



RDMA's Newsletter

**Newsletter
July 2023**

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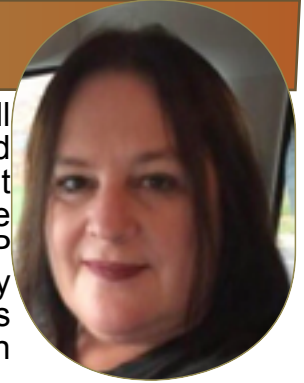
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RDMA's President Report Dr Kimberley Bondeson

We are continuing with absolutely beautiful weather on the Redcliffe Peninsular and surrounds, including Brisbane city! Now onto the new government funding for Medicare. There is a funding stream called MyMedicare, details of which are still fuzzy. It seems that the government is offering GP's who have enrolled patients who frequently attend hospital funding to keep them out of hospital. (The Medical Republic, 10th July, 2023). The funding will be paid directly to the practice, and not to the doctor. And the patients need to nominate their GP, and sign up to that General Practice. This does not seem to be beneficial to any General Practitioner, except those who are employed directly by a practice, and, only if that practice passes on the funding to their employed GP. For those GP's who rent rooms from a service entity, there does not appear to be any benefit, as it would appear they will not receive any monies for doing the work. However, details are still unfolding. The Website which you are directed to for further information, does not exist at the moment. So, we will have to wait and see.

This brings us onto payroll tax, which is still looming over the profession. Queensland and South Australia are the two states who have an amnesty arrangement with the State Revenue Office. (The Medical Republic, 10th July, 2023). Other states do not have such an arrangement. There is still no clear cut advice from the Queensland State Revenue Office as to what is an acceptable structure where tenant doctors are not subject to State Payroll Tax. Western Australia has just confirmed that under WA's existing contractor provisions, most GPs working in medical practices as tenant doctors are considered contractors running an independent business and the state's \$1 million tax-free threshold means that the majority

are not subject to payroll tax. It has been confirmed that the WA government "does not intend to change these provisions." (RACGP President's Update, 21 July 2023). That is good news for doctors in Western Australia.



The RACGP College has also said that practices in NSW will be spared payroll tax audits over the next two years, although AusDoc is still awaiting confirmation from the state revenue office. (Ausdoc 21 July 2023).

Another topic which is of interest is the proposed acquisition of Helius by ACL (Australian Clinical Laboratory). It appears that this topic is on the ACCC watchlist, who are concerned about "significant reduction in competitions that could lead to "adverse consequences for patients", including reduced bulk billing, higher co-payments for privately billed services, collection center closures, less frequent sample collection or longer turnaround times. This is an issue that we will continue to monitor.

On a social note, I recently attended the BLMA bimonthly meeting, which was an excellent evening, with a very interesting topic which covered some of the new immunotherapies available for different cancers, that were not available in the past. If anyone has a particular interest in this topic, please let me know.

Kimberley Bondeson

**Note: 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 2023 MEETING DATES:

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

CPD Points Attendance Certificate Available

Venue: The Komo, WaterView Room 1,
99 Marine Parade Redcliffe

Time: 7.00 pm for 7.30 pm

Next Meeting

Tuesday	February	21st
Wednesday	March	29th
Wednesday	April	26th
Tuesday	May	30th
Wednesday	June	28th
✓ Tuesday	July	25th
Wednesday	August	30th
Tuesday	September	26th
ANNUAL GENERAL MEETING AGM		
Wednesday	October	25th
NETWORKING MEETING		
Friday	November	17

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Advertising information is on
RDMA's website

www.redcliffedoctorsmedicalassociation.org/

NEXT NEWSLETTER DEADLINE

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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 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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Brisbane Local Medical Association BLMA Pictorial by Kimberley Bondeson



*Dr Jennifer Schafer -
Master of Ceremonies*



*Dr Hasthinka
Ellepola
BLMS
President*



*Dr Gail Tsang, Vice President
BLMA and Guest Speaker
Radiation Oncologist*

NEXT RDMA MEETING DUE 25TH JULY 2023



Introductions:

Kimberley Bondeson introduced Novo Nordisk Pharma Pty Ltd Jo O'Toole who is the Sponsor Representative.

Speaker

Kate Beard Medical Science Liaison Officer

Topic

GLP1 on Treatment of T2D covering early use and CV Safety.

Photo 1 Below Clockwise:

Jo O'Toole and Speaker Kate Beard

Photo 2

Dr Peter Marendy and Richard Buzzacott.

Monthly Meeting

Date	Tuesday 25 th July 2023
Time	7pm for a 7:30pm start
Venue	Waterview Room, The <u>KOOM</u> , 99 Marine Pd Redcliffe
Cost	Financial members, interns, doctors in training and medical students – FREE Non-Financial members – \$30 payable at the door (Membership applications available).

7:00pm	Arrival & Registration
7:30pm	Be seated – Entrée served Welcome by Dr Kimberley Bondeson – President RDMA Inc Sponsors: <u>Lumus</u> Radiology Represented by: Zac Ryan & Lydia Griffiths
7:40pm	Speaker: Bec <u>Kneeg</u> , Nuclear Medicine Modality Lead – Queensland, Chairperson - Nuclear Medicine and PET Advisory Group Topic: <i>Nuclear Medicine Scans and how GP's can refer with clinical indications</i> Main Meal served (during presentation)
8:00pm	Q&A
8:30pm	Guest speaker: Dr Peter Marendy Topic: <i>Now Retired - Past History</i> General Business - Dessert served Tea & Coffee served

Agenda

RSVP By Friday 21st July 2023
RDMA@qml.com.au or 0466 480 315



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To sponsor Wayne Herdy click link and type in his name:

<https://www.varietybashqld.com.au/donate>

Variety Bash

15-24 August 2023

Toowoomba to Cairns via
NQ's Rock'n Country



Help Wayne Herdy raise funds for Variety the Children's Charity

WHY I'M DOING IT

Your donation to our Bash car is used immediately by Variety – the Children's Charity to deliver grants of equipment and services, Variety Heart Scholarships, programs and experiences to kids who need it most.

All kids should be able to follow their dreams and be the best they can be. No matter what life throws at them. No matter what their ability. Thank you for your generous gift.

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presents

Fantastic Painful MUSCULOSKELETAL beasts AND WHERE TO FIND THEM

SAVE THE DATE

RACGP CPD Activities, 10 Educational Hours + 2 Reviewing Performance Hours event

WHEN: Saturday 19th August 2023, 8.30am - 3.30pm

WHERE: Pier 33, Mooloolaba

MC Dr Rob Park | Pain Specialist, Dr Ingrid Hutton | Rheumatologist,
Dr Stephen Byrne | Neurosurgeon, Dr James Tunggal | Orthopaedic Surgeon,
Travis Schultz | Lawyer, Dr Paul Frank | Pain Physician, Dr Peter Georgius | Pain Physician,
Dr Daevyd Rodda | Orthopaedic Surgeon, Dr Tim Butson | Rehab Physician
+ Psychologist, Neurologist, Sports Doctor, Musculoskeletal GP & more!

RSVP: conference@sportsandspinalphysio.com.au



2023 Senior Active Doctors Conference

AMA Queensland will be hosting the Senior Active Doctors Conference this year, held in conjunction with the AMA Qld Senior Doctor Craft Group and ASADA. This will be a one-day event held on

Saturday, 19th August 2023
Water's Edge, Portside Wharf, Hamilton, Brisbane.

The venue is a short drive from Brisbane airport. There are accommodation options nearby at Portside, Ascot and Hamilton. More information will be become available on the events page of AMA Queensland.

<https://www.ama.com.au/qld/events>

Ass Prof Geoffrey Hawson
AMA Qld Council Senior Doctor Craft Group Representative
President Australian Senior Active Doctors Association Inc. <https://asada.asn.au>

Brisbane North General Practice Liaison Update – July 2023

Dr James Collins mngplo@health.qld.gov.au

Here are some local updates:

[Upcoming local hospital education events for GPs](#)

- <https://metronorth.health.qld.gov.au/refer-your-patient-page/gp-events>

[Refer your patient - Metro North Health](#)

- https://metronorth.health.qld.gov.au/specialist_service/refer-your-patient

Subscribe: Keeping up to date with latest local hospital & health news

To stay abreast with the latest local hospital & health news, I encourage GPs to subscribe to the brand new Brisbane North PHN GP Link newsletter. This new weekly email newsletter highlights local supports and services available to GPs and their patients. There is the primary way both the PHN and local hospital and health service will be shared with GPs.

[Please subscribe to Brisbane North GP Link here.](#)

- <https://brisbanenorthphn.org.au/news-events/newsletters>

Invitation to General practice - GP Education dinner & tour of new Satellite Hospital – 27 July 2023

GPs, Practice Nurses and Practice Managers from the Caboolture Hospital catchment region are invited to hear how the Satellite Hospital & other new services can support you and your patients. The evening includes an exclusive tour of the New Caboolture Satellite Hospital followed by dinner and case discussions on the new acute services opening in the region.

For a full program for this extensive event - [register here](#)

- <https://www.eventbrite.com.au/e/new-caboolture-satellite-hospital-ed-alternative-tour-education-dinner-tickets-656365245117?aff=oddtcreator>

I encourage you to forward this event to your fellow GPs, Practice Nurses and Practice Managers in the region who may not have received this invitation.

Metro North Health Clinical Advice Line for GPs

[Metro North Clinical Advice Line](#) can support local GPs with **non-urgent** specialist advice from a range of specialities including haematology, inflammatory bowel disease, heart failure, sexual health, community care, paediatric medicine and

rheumatology (coming 24 July 2023). This can be provided over the phone or via written request depending on the speciality.

This is your way to ask your questions to a local hospital specialist to support care of your patients in the community.

- <https://metronorth.health.qld.gov.au/refer-your-patient/clinic-advice-line>

If you or your patient need urgent support, the [Virtual Emergency](#) (VED) can assist. As VED is becoming increasingly busy, if there is a wait for a GP to speak to the Virtual ED specialist, the specialist can call the GP back to provide advice once available.

- <https://metronorth.health.qld.gov.au/refer-your-patient/virtual-emergency-department>

[Rapid Access Services](#) are being developed in the Metro North region and provides an alternative to the emergency department for patients and GPs can refer via the Clinical Advice Line as they become available.

- <https://metronorth.health.qld.gov.au/refer-your-patient-page/rapid-access-services>

All Roads Lead to Care

Metro North Health has developed the “[All Roads Lead to Care](#)” webpage which can be useful for your patients and practice staff who can help guide patients to different services including the new Satellite Hospitals and Urgent Care Centres that are due to open soon.

- <https://metronorth.health.qld.gov.au/news/all-roads-lead-to-care>

Reminder

Don't forget the Voluntary Assisted Dying Resources can be found on on the [Queensland Health VAD website](#) and local resources on the [Refer Your Patient website](#) or [Brisbane North Health Pathways](#)

- <https://www.qld.gov.au/health/support/voluntary-assisted-dying>

GP events



[2023 Cancer Preceptorship for General Practitioners](#)

Date: Saturday, 22 July 2023

Time: 8.30am registrations 9.00am– 3.30pm

Venue: Face to Face

Throughout this program we want to provide you with a greater knowledge of the treatment provided and processes at Cancer Care Services RBWH for patients and how this information can be applied to your practice. We look forward to your participation throughout the day.

[INVITATION: Caboolture Satellite Hospital & ED alternatives](#)

Date: 27 July 2023

Time: 5.15 pm - 8.30 pm

Venue: Caboolture Satellite Hospital & Caboolture Hospital Education Centre.

[INVITATION GPs and practice nurses: Common challenges in primary care: Diabetes education](#)

Date: 10 August 2023

Time: 6.00 - 8.30 pm

Venue: Education Skills Centre The Prince Charles Hospital Chermside



Metro North GP Alignment Program



[INVITATION FOR GPs: Maternity GP Alignment Workshop](#)

Date: 02 Sep 2023

Time: 8.00 am - 5.00 pm

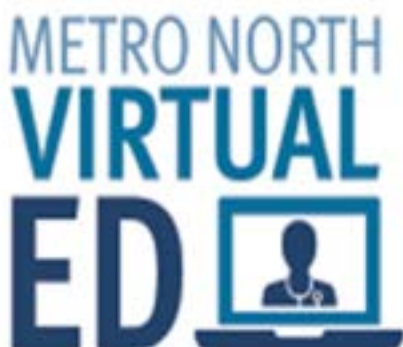
Venue: Clinical Skills Development Service, RBWH



[Herston Healthcare Symposium](#)

Date: 5-8 September 2022

Venue: Education Centre, Royal Brisbane and Women's Hospital Herston Health Precinct is a global leader in health, innovation, education, research, training and clinical care.



[Metro North Virtual ED](#)

1300 847 833

Monday to Sunday 8am-10pm

[Metro North Clinical Advice Line](#)

1800 569 099

Monday to Friday 8am-4:30pm

Refer your patient Information for GPs and other health professionals to help you refer patients to our services.

Rapid Access Services Metro North Health is piloting a number of [Rapid Access Clinics and Services](#) until 30 June 2023. These services provided assessment and treatment to patients requiring escalation of care.

Specialist outpatient services Specialist services are coordinated through the Central Patient Intake. Central Patient Intake GP Enquiry Line: **1300 364 938**

The phone numbers on this page are for *referrers only* and **not available to patients**.

Community health services [Select a service](#)

Enquiry hotline: [1300 658 252](#) Fax: 3360 4822 [Clinical advice services](#)

Behavioural Emergency Response Team (BERT) The Metro North Health Behavioural Emergency Response Team (BERT) is available to assist people with disability and complex challenging behaviours and their carers to receive the support they need in the right place at the right time.

People with a disability and complex challenging behaviours are prone to frequent representations to Emergency Departments, and lengthy hospital admissions, often without an acute medical cause, or where an acute medical issue has exacerbated due to lack of access to appropriate and timely healthcare.

The BERT service has been implemented to support these people and their families/carers and is the first of its kind in Australia.

About BERT BERT is an interdisciplinary outreach and crisis response team, who works collaboratively with the person with a disability who has complex and challenging behaviour and their carers/ service providers to better manage their behaviours and primary health needs.

Metro North Health BERT Service operates as a single point of contact for communication, engagement, education, and coordination of client care for parents and carers, disability service care staff, local hospital clinicians (incl. emergency department and ward clinicians and NDIS leads), Queensland Ambulance Service officers, GPs, National Disability Insurance Agency (NDIA) and the Queensland Police Service.

A dedicated team of allied health, nursing and medical staff will prevent unnecessary presentations to emergency through more timely direct access to the appropriate response and care that is close to or within the client's home, where clinically indicated. Where an admission is required, BERT will work with other services to ensure the admission is as streamlined and as short as possible.

Who is eligible? Persons living in Metro North Health catchment

Aged 16-65 years old with a diagnosed disability or suspected disability

All stages of NDIS (including no contact)

Has a medical need that could be managed in the community, is a risk of becoming a long stay patient, frequent presentations to ED, and/or risk of carer supports break down is imminent

One or more of the following challenging behaviours:

Actual or risk of harm to self or others.

Recurrent presentations to ED, due to behaviours of concern; and/or

Significant escalation in challenging and complex behaviours

How to refer Please call 1300 024 404 to provide client details and a return contact number.

Referrals received via phone 24 hours per day, 7 days a week. Referrals are welcomed to this service

Indigenous Australians are suffering from poor oral health due to social inequities that prevent them from receiving regular care.

The Australian Medical Association is calling on Commonwealth, state and territory governments to collaborate and make targeted investments in programs that provide health care services based on need.

In its [submission to a Senate inquiry into the Provision of and Access to Dental Services in Australia](#), the AMA said investment was needed to ensure Aboriginal and Torres Strait Islander peoples have access to affordable and culturally appropriate oral health care.

AMA President Professor Steve Robson said achieving health equity required a broad focus beyond just treating disease and managing risk factors.

“There are many social inequalities within Australia that give rise to serious health issues among disadvantaged communities,” Professor Robson said.

“Poverty, discrimination and a worrying lack of appropriate health care all contribute to significant oral health inequities between First Nations peoples and non-Indigenous Australians.”

The AMA’s submission highlights the several oral health inequities Aboriginal and Torres Strait Islander peoples face, including higher rates of dental disease, which can lead to other health issues such as heart disease and strokes.

Professor Robson said many Indigenous Australians relied on public oral health services, which were in short supply.

“Government funding for these services is typically provided in short term arrangements, meaning the availability of oral health care is often very limited for Aboriginal and Torres Strait Islander peoples,” Professor Robson said.

The AMA’s submission highlights recommendations made in the AMA’s [2019 Report Card on Indigenous Health](#), including that governments must commit to a minimum standard of 90 per cent population access to fluoridated water.

Increasing Indigenous Australian participation in the dental practitioner workforce, improving oral health awareness and collecting comprehensive oral health data for Aboriginal and Torres Strait Islander peoples are among other recommendations emphasised in the submission.

The AMA is also calling for service models to be developed and implemented in collaboration with Aboriginal and Torres Strait Islander communities, while ensuring investments reflect the varying cost of providing services in remote areas.

Contact: AMA Media: +61 427 209 753 | media@ama.com.au

BRISBANE LOCAL MEDICAL ASSOCIATION NEWSLETTER

Brisbane LMA produces a similar newsletter

For full details re advertising go to their

website: www.brisbanelma.org Email: info@brisbanelma.org

Public hospital crisis can only be addressed with funding agreement rethink

Ballooning elective surgery wait times and long waits in emergency departments are here to stay for Australia's public hospital patients, without significant reforms to the way hospitals are funded.

Australian Medical Association President Professor Steve Robson said AMA analysis released as part of the AMA [Clear the Hospital Logjam](#) campaign showed hospital performance had plummeted year-on-year since 2014 when the then government made changes to the National Hospital Funding Agreement.

The AMA's analysis: [What happens when we fund hospitals to perform](#) shows a marked drop in hospital performance when performance-related funding was removed in 2014 and the National Health Performance Authority was abolished.

"The current review of the National Hospital Funding Agreement represents an opportunity to rethink how our hospitals are funded, because without change there's no light at the end of tunnel for patients who are waiting too long for surgery and too long in our emergency departments," Professor Robson said.

"The impact of previous government decisions relating to performance, together with other pressures on our health system — including an ageing population — are there for all to see in repeated AMA public hospital report cards showing a decline year after year in performance," Professor Robson said.

"Our analysis shows a marked improvement when performance-based funding was introduced in 2011 and a huge decline in performance after it was removed in 2014.

"The numbers paint a grim picture for the future of our public hospitals and with them our patients. Let me be clear — this is a problem for all health ministers. Our current way of funding our hospitals isn't lifting them out of logjam, and the current review of the agreement is a chance to act."

Professor Robson said the AMA had a four-point plan to stem the public hospital crisis, which included reintroducing performance improvement funding; funding for extra beds and staff in hospitals and funding for out-of-hospital care with GPs to keep people out of hospitals.

"We are also calling for the Commonwealth's share of funding to be increased from 45 per cent to 50 per cent and getting rid of the arbitrary 6.5 per cent activity cap."

Read [What happens when we fund hospitals to perform](#)

Visit the AMA [Clear the Hospital Logjam](#) campaign website

Answers to Questions in Quora (Internet) - 11

By Mal Mohanlal

Continued Page 15

What are the benefits of meditation for mental health? Does meditation help with depression and anxiety? If so, what kind of meditation would be best and how long should one meditate every day to gain benefits from it?

Most people who practice meditation do not understand meditation or its purpose. They practice self-hypnosis, not meditation, so their mental health would be questionable. Meditation is not just to quiet the mind. It is also to acquire self-knowledge and understand how our thinking and emotions affect us. If practiced correctly, one can achieve a balanced view of life, and the mind will become peaceful and quiet like a still ocean. There is no time limit, as the purpose is to understand how our ego operates in our mind whenever we are awake. Please read my online articles to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

How long does someone need to meditate for in order to notice a difference in themselves?

It seems you do not understand meditation and its purpose and are practicing self-hypnosis like most people. Meditation is about how you relate to the timeless reality in front of you. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

What are some benefits of chanting mantras and spiritual hymns?

Chanting mantras and spiritual hymns is self-hypnosis. It is one way of escaping reality and living in a world of delusions. There is nothing wrong with making yourself happy this way, but it is not the way to enlightenment. It is good entertainment and a pleasure to live in a dream world. However, if you wish to wake up from your self-hypnosis, please read my online article on the ego, the delusional thinker. Google: mal mohanlal vocal

Meditation has gained popularity for its potential benefits on mental well-being, but I'm interested to hear your thoughts and experiences with incorporating mantras into meditation practices. Have any of you tried Leo's mantra?

Beware of the meditation that most people practice. It is a journey into a world of delusions, as it is all self-hypnosis. If you want self-knowledge and to understand meditation, there is only one right way of meditating: in the observer and the observed mode. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

Can people hear voices through hypnosis or any other way? If so, what would they sound like, and how can one make them stop if they don't want to be bothered by them anymore?

Do you know you are already hypnotized, but you do not know it? You can hear like any normal person, can't you? You do not understand hypnosis. Please read my online article to understand hypnosis. Google: mal mohanlal vocal

When does the soul reincarnate in humans. Is it at the time of conceiving or at the time of birth?

If you want to believe in reincarnation, you are welcome, but you will live in a world of delusions. You see, your brain holds the memory of only this life. You can use the imaginative power of your mind to create more lives if you wish. Does that make it real? Is Santa Claus real? Please

read my online article on the ego, the delusional thinker, if you want to wake up from your self-hypnosis. Google: mal mohanlal vocal

While meditating, is repeating an affirmation as effective as just clearing your mind?

If you repeat an affirmation while meditating, you practice self-hypnosis, not meditation, and you do not understand meditation. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

How can someone with a busy schedule practice meditation and mindfulness?

You do not understand meditation and its purpose. There is only one right way to meditate. Any other way is self-hypnosis. You can meditate anywhere and at any time if you understand meditation. Meditation is a pathway to self-knowledge. You do not time yourself when meditating. That is self-hypnosis. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

Is it possible for meditation to quiet negative self-talk when you become relaxed? Is it normal if this is happening to me?

I do not think you understand meditation and are practicing self-hypnosis. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

Can I use meditation to predict the future?

I am afraid there is no such thing as a future. If you do not take any action to change your present, your present becomes your future. So if you dream of building a house and you do not buy land, hire an architect, etc., in the present, your present becomes your future—no home, it remains a dream. It is your action in the present that creates your future.

Meditation, when practiced correctly, is supposed to wake you up from your self-hypnosis by acquiring self-knowledge. Unfortunately, most people do not understand meditation and its purpose. They practice self-hypnosis, not meditation. Please read my online articles to understand meditation and how to meditate correctly. Google: mal mohanlal vocal.

What is the difference between Vipassana and other meditation techniques, such as Anapanasati or Samatha?

There is only one right way of meditating: in the observer and the observed mode. Any other way is self-hypnosis, which leads to a world of delusions. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

What is the emptiness of our existence, mind, and world? What evidence should we be able to find to prove this fact?

People who experience this will find that we live in a world of delusions. It is an escapist world created through self-hypnosis. The evidence is that we live on words. Words hypnotize us, and most people feel they cannot stop thinking. If you wish to wake up from this hypnotic world, please read my online article on the ego, the delusional thinker. Google: mal mohanlal vocal

What mechanism in our brain or mind prevents us from remembering our past lives on Earth?

Your brain. You see, your brain can only store memories of this life. Now you can use the imaginative power of your mind to create past lives and think you lived before. It is your choice to believe in the bulldust you create. Please read my online articles to wake up from your self-hypnosis. Google: mal mohanlal vocal

Jordan

By

Cheryl Ryan



Jordan- Wadi Rum and Petra

Taking its name after the beautiful meandering river itself, Jordan is known for being an oasis of stability in the Middle East. As part of the Levant- a historically significant archaeological region- Jordan opens portals to the ancient past, and is rich in artifacts dating right back to the Paleolithic period.

A walk on 'Mars'

Wadi Rum or 'Valley of The Moon' is one of the most breathtaking sites in the world, almost mimicking a Martian landscape. With miles and miles of sandstone and granite formations and ever changing dunes, this place is a must see if you're into long drives and marveling at nature's architecture.

The ancient city shines again

If Wadi Rum is an example of nature's architecture, Petra- The Lost City, is a magnificent amalgamation of natural and man-made architecture. Literally meaning 'rock' in the Greek language, this marvel half built, and half carved into the valley is a cascade of colors coming from the rock minerals, earning it the name "Rose City". Tourists flock to Wadi Musa, located adjacent to the ancient ruins which caters to their needs.

The life- giving waters of Lawrence's Spring In the midst of the ever changing red desert landscape of Wadi Rum, a small haven of green appears in stark contrast. Lawrence's Spring, named after Lawrence of Arabia, was and remains an important rest stop for the Bedouin tribe. It can be accessed by foot and is noted for the sweet fragrance of wild mint that grows there in abundance.

A spa in the ocean

Even with its seemingly foreboding name, the Dead Sea is an ocean that offers

rejuvenation with its with its abundant mineral salts. The mud from the sea has healing properties, but regardless, it is also a pleasure in itself to float in the ocean without fear of sinking, due to its high density of salt.

What we have planned for you:

- Stroll through the Lost City- Petra.
- Float in the Dead Sea and cake yourself in the mud, washing away your troubles along with dead skin.
- Spend a night gazing at the stars at a Bedouin camp and take in the magnificence of the starlit sky.
- Experience a ride through the vast redness of Wadi Rum.
- End your day with a hearty platter of traditional Jordanian cuisine.

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The End of the 2023 Financial Year is Fast Approaching

The Australian Taxation Office (ATO) has indicated through various communication channels, the areas that they will be focusing their attention on this tax season.

The key areas that were identified by the ATO include:

- ❖ The accuracy of work-related expense claims
- ❖ Rental properties
- ❖ Capital gains tax on the disposal of CGT assets

The following items may be of assistance in the preparation of the 2022-23 individual tax returns:

- The rate for claiming car expenses is 78 cents per kilometre
- The rate for electric vehicles as per PCG 2023/D1 indicates a rate of 4.2 cents per kilometre for drivers who use the logbook method (and for Fringe Benefits Tax (FBT) purposes)
- Consider any claims for the cost and cleaning of occupation specific clothing, protective clothing, compulsory work uniforms and registered non-compulsory uniforms
- The \$250 non-deductible threshold for self-education expenses was removed on the 1 July 2022
- The rate for working-from-home (WFH) from 1 July 2022 as per PCG 2023/1 indicates that taxpayers claim WFH expenses at a rate of 67 cents per hour
 - 1 July 2022 to 28 February 2023 only, the ATO will allow taxpayers to keep a representative record of the total number of hours WFH
 - 1 March to 30 June 2023 and later income years, taxpayers must keep a record of the total number of actual hours WFH
- Please ensure that all rental income and expenditure is carefully recorded and presented
 - Include all rental income received (before any expenses are deducted)
 - Ensure that interest expense and expenses generally, are claimed correctly by apportioning any private use as the non-deductible portion
 - *Note that the ATO has access to information provided by financial institutions, of the details of loans that are associated with rental properties*
 - Ensure that expenditure is characterised correctly as either a repair which is a deductible expense, or as a building cost and claimed as a capital works deduction
 - Remember the limitation placed on travel expenses and second-hand depreciable assets introduced on 1 July 2017
- Please include all capital gains and capital losses on Capital Gains Tax (CGT) assets on the sale of cryptocurrency, shares and property
 - Ensure that the capital gain or capital loss is calculated correctly
 - Report the capital gains in the tax return

CPA Australia has a three-step process called the “Three R’s”

1. **Record everything** – get your record keeping right by ensuring you have copies of receipts and keep a diary and note down information such as when you worked from home or travelled
2. **Be realistic** – when submitting your tax return ensuring you are including appropriate expenses
3. **Reach out** - *“You can cut your own hair, but you’ll get a better result if you see a professional.”* If you see a tax agent you can be confident you are paying the right amount of tax and getting the maximum refund you are entitled to.

If you require any advice or need assistance with your tax affairs, please contact any one of our experienced accountants at pool@poolgroup.com.au

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Crippling workforce shortages will not be solved by more medical graduates alone

Federal government funding for more university places for rural-trained medical students must be paired with extra investment in programs that help graduates undergo specialist training in regional locations.

The Australian Medical Association is calling for a greater focus on creating training places in regional areas to clear a bottleneck of medical graduates who are sometimes waiting years to enter specialist training due to limited opportunities.

AMA Vice President Danielle McMullen said unless we act now to expand opportunities for doctors to live, work and train in regional areas, the federal government's decision on Tuesday to increase the number of Commonwealth supported places for rural-trained medical students would not fully deliver on its intended purpose.

"Australia is producing medical graduates at rates well above the OECD average, and yet rural areas are still plagued with crippling medical workforce shortages," Dr McMullen said.

"This is because medical students who train in rural Australia are often left with no option but to return to a major city if they are to complete prevocational and specialist training because of a lack of training places in those regional areas.

"As the number of medical graduates increase, expanding opportunities for them to undertake extra training, placements and gain long-term work in regional areas is both logical and necessary."

Dr McMullen said increasing opportunities

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for medical graduates to complete prevocational and specialist training within regional areas would also improve access to care for patients in those rural communities.

"Rural medicine is an incredibly rewarding career, because you can truly care for your whole community and treat a wide range of conditions, but this requires specific training and support," she said.

"Doctors who can complete their training in regional hospitals are more likely to remain in practice in a regional location and can offer significant benefits to their regional community.

"Increasing our capacity to train in regional areas will also require coordination with medical colleges to ensure there are suitable and safe training places available to avoid overcrowded and diluted clinical training environments."

The AMA remains concerned about a significant lack of reliable workforce data — which has not been properly collected since Health Workforce Australia was abolished in 2014 — making it difficult to form evidence-based policies.

"We need an independent health workforce planning body that provides quality evidence and data to inform new policies that would help address regional doctor shortages," Dr McMullen said.

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Where We Work and Live

Vietnam War 1962-75 | <https://anzacportal.dva.gov.au/resources/arthur-law-australian-army-partners-allies>

Mick Storen & John Schumann, I Was Only Nineteen

The song I Was Only Nineteen captured the experience of Australia's Vietnam veterans and helped communicate to Australian society what many veterans themselves had been unable to share. Mick Storen was 19 when he joined the Australian Army to serve in Vietnam.

Mick: "If people asked me what it was like, I'd tell them. I'd tell them that it was hard work. In our platoon we ended up with six blokes killed and about thirty-five wounded. And when you've suffered a lot of casualties, you're put in the position of experiencing that." John Schumann was a university student who played and wrote songs for a left wing folk/rock band. John: "There was always a big part of me that bled for the soldiers. I was never ever one of those who wished for victory for the NVA and the Viet Cong. I mean I didn't really care. I just wanted these Australian boys to come home."

Fate, and Mick Storen's sister Denise, would bring these two men together. John became Mick's brother-in-law. Mick: "He always wanted to do a song on Vietnam and could I give him any information. So I said, 'Oh well. Fair enough. As long as it's suitable, as long as it's a good song'."

John: "I had to get inside the skin, I had to look outside the eyes, I had to feel it, I had to understand it, I had to smell it, I had to live and breathe it somehow, vicariously." Mick: "He just got me going, we had a few beers etcetera, he got me talking for more than a few hours and he recorded basically my story through the army and my experiences in Vietnam."

Mick's story and John's song writing produced the song I Was Only Nineteen.

Mick: "He goes away and comes back about three months later and says, 'I've got this song'. Anyway when he sang it, the hairs on my neck... I couldn't respond to him."

And then someone yelled out Contact! Front! And the bloke behind me swore.



Mick Storen & John Schumann, I Was Only Nineteen

We hooked in there for hours, With a God almighty roar. Frankie kicked a mine The day that mankind kicked the moon. God help me, he was going home in June Mick: "But the thing was he had encapsulated within that song an experience that, it wasn't only mine, it was something that every other Vietnam veteran could really understand."

The song became a number one national hit and an anthem for Vietnam veterans. Mick chose to stay in the background. John: "As the song became wildly famous, everybody wanted to write a story about it. I was very keen for Mick to step up. He didn't want to. Absolutely didn't want to. And I didn't understand why. I do now."

Mick: "I stepped back from the song. For me it was too personal, too... to be identified with it." I Was Only Nineteen remains an iconic song, not just for Vietnam veterans, but for currently serving members of the Australian Defence Force. John: "We respond best to stories. We've always told each other stories from the time we got off the boat. And I Was Only Nineteen was a story; it was an 'I get it' moment." Mick: "Really it's poetry, really. It was something I could feel proud of, but sad at the same time."

I Was Only Nineteen

Stories continued next month

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