



December 2024

Newsletter



**See Where We Work & Live P19**  
*Australians involved in the Gulf War 1990 to 1991 Gulf War 1990–1991*  
 | <https://anzacportal.dva.gov.au/wars-and-missions/gulf-war>

[HTTPS://WWW.FACEBOOK.COM/REDCLIFFEANDDISTRICTMEDICALASSOCIATION/](https://www.facebook.com/redcliffeanddistrictmedicalassociation/)

## RDMA's Executive Committee



Alka Kothari  
President



Geoffrey Hawson  
Vice President



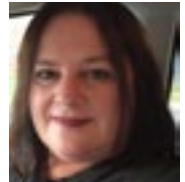
Eugene Lim  
Treasurer



Peter Stephenson  
Committee Members



Wayne Herdy



Kimberley Bondeson

### Perinatal Mental Health Week at the Parliament House, Canberra

The RDMA President, Associate Professor Alka Kothari was invited to attend the launch of the Perinatal Mental Health Week at the Parliament House in Canberra on the 18th of November 2024. This event brought together policymakers, healthcare professionals, and advocates to raise awareness about the critical importance of mental health during pregnancy and the early stages of parenthood.



challenges, including depression, anxiety, and trauma. With a focus on policy reform and community education, the week provided a platform for discussions on improving access to mental health care, reducing stigma, and ensuring that families receive the holistic support they need for a healthy start.

*Continued Page 4*



The event highlighted the growing need for better support systems for parents experiencing perinatal mental health

**Free RDMA  
Membership For  
Doctors in Training**  
**RDMA Meeting Dates Page 2.**



*The Redcliffe & District  
Local Medical Association  
sincerely thanks QML  
Pathology for the distribution  
of the monthly newsletter.*

## RDMA 2025 MEETING DATES:

For all queries contact our Meeting Convener:  
Phone: (07) 3049 4444

CPD Points Attendance Certificate Available

Venue: **TBC**

Time: **7.00 pm for 7.30 pm**

Next meeting date is

<b>NEXT</b>	<b>Wednesday</b>	<b>February</b>	<b>26th</b>
	<b>Tuesday</b>	<b>March</b>	<b>25th</b>
	<b>Wednesday</b>	<b>April</b>	<b>30th</b>
	<b>Tuesday</b>	<b>May</b>	<b>27th</b>
	<b>Wednesday</b>	<b>June</b>	<b>25th</b>
	<b>Tuesday</b>	<b>July</b>	<b>29th</b>
<b>ANNUAL GENERAL MEETING</b>			
	<b>Wednesday</b>	<b>August</b>	<b>27th</b>
	<b>Tuesday</b>	<b>September</b>	<b>23rd</b>
	<b>Wednesday</b>	<b>October</b>	<b>29th</b>
<b>NETWORKING MEETING</b>			
	<b>Friday</b>	<b>November</b>	<b>21st</b>

Newsletter Publisher.  
M: 0408 714 984

Email: [RDMAnews@gmail.com](mailto:RDMAnews@gmail.com)

Advertising information listed in  
the right column and on RDMA's  
website

[www.redcliffedoctorsmedicalassociation.org/](http://www.redcliffedoctorsmedicalassociation.org/)

## NEXT NEWSLETTER DEADLINE

Advertising & Contribution

**Due 15th of each Month 2024**

Email: [RDMAnews@gmail.com](mailto:RDMAnews@gmail.com)

W: [www.redcliffedoctorsmedicalassociation.org](http://www.redcliffedoctorsmedicalassociation.org)

### Competitive Advertising Rates:

Full page A4: \$560.00

Half page A5: \$330.00

Qtr page A6: \$260.00

Business Card size (new): \$70.00

Advertorials: \$260.00

Inserts: \$260.00

The preferred A5 size is Landscape Format and A4 size is in Portrait Format.

Please note the following discounts:

- ▶ 10% discount for 3 or more placements
- ▶ 20% discount for 11 placements (1 year)
- ▶ Payments required within 10 working days or discounts will be removed unless a payment plan is outlined at the outset.

### CLASSIFIEDS

Classifieds subject to the Editor's discretion.

- ▶ No charge to current RDMA members.
- ▶ Non-members \$55.00

If you would like to advertise in the next month's newsletter please email [RDMAnews@gmail.com](mailto:RDMAnews@gmail.com) in one of the preferred formats (either a pdf or jpeg). Advertisers' complimentary articles must be in the same size as adverts. Members Articles are limited to an A4 page in Word with approximately 800 words.

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## Lumus Imaging North Lakes has exciting news!

Our new Siemens MRI  
will be operational  
from the end of October.

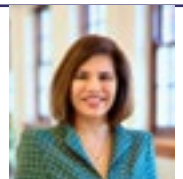
For Bookings  
please call our lovely staff on  
07 3142 1611  
[lumusimaging.com.au](http://lumusimaging.com.au)



### **RDMA Executive Contacts:**

President:

Dr Alka Kothari  
Ph: 3883777



Vice President :

Dr Geoff Hawson  
Ph: 0418 870 140  
Email: [geoffrey@hawson.org](mailto:geoffrey@hawson.org)



Treasurer:

Dr Eugene Lim  
Email: [rdma.treasurer@gmail.com](mailto:rdma.treasurer@gmail.com)



Committee Members

Dr Peter Stephensen  
Ph: 3886 6889



Dr Kimberley Bondeson  
Ph: 3284 9777



Dr Wayne Herdy  
Ph: 5491 5666



Meeting Convenors Ph: 3049 4444  
Email: [qml\\_rdma@qml.com.au](mailto:qml_rdma@qml.com.au)  
Anna Wozniak M: 0466480315  
Qinten Moffatt M: 0466480315





### The University of Queensland Faculty of Medicine Excellence Awards

On December 11th, Associate Professor Alka Kothari was honoured as one of two finalists for The University of Queensland Faculty of Medicine Excellence Award in the Innovators of the Year category.

She received a Commendation for her ground-breaking work as a pioneering advocate and researcher, transforming maternity care by highlighting the often-

overlooked role of fathers in pregnancy and childbirth. Alka's efforts champion holistic, trauma-informed, and equitable care for families while driving meaningful policy changes and advocating for the community. Her recognition underscores the significant impact of her work in revolutionising maternity care.

### Women in Technology Award

Associate Professor Alka Kothari was recognised with the prestigious Women in Technology



Award by Metro North Health for her outstanding contributions to healthcare innovation. As a leader in maternity care research, Alka has pioneered efforts to improve outcomes for families by advancing trauma-informed, equitable care and advocating for impactful policy change has made a significant difference in the field. This award highlights her dedication to transforming healthcare through research, technology, and advocacy, and celebrates her leadership in advancing women's health and wellbeing.



### Raise it for Redcliffe Hospital

Alka is proud to serve as the research ambassador for Raise it for Redcliffe, a vibrant, community-driven initiative dedicated to raising awareness and support for vital health and social services in the Redcliffe region. This inspiring event brought together hospital



staff, residents, businesses, organisations, and political leaders, all working collaboratively to shine a spotlight on key issues like healthcare access, mental health, and family support.

Through a dynamic mix of fundraising, advocacy, and public engagement, Raise It for Redcliffe is driving meaningful change in the community. Above are some memorable moments from the event at Mon Komo on November 27th, where the Redcliffe community united in support of a healthier, stronger future.



# Redcliffe & District Medical Association Inc.

Web: <http://www.redcliffedoctorsmedicalassociation.org/>

Address: PO BOX 223, Redcliffe, QLD, 4020 ABN 88 637 858 491

## 2025 RDMA MEETING DATE CLAIMERS

- February – Wednesday 26<sup>th</sup>
- March – Tuesday 25<sup>th</sup>
- April – Wednesday 30<sup>th</sup>
- May – Tuesday 27<sup>th</sup>
- June – Wednesday 25<sup>th</sup>
- July – Tuesday 29<sup>th</sup>
- August – Wednesday 27<sup>th</sup> AGM
- September – Tuesday 23<sup>rd</sup>
- October – Wednesday 29<sup>th</sup>

## END OF THE YEAR NETWORKING FUNCTION

November – Friday 21<sup>st</sup>



### Sandgate Spinal Medicine Clinic

Dr Geoff Harding

OAM, MBBS,  
FNZCMM.

- Looking for doctors who have an interest in Musculoskeletal Medicine to do sessions at the Clinic.
- Shop 5, 51 Brighton Rd Sandgate.
- Come and work in the clinic and upgrade your Msk skills alongside Dr Harding
- Teacher for RACGP, University of Qld, RDAQ, University of Otago, Australian Association of Musculoskeletal Medicine for over 30 years.
- This is an opportunity to learn assessment and management of non-surgical Msk pain problems using manual skills, pharmacological strategies and injection skills of all kinds.
- Interested?
- Email [drgeoffh@bigpond.net.au](mailto:drgeoffh@bigpond.net.au)

11 December 2024

## **Raise it for Redcliffe Hospital hits the magic million**

Four years after launching Raise it for Redcliffe Hospital, the RBWH Foundation initiative has raised an extraordinary \$1 million to fund life-changing health research, staff wellbeing and patient care initiatives that fall outside the scope of government funding. The support of RDMA and its members over the years has contributed to this success.

RBWH Foundation CEO Simone Garske said the local Moreton Bay community deserved the majority of accolades, especially annual Giving Day Impact Partners who set the example with their philanthropic leadership.

"When we launched Raise it for Redcliffe Hospital, our goal was to fund a Senior Researcher position to lead local research efforts and to add a touch of home to pivotal hospital units and wards," said Ms Garske.

"Exceeding expectations has allowed us to renovate common areas in the Rehabilitation and Stroke Unit, soon begin similar work in the Palliative Care Unit and Children's Ward, and essentially make an impact across every stage of a patient's life."

The golden announcement was made at the annual Raise it for Redcliffe Hospital Celebration event, before Impact Partners including Lewis Land, owner Redcliffe's iconic The Belvedere and The Komo hotels.

"Our hotels provide the setting for some of the best moments of our local community's lives: weddings, birthdays and christenings," said Lewis Land Queensland Regional Manager, Chris Allison.

"To then think of those same people, in hospital, experiencing need; meant it was really important for us to ease their burden through support of this campaign."

Since its launch late 2020, Raise it for Redcliffe Hospital supporters have funded more than 50 projects at Redcliffe Hospital. Examples include equipment to help babies and children; research internships for breast cancer, breast feeding and intensive care; wishlist grants for projects such as gazebos, wellbeing activities and blanket warmers; and urology research to help men with prostate cancer.

"Having the support of corporate leaders, such as Lewis Land, makes such a difference in this wonderful community," said RBWH Foundation CEO Simone Garske.

"The impact of that generosity is felt each and every day through access to vital important equipment, transformative research and those small comforts that make difficult times easier to bear."

Raise it for Redcliffe Hospital raises funds to advance patient care, life-changing research and staff wellbeing at Redcliffe Hospital. All funds raised support Redcliffe Hospital. To get involved, visit [www.raiseitforredcliffe.com.au](http://www.raiseitforredcliffe.com.au) or contact Raise it for Redcliffe Hospital Fundraising Manager Sharyn Tidswell at [redcliffe@rbwhfoundation.com.au](mailto:redcliffe@rbwhfoundation.com.au)





**AMA**  
QUEENSLAND

**130**  
YEARS  
1894-2024

*Supporting Queensland doctors,  
creating better health.*

## AMA QUEENSLAND UPDATE



*AMA Queensland CEO Dr Brett Dale and President Dr Nick Yim*

Throughout 2024, AMA Queensland advocacy saw many payoffs for members, doctors, and patients in communities around the state. We are extremely proud of what we have been able to achieve this year with the support of our dedicated and passionate members – we would not be able to do this work without you.

Our most notable achievement is the end of payroll tax for GPs. While we celebrate this win, we also remain focused on our key priorities for 2025. Workforce remains our number one priority, and we will continue to work with the state government to ensure it also remains theirs. We will continue the fight for pill testing services, drug diversion laws that treat substance use as a health issue rather than a criminal one and fluoridation in all Queensland water supplies.

Most importantly, we will continue to listen to our members concerns and channel our advocacy into what's most important to you.

### NEW PAYROLL TAX RULING

As the year comes to an end so does the battle against GP payroll tax.

Queensland Treasurer David Janetzki confirmed during parliamentary question time on 12 December 2024 that general practices are immediately exempt from payroll tax on wages paid to GPs.

This has come after two years of fierce advocacy from AMA Queensland, pre-election promises from both major political parties and an indication from the new state government that the wheels were in motion.

In 2021 practices were hit with unexpected, backdated tax bills that threatened their viability, leaving them to face with passing these new costs on to their patients or closing their doors.

The former Labor government introduced a new Public Ruling and an amnesty to give practices time to reorganise their business models so they did not incur the new tax. However, many practices were still uncertain about what would happen when the amnesty ended.

The Treasurer's announcement that, effective immediately, wages paid or payable by a medical practice to a GP or GP Registrar are not subject to payroll tax provides certainty for GPs and their patients.

We thank the new government for this action and will continue to advocate for this exemption to be expanded to all private medical practices, in the same way that all public and some private hospitals are exempt.



[Read the media release](#)



## SATELLITE HOSPITAL NAME CHANGE

The LNP's decision to consult on a name change of satellite hospitals is a welcome move that will reduce some of the confusion around their services.

Since the announcement of the first satellite hospital under the previous Labor government, AMA Queensland has been urging parties to reconsider the choice of investment, warning it is a misdirection of funds that is also leading to patient confusion, risking their safety.

Our work with the Labor government led to the start of communication efforts to minimise some of the confusion. However, patients continued to present to these facilities when they instead needed an emergency department, indicating that there was more work to be done.

We will continue to work with the current government on their consultation for a name change to further reduce some of the confusion around satellite hospitals.



[Read more](#)



The survey to identify alternative names is currently being conducted by Queensland Health and will close on 20 December 2024. Health Minister Tim Nicholls told parliament on 10 December that 2,000 people had already completed the survey.

## FLUORIDATED WATER

AMA Queensland is urging local councils across Queensland to ensure community water fluoridation as misinformation continues to spread throughout public discourse.

In partnership with the Australian Dental Association Queensland, we have written to all relevant Ministers and councils raising our members' concerns about increasing prevalence and severity of oral disease, particularly among children.

We have received several responses from local councils, with many opposing our suggestions.

Most notably, the Cairns Council recently voted against fluoridation of their water supply, reasoning that "individuals must ultimately be responsible for their own health and wellbeing".

This notion completely denies the impact socioeconomic, geographic and circumstantial factors have on people's ability to access healthcare.

Minister Nicholls acknowledged our support for fluoridation and its associated health benefits, promising to encourage local governments to adopt and maintain the provision of water fluoridation.



[Read our  
correspondence with  
local Councils](#)



[Read our media  
release](#)

We are now calling on the state government to assist councils financially to ensure cost is not a barrier to such an essential and comprehensive approach to improving oral health outcomes.

## WORKFORCE INCENTIVE SCHEME

Less than two months into its term in office, the LNP government has axed the Workforce Incentive Scheme introduced by the previous Labor government.

The scheme was an important strategy to meet the need for 30,000 new healthcare workers in Queensland by 2032.

The decision to scrap the program is perplexing, especially considering the new government's promise to bolster the state's medical workforce as their number one priority.

The government claims the decision is part of a plan to realign their workforce strategy to programs offering better value for money.

AMA Queensland continues to call for the scheme to be expanded, not axed, especially considering the dire state of our global health workforce shortage.

We will continue to have regular meetings with both Queensland Health and the Health Minister to ensure Queensland is competitive in its recruitment strategy.



[Read the  
correspondence](#)

## AHPRA AGREES TO LEAVE FEE RELIEF

Following a year-long campaign by AMA Victoria, supported by AMA Queensland, Ahpra has agreed to a 30 per cent discount on annual registration fees for practitioners who take parental leave. The change comes into effect on 1 July 2025.

The rebate applies to all forms of protected leave, including disability and carers' leave.

A petition led by AMA Victoria President Dr Jill Tomlinson gathered almost 3,800 signatures in favour of Ahpra changing its fee setting policy to one that is fair, equitable and enables a flexible and responsive health workforce.

AMA Queensland strongly supported Dr Tomlinson's campaign and welcomes Ahpra's response.



[Read more](#)



## PILL TESTING

The conversation surrounding pill testing is ongoing even after the conclusion of Schoolies.

Despite the service's success in ensuring the safety of young Queenslanders at this year's event, the state government remains opposed to broader pill testing services and has decided to shut down the state's two permanent pill testing sites.

AMA Queensland continues to urge the government to reconsider this decision, especially before seeing the results of the independent evaluation of the fixed sites.

Preliminary results identified that people were not just seeking testing for illicit drugs. Due to cost-of-living pressures many people are turning to the internet for cheaper medicines, only to find at these pill testing services that these substances are not what they thought they were buying.

Prevention must be a key focus when addressing public health, and we will continue to work with the Queensland Government on these issues in 2025.



[Read more](#)

## CDT UPDATE

A busy few weeks turned into a busy few months for the Committee of Doctors in Training with the release of and significant interest in the 2024 Resident Hospital Health Check.

The survey reached 15 per cent more participants than last year, and its findings generated significant media attention which we hope will lead to positive change for junior doctors working in Queensland's public hospitals.



*CDT Chair Dr Elise Witter's dogs  
 Smudge and Pepper*

The CDT is also hoping to launch its Rural Hospital Accommodation Survey soon, aiming to identify the state of rural and remote accommodation across Queensland, what features are valued and what improvements can be made.

Finally, the CDT continues to collaborate with the Federal Council of Doctors in Training to advance their position statement following the Ward Call Survey completed earlier this year. The results of the survey were also recently presented at the BMJ International Forum of Healthcare Quality and Safety.



[Read the full update](#)

## MEMBER NETWORKING EVENT BRISBANE

On Thursday 21 November, Brisbane members and guests joined us at AMA Queensland offices for drinks, platters and a discussion about local issues.

AMA Queensland Vice President Dr Emilia Dauway shared a policy update and Craig Hong from Hillhouse Legal Partners gave us the latest legal news while Phil Manser from Wine Direct showcased premium wines.

Thank you to our sponsors for making the event possible and to our members for attending.

It is always enjoyable and insightful to catch up with our members. We hope you appreciated the night as much as we did.



[See the full event  
 wrap up](#)



## MEMBERSHIP MILESTONE BREAKFAST

It was an honour to host long-term AMA Queensland members and their families and friends at a special Membership Milestone Breakfast in Brisbane on 15 November.



This event celebrates doctors who have combined their care for the community with their passion for advocacy by joining and remaining as members of AMA Queensland for decades.

This year, it was particularly special to acknowledge Drs Michael Williams and Ross Phillipson who have been with AMA Queensland for 50 years.

As a member association, our members are, and will always be, our most precious resource. We thank all of you for your support.



[See the full event  
 wrap up](#)



AMA QUEENSLAND

# MEDICAL CAREERS EXPO

Where will your career  
pathway take you?

**Saturday 8 March 2025**

Voco Hotel, Brisbane  
50+ exhibitors



7 TO 13 APRIL 2025

# Tasmania

TRANS-TASMAN CONFERENCE

✓ CPD ACCREDITED | PRIVATE PRACTICE STREAM | FAMILY FRIENDLY



# Vancouver

CANADA

21 TO 27 SEPTEMBER 2025

FOR MORE INFORMATION EMAIL  
[registrations@amaq.com.au](mailto:registrations@amaq.com.au)



Clinical  
Trials

# World-class clinical trials are underway in Moreton Bay

## University of the Sunshine Coast is seeking participant referrals to contribute to medical research

### Potential treatment for coeliac disease

We have begun trialling a treatment with the potential to reduce symptoms from gluten exposure. Our researchers will aim to test the efficacy and tolerability of the treatment in adults with coeliac disease. We are calling for participants:

- aged between 18 and 80 years who have been diagnosed with coeliac disease
- who have been following a gluten-free diet for at least 12 months
- are able to commit up to seven visits at our Morayfield clinic over a 23-week period and undertake two endoscopies.

To apply or learn more, [click here](#).

### Trial of a new needle-free vaccine for avian influenza

We have partnered with biotechnology firm Vaxxas to conduct a clinical trial for a potential new needle-free vaccine device. The study will evaluate the safety and tolerability of an Influenza vaccine delivered via the skin by patch. We are calling for participants:

- aged 18 to 50 years
- able to attend 3 phone calls appointments and 12 visits at our Morayfield clinic over a 13-month period.

To apply or learn more, [click here](#).

### Potential asthma treatment

We are collaborating with Apogee Therapeutics to conduct a first in-human clinical trial of a new antibody therapy designed to block inflammation signals associated with asthma. The product, delivered by injection, is hoped to provide longer-lasting results for the disease which causes breathing difficulties due to inflammation and swelling in the airways. Our researchers will aim to identify the correct dosage and injection frequency that will provide the greatest therapeutic advantages. We are calling for participants:

- aged between the ages of 18 and 65 years inclusive
- who weigh less than 120kg
- who have received a physician diagnosis of asthma over a year ago
- are able to attend 15 clinic visits including two four-night stays at our Morayfield clinic over approximately 28 weeks.

To apply or learn more, [click here](#).

## A growing clinical trials network

### Do you have patients who might benefit from participating in a clinical trial?

If you would like to receive information on currently available clinical trials, please contact our Participant Outreach Coordinator, Koren Clarke on 07 5456 3569 or email [kclarke2@usc.edu.au](mailto:kclarke2@usc.edu.au).



**Ochre Health**  
Level 1, 9 Ochre Way  
Sippy Downs QLD 4556



**South Brisbane**  
Building A1, SW1 Complex  
32 Cordelia Street  
South Brisbane QLD 4101



**Sunshine Coast Haematology and Oncology Clinic**  
10 King Street  
Buderim QLD 4556



**Health Hub Morayfield**  
Level 1/19-31 Dickson Road  
Morayfield QLD 4506



**Vitality Village**  
5 Discovery Court  
Birtinya QLD 4575



**Maroochydore Private Hospital (under construction)**  
Maroochydore City Centre  
Maroochydore QLD 4558

## Australia's mental healthcare system failing those who need it most: AMA warns

Australia's mental healthcare system is failing some of the most vulnerable people in our community, with the system increasingly difficult to navigate and experiencing critical workforce issues.

The Australian Medical Association's [position statement on mental health and wellbeing](#), released today, calls on all governments to work together to invest in mental health and address the severe workforce shortages plaguing our mental healthcare system.

Speaking ahead of a meeting of health ministers, AMA President Dr Danielle McMullen warned Australia's mental healthcare system is underfunded, fragmented, and a nightmare to navigate for those who need it most.

"Many Australians will experience a mental illness at some time in their lives, and almost every Australian will experience the effects of mental illness in a family member, friend, or colleague," Dr McMullen said.

"But for patients with mental illness and their families, navigating Australia's mental health system and finding the right care at the right time can be fraught.

"Mental healthcare is already chronically underfunded, but severe workforce shortages and inadequate staffing, the complexity of presentations, and increasing patient loads are further contributing to a system reaching breaking point.

"It is vital the key areas of the mental health workforce, including psychiatry and general practice, are adequately resourced and structured to be able to provide the best possible care for people who desperately need help."

Dr McMullen said GPs are at the front line in supporting patients with mental illness with successive Royal Australian College of General Practitioners' Health of the Nation reports showing it is now the number one reason for patients visiting their GP.

"There is a critical need for governments to ensure GPs are properly supported in this role, including investing in longer consultations, GP-led multidisciplinary care and accessible referral pathways."

Dr McMullen said all levels of governments, and non-government organisations, need to work together to design and properly fund a mental healthcare system that is patient-centred, needs based, and informed by evidence.

"Our mental healthcare system is under more strain than ever, and we need to take this crisis seriously. We need all governments to work collaboratively to improve the function, size and distribution of Australia's mental healthcare workforce to ensure care is available for some of the most vulnerable members of our society.

"We also need additional investment to support dedicated, flexible and sustainable regional, rural and remote training pathways for GPs, psychiatrists, and other mental healthcare professionals to improve access to care for those living outside urban areas.

"Mental illness is one of the most prevalent chronic diseases facing Australians today and it should be given the same care and attention as other chronic diseases. We owe it to our patients and society to get this right."

# MEDIA RELEASE

## Action plan to boost health and wellbeing of LGBTIQ+ people welcomed

The Australian Medical Association has welcomed the release of Australia's first National Action Plan for the Health and Wellbeing of LGBTIQ+ people as a roadmap to improve the health and wellbeing of the LGBTQIASB+ community.

The action plan, released by the Department of Health and Aged Care on Wednesday, sets out a much-needed plan to improve the care and support LGBTQIASB+ people receive and deliver better physical and mental health outcomes across the community.

AMA President Dr Danielle McMullen said the AMA has identified LGBTQIASB+ health as a priority area for all governments, with people who are LGBTQIASB+ experiencing a range of barriers to accessing healthcare.

We share the Action Plan's vision of a future with equitable health and wellbeing outcomes, through access to safe, respectful, high-quality and inclusive health and wellbeing services.

The Action Plan sets out a range of areas for focus encompassing prevention, access, capability and research — all of which can make a real and positive difference to health care outcomes for LGBTQIASB+ people. It will be important for governments to work with the LGBTQIASB+ community and other stakeholders to implement the Action Plan and ensure its vision is fully realised.

Dr McMullen congratulated members of the LGBTQIASB+ health sector for their work on the plan.

"People who are LGBTQIASB+ thrive in healthcare environments where they feel safe, affirmed, respected and understood," Dr McMullen said.

"The principles of patient-centred care, consent, non-discrimination, bodily autonomy, and respect are central to healthcare for people who are LGBTQIASB+.

"LGBTQIASB+ people deserve nothing less."

[Read our position statement.](#)

**<https://www.ama.com.au/articles/lgbtqiasb-health-position-statement>**

# COSTA RICA

By

**Cheryl Ryan**

Costa Rica in Central America is a small country landlocked between Nicaragua and Panama; and washed by the lashing aquamarine waves of the Pacific Ocean and the Caribbean Sea along its two sides. The country is known for its vast beaches, majestic active volcanoes and lush green national parks picturesque with breath-taking flora and fauna. Engage in bird watching and gush at the thrill of spotting the toucans, macaws, herons and kingfishers!

## Costa Rican Cuisine

While Galla Pinto -rice and black beans - makes the national staple, many dishes are influenced by the abundance of fresh fruits and vegetables of this tropical country. Relish the Boquitas (appetizers), Ceviche (lemon-juice-soaked-raw-sea-food), Chicharron (crispy pork) and Tres Leches (popular dessert) during your stay.

## What Have We Planned For You!

- Opt for one of the many walking tours in the capital city of San Jose located in the Central Valley of Costa Rica. The city is buzzing with restaurants, shopping, casinos, and night life. Encircled by tropical green valleys and mountains, the city boasts of historic architecture and is home to a variety of museums.
- Experience the quietude of the Corcovado National Park also the largest in the country with vacant beaches, magical marine life, spectacular wildlife and loads of activities like camping, hiking and other water sports. Also visit the Drake Bay and the nearby Archaeological Museum of Stone Spheres.
- Take a trip to the mountainous town of Turrialba and engage in the most exciting river rafting on the Reventazon and Pacuare Rivers.



- Sample the surreal surroundings of the Monteverde Cloud Forest Reserve nestled in tropical mountainous region. The Reserve has exceptional biodiversity and is home to countless species of reptiles, amphibians, insects, butterflies and a mammoth 400 species of birds, the most striking and rare being the extraordinary quetzal.

- Go on a day tour from San Jose to La Fortuna in the Northern Plains of Costa Rica. You are bound to be captivated by the marvelous Arenal Volcano often seen to be spewing lava. The volcano is surrounded by rainforests and hot springs. Also must-visit is the La Fortuna Waterfall, where you could take a swim at the base or sip away on your coffee from a café at the top while you admire the splendor of the natural surroundings.

Costa Rica with its abundance of natural wonders and vibrant cities is a paradise on earth!

Cheryl Ryan 123Travel

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## The Requirement to Lodge and Make Payment on Time

An entity must satisfy its lodgement and payment liabilities, as charges and penalties for failure to do so can be levied, and legal action can be taken for recovery. The term entity means an individual, a body corporate, a body politic, a partnership, any other unincorporated association or body of persons, a trust or a superannuation fund.

### Superannuation Guarantee (SG)

The superannuation guarantee (SG) scheme requires all employers to provide a prescribed minimum level of superannuation support (11.5% from 1 July 2024 and increasing until it reaches 12% in 2025) in each quarter for each of their employees, subject to limited exceptions. The superannuation support provided by the employer for an employee is calculated for each quarter using the employee's relevant earning base. The required superannuation support for a quarter must be made by the 28<sup>th</sup> day following the end of the quarter. All employers are required to maintain adequate records to demonstrate their compliance with the requirements of the SG scheme.

### Superannuation Guarantee Charge (SGC)

Employers who fail to provide the prescribed minimum level of support within the prescribed timeframe are liable to a tax called the superannuation guarantee charge (SGC).

The SGC is made up of:

- a) SG shortfall amounts, including (any 'choice liability') calculated on the employee's salary or wages
- b) Interest on those amounts (currently 10% per annum)
- c) An administration fee (\$20 per employee per quarter)

**It is important to note that the SGC is not a tax-deductible expense.**

Where an employer incurs a SGC liability, the scheme is administered on a self-assessment basis. The employer is required to lodge a SG statement with the ATO together with the payment of the SGC by the 28<sup>th</sup> day of the second month following the end of the relevant quarter. In addition to the SGC charge, penalties may be imposed if an employer fails to meet the SG obligations, including a Part 7 penalty, which may be up to 200% of the amount of the charge payable.

### Activity Statements

Activity statements are the single forms by which taxpayers report to the ATO their obligations and entitlements relating to Pay-As-You-Go (PAYG) withholding and PAYG Instalments, Goods and Services Tax (GST), Fringe Benefits Tax (FBT), Wine Equalisation Tax (WET) and Fuel Tax Credits. The ATO issues activity statements to taxpayers on an individual basis. Taxpayers must complete and submit the statement provided by the ATO, even if it is a nil return. An entity can engage a registered tax agent or a registered BAS agent to assist in preparing and lodging activity statements. There are penalties for failing to lodge an activity statement on time and for failing to lodge it electronically or by post. However, the ATO's goal is to have electronic lodgement only.

### Director Penalty Notice (DPN)

A director of a company that fails to meet the SGC liability in full and/or the lodgement of activity statements by the due date automatically becomes liable for a penalty equal to the unpaid amount. The DPN may be issued prior to legal proceedings being commenced to recover the unpaid liabilities.

### Legal Action

In some cases, legal action may be taken to recover outstanding superannuation and tax debts. The action that the ATO takes will depend on whether the debt is owed by an individual (sole trader), partnership, trust, superannuation fund or company. The legal action may include:

- Claim or summons
- Bankruptcy notice
- Creditor's petition
- Statutory demand
- Wind-up action



If you require accounting, wealth and advisory assistance, please contact our experienced accountants at Poole Group on 07 5437 9900 or [poole@poolegroup.com.au](mailto:poole@poolegroup.com.au)

## Allies of tobacco industry exposed – Dirty Ashtray and Exploding Vape Awards

On the 30th anniversary of the Dirty Ashtray Awards, two Australian organisations received dishonourable mentions for attempting to influence public policy while hiding the full extent of their links with the tobacco industry.

The Australian Association of Convenience Stores (AACS) took out the Dirty Ashtray Award for refusing to disclose their industry funding to a Senate Inquiry consultation on new tobacco laws. AACS members include three transnational tobacco companies. It has campaigned against world leading public health measures on smoking and vaping for over two decades.

The Exploding Vape Award went to the Australian Taxpayers Alliance for their 'Bust the Black-Market' campaign, which pushed an industry agenda for regulating consumer sales of vapes 'just like cigarettes and alcohol' while ignoring public health recommendations and claiming to be grassroots campaigners (astroturfing)\*.

"All you need to do is spend one day at my GP clinic to realise tobacco and nicotine are still having disastrous effects on Australians' health," said Dr Danielle McMullen, President of the AMA, which partners with ACOSH to deliver the awards.

"In particular, young patients who have developed a nicotine addiction through vapes, shows the industry

is unfortunately alive and well, and reinforces why these awards are needed as much now as they were 30 years ago."

"The tobacco industry is still campaigning hard to keep and grow their markets, but they are doing so via their friends and pretending to be legitimate," said Laura Hunter, ACOSH CEO.

"It is completely unacceptable to see the tobacco industry attempting to influence health policy. We need the public and our politicians to understand who is really talking when organisations like the AACS and the Australian Taxpayers Alliance lobby our elected officials, so that they can deliver public health policy based on the best evidence, not vested interests."

\*Astroturfing denotes political, advertising or public relations campaigns that are formally planned by an organisation, but are disguised as spontaneous, popular 'grassroots' behaviour. (WHO)

Monday, 25 November 2024

Contact: AMA Media: +61 427 209 753  
[media@ama.com.au](mailto:media@ama.com.au)

# *Where We Work and Live*

**Australians involved in the Gulf War 1990 to 1991 Gulf War 1990–1991 | <https://anzacportal.dva.gov.au/wars-and-missions/gulf-war>**

## **Australians involved in the Gulf War 1990 to 1991**

### **Duties of sailors who served**

Less than 1 month after leaving Australia, the RAN frigates joined the Maritime Interception Force (MIF).

The MIF was a 17-nation naval force engaged in intercepting merchant ships believed to be sailing to or from Iraq.

The main tasks for Australian sailors were:

- issuing warnings
- interrogating the crews of ships they intercepted
- boarding intercepted vessels, later in the war, by boat or fast-roping from helicopters

HMAS Success made regular voyages to replenish the Australian and other coalition vessels. The supply ship carried some 8000 tonnes of supplies during the war. When its deployment ended, HMAS Success was replaced by HMAS Westralia.

HMAS Westralia reached the Middle East on Australia Day 1991. The 7 female members of Westralia's crew became the first women in the RAN to deploy overseas on frontline service.

### **Mounting tension**

Although facing overwhelming international opposition, including the vast military might of the US, Iraq's leadership remained unyielding.

In September, the Iraqis announced that:



*HMAS Darwin intercepting the Iraqi tanker Amuriyah suspected of flouting trade sanctions against Iraq; Australians boarded, searched and cleared the ship, October 1990. AWM P01575.013*

The attempts of those who wish to restore the situation before August 2, are impractical and futile.

In mid-September, Iraqi troops opened the border between Kuwait and Saudi Arabia and some 6000 Kuwaitis took the chance to escape.

In Australia, the press carried the story of a businessman who joined the fleeing throng. He described the situation in Kuwait as: intolerable, with Iraqi troops ransacking houses and shooting young men suspected of being Kuwaiti resistance fighters.

In October, when HMAS Adelaide fired warning shots across the bow of an Iraqi cargo ship, the ship's captain declared them to be: the first shots in anger by an Australian warship using its main gun armament since the Vietnam War.

***Continued next month.***

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