capital works
- * \$38 million on rail infrastructure
- * \$70 million on water infrastructure
- * \$40 million on regional roads

Cuts to:

- * \$30 million to be slashed from public housing;
- * Two rounds of departmental spending cuts that are to raise \$500 million.

Department of Families, Youth and Community Care:

- * \$0.6 million over 3 years to establishing a State wide service to respond to the problem of abuse of older people;
- * Seniors Card eligibility has been lowered from 70 years to 65 years, for those not in full-time work;
- * Guidelines for the Pensioner Rates Subsidy Scheme will be amended;
- * Establish a Children's Commission, the first State in Australia to do so;
- * \$9.85 million boost over 3 years to the Juvenile Justice Program;
- * More than 400 outside school hours care services will be boosted by extra funds; and
- * All new private childcare centres to be built will be required to obtain a licence for \$1,500 before operating.

Summary

The result of the Budget seems to hit motorists and rural and remote people the hardest. Particularly for rural and remote people, this Budget will be a further blow after the many changes by the Federal Government in cutting back services that has resulted in many areas losing Tax, Social Security and Medicare Offices. Higher levels of unemployment in these areas will just add to their hardship.

The slash to public housing is very concerning. QCOSS has stated that Queensland has the lowest public housing stocks in the country and there are currently 30,000 families on waiting lists for public housing. With the proposed changes to the Commonwealth State Housing Agreement, we could be looking at a public housing crisis.

The introduction of entrance fees to National Parks has been applauded by many conservation groups. The placing of a value on the environment is one way we can ensure there are funds to maintain our National Parks and ensure we place a monetary value on native vegetation as opposed to seeing what value can be derived from the destruction of the vegetation.



Marj. Nunan



Yvonne Zardini



Joy Ferguson



Gloria Ellis



Members of the North Rockhampton Branch surprised their most senior member, Bert Goerg when he turned up at Indoor Bowls on August 2nd. Bert had turned 96 on Monday July 31, but his friends didn't want him to miss out on celebrations for the great event! That wasn't the only surprise for Bert. With fellow member Brian Barton, President Merv Molloy and Vice President Dudley Pound presented both members with their Life membership badges and certificates in recognition of their years of work and dedication to the branch.

APSL STATE CONFERENCE

SEPTEMBER 12 & 13, 2023

KURILPA HALL

174 BOUNDARY STREET

WEST END



Welcome to APSL Delegates and Observers to the 78th Annual General Meeting at Kurilpa Hall, West End.

Brisbane's Lord Mayor Adrian Schrinner has graciously agreed to hold a CIVIC Reception on Tuesday night, September 12. On the following night, we will hold our usual Dinner which officially ends the activities for 2023. Our catering team of course will be headed by our one and only Chef, Craig and we thank them for their dedication to supplying meals for frail and aged on Mondays and Thursdays.

2024 PLANNERS are now available. The price remains 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!



On August 8, Warwick lost our member and one of our entertainers Ted (Teddy) Thompson. Ted was a very active man always willing to help where he could. He loved his Country Music and recorded 5 C.D.S.

He loved singing at Country Music Socials and at the Pensioners when they had visitors. Ted was always good for a story or joke and had a great sense of humour.

Inala & District Pensioners ... X
 Anne O'Shea · 55 m · 📷

Our Christmas in July lunch at the historic Harrisville Hotel. Always a beautiful meal and todays was no exception. Thank you all for a wonderful day.

NORTH ROCKHAMPTON BRANCH REPORT

- We have also gathered members birthdays in a book in order to wish them all the best on or near the date of their birthday. So far three birthdays have been celebrated. Bert Goerg; Ross Pa-get and Richie Twiner.

* Three weeks ago, we had a gentleman turn up after reading our notice in the CQ. Today news-paper and he has returned obviously enjoying the game and the interaction with our members. Our day at Indoor Bowls is all about enjoying ourselves and that is obvious by the laughter in the hall! No sheep stations at stake!

- Our branch will be represented by 2 Delegates and 2 Observers at State Conference. Merv. Molloy and Dudley Pound are delegates and Judy Molloy and Val Pound are Observers. Not for-getting that I am also from North Rockhampton which makes a great attendance of five mem-bers.

- We are all looking forward to a great Conference and meeting up with other branch repre-sentatives! See you at Kurilpa - September 12 & 13.!



WARWICK BRANCH President's Report from Michael Holland 2022 – 23

We have achieved another successful year of continuous activity. I have to thank our branch members for their confidence in my ability to be President. Thanks must go to Ruby, Madeleine and Del. Ruby who is Vice President also organising our visitors and places to for us to go for lunches, signing people in and selling raffle tickets.

Madeleine for her work as secretary and the time she puts into the catering for our functions which those who have all attended complemented on the meals they have been served.

Del who keeps our finances in order. Without these three we would not function. Their work is mostly done behind the scenes, and I thank them for their support.

We lost one of our long serving members Gloria Ellis who joined on 2nd August 1990 and passed away in September 2022. Gloria was a walking encyclopedia of Warwick History who is sadly missed by us all and

The wider community of the APSL Statewide.

We donated \$500 to the Cowboys to help in a small way towards their repairs after flooding. We appreciate being able to continue to use this facility.

A donation of \$500 was sent to the Royal Flying Doctors Service we never know when we may need them with some of the places we travel too.

We have engaged with the Senior Citizens and mutual support of each other's group events although we are separate groups, I see a benefit in working together.

The fortnight between meetings members go to various outlets for lunch which is an effort to keep members connected between meetings.

Our 85th Birthday was an enjoyable function as well as our Christmas Party.

In May we had our biggest group of visitors when Esk, Lowood and Gatton joined together to visit with 48 people came and enjoyed morning tea and lunch. This is the largest group visit since before Covid.

The cost of hire of a bus makes it hard for small numbers to travel to visit other groups.

Once again, I thank you all for your support

Michael Holland

President

Nine Warwick members went to lunch at the Birdie Bistro at the Warwick Golf Club. Those who had Fish chips and salad commented that it was the best they have had. There's a great view of the range to the east





A VERY HAPPY BIRTHDAY TO IDA JACKSON FROM APSL! Michael Holland Warwick President, Cheryl Busto, Ida Jackson's Daughter with Ida cutting her 100th birthday cake.

Standing— Michael Holland, Agnes Mullins, Doreen Murphy, Eunice Box, Burnie Moore. Seated Ida Jackson and Thelma Moore at the Condamine Sports Club on July 25.



Pictured are Doreen Murphy, Ruby Johnson, Michael Blake, Eunice Box, Del Thompson, with Michael Holland behind the lens having lunch at the Killarney Hotel.

WARWICK'S BRANCH NEWS

NEWS WarwickStanthorpeToday.com.au

A century young

By Lucy Waldron

In a world that is constantly evolving, where time seems to slip through our fingers like sand, there are rare individuals who defy the passage of years and leave a permanent mark on life.

Last week (24 July) was full of celebrations for the extraordinary life of a woman who has reached the milestone of 100 years. Her story is one of resilience, love, and a testament to the power of family.

Born a century ago on a farm in Cooroy, in a time vastly different from today, Ida Jackson has witnessed the ebb and flow of history.

At 18, Ida joined the army as part of the anti-aircraft team and later became a telephonist in Brisbane and Toowoomba until she turned 21.

Ida was excited to contribute to the war effort and support her country alongside her family.

"My two older brothers were already in the army and then after me my younger sister joined so it was a whole family affair and I really enjoyed it," Ida said.

Delving deeper into the chapters of her life, we uncover a tapestry woven with threads of love, loss, and joy.

After the war, Ida fell in love, married, and moved to Warwick where they raised their family of four. However, 20 years later, when Ida was 40, her husband passed away, leaving her to raise their children alone.

When asked why she never remarried, Ida answered: "Well, I have never loved anyone else enough to do it again"

Ida was never alone though, her love for her children and their love for her are as clear as day.

Daughter Cheryl Busto speaks highly of her mother and her style of parenting.

"She's a fantastic mother who allowed us to make our own decisions and life choices, which was a great gift back in those times," Cheryl said.

With children spread all across the world, Ida was able to visit one in America, another in Africa and another in Indonesia.

She reflects appreciatively on those times and expresses her love for travelling, but above



Ida with her children, Russel Jackson and Cheryl Busto.

Picture: LUCY WALDRON

all, she is glad all her children have returned to Australia.

"I am glad because I love them and they love me," Ida said.

Even by going through many trials and tribulations of society over her years, Covid-19 significantly impacted Ida.

"I used to love playing indoor bowls, playing scrabble and of course travelling, but with Covid, I am not able to do that anymore," she said.

At her age, a lot of Ida's friends have either passed away or are in nursing homes, so she is unable to engage in the activities she loves with her friends.

But Ida is still more than capable of playing herself and she kept her cards close to her chest when revealing her secret for a long life.

"Just good genes I think, my mother died nearly at 104," she said.

Ida's long journey and her extraordinary experiences are a reminder to us all of the indomitable power and beauty that can be found in a life well-lived.

A testament to Ida's strength at 100 and her importance in people's lives, she had the opportunity to attend around five different celebrations over her birthday week.

A big Happy Birthday to Ida and a congratulations on the milestone, may she continue her legacy within the Warwick community.

Thanks to the Warwick Today



Our Chef Craig at work!



The Senior

cab 73,622

QUEENSLAND
MARCH 2018

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.

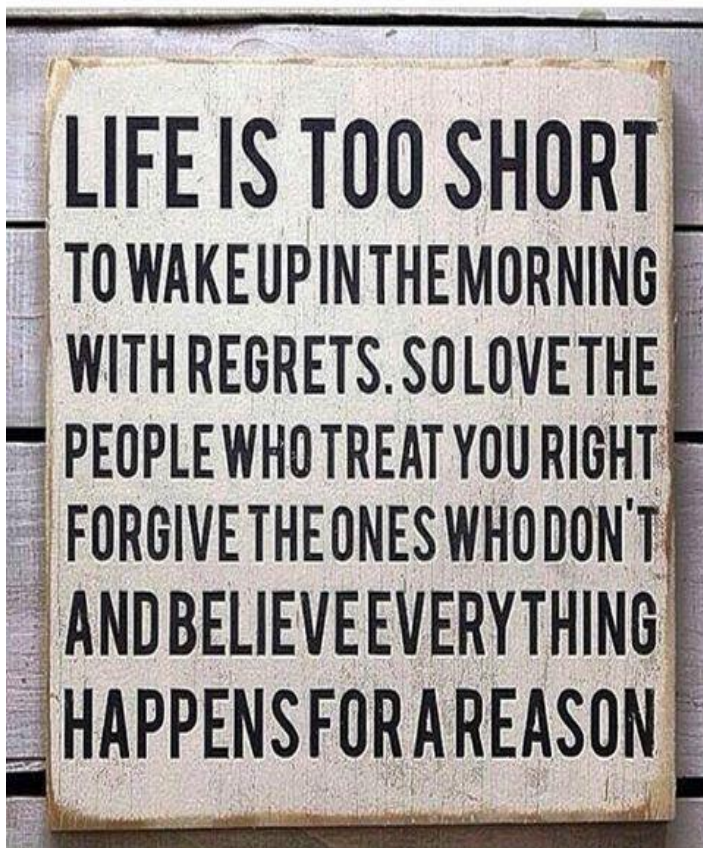
"I have great-grandchildren coming along and I want them to have a better life and a cleaner world. We seniors can make a difference, one cuppa at a time."

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.



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



A collection of my photos taken over a number of years.

There are some members who are not with us anymore, but served us well. Some who were guest speakers. I thank Nola for her dedication to APSL. Great times have been had with APSL.



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.