



RDMA's Newsletter

**Newsletter
June 2023**

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RDMA's President Report Dr Kimberley Bondeson

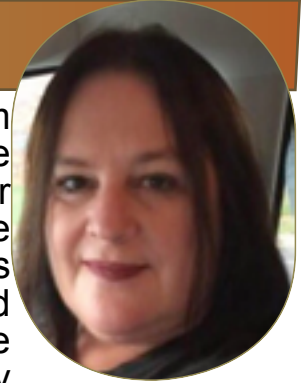
We are having cold mornings at the moment, down to 7 degrees Celsius! – this is with glorious, clear blue skies in the morning, and temperatures in the low 20's. There is plenty of frost and snow in our Southern States.

So, is the world going mad? Some Medical Indemnity Organizations are refusing to provide cover for doctors who treat kids for gender dysphoria. I find this bizarre. How can you restrict cover to a doctor, who may know or not know, that one of his patients has gender dysphoria? Whatever your view on this topic, as a doctor, I would have thought that you would care for your patient to the best of your ability, and refer the patient along to someone else for more complex care. But if that someone else has no indemnity to care for your patient, what do you do?

We are getting mixed messages about the maternity crisis in Gladstone, with the local Courier Mail this am stating that there is an urgent recruitment program for Specialist Obstetricians on one hand, and the Hospital's own Health Care Service stating that services are back to normal. (The Courier Mail, Friday 23rd June, 2023). Obviously, there is an ongoing problem.

Now onto 60-day dispensing for patients – this is to be in a staged roll out, with some 100 medications subject to the new rules from 1 September this year,

a further roll out from March 2024 and the final stage in September 2024. This will enable 60 days of medications to be prescribed and dispensed at one time. It was initially recommended by the PBAC in 2018. There is special protections in place for community pharmacies, under the community pharmacy agreement, where if dispensing volumes drop by more than 2% a year, taxpayers will have to step in and compensate them for the losses. Another plan to assist pharmacies in any shortfall, according to Mr Butler, is that a \$350 million plan for aged care facilities to conduct medications review on their residents would instead be delivered through community pharmacies. (Aus Doc, May 2023.)



Payroll tax is still an issue, with the ACT, NSW, and Victorian Governments continuing to issue debt notices to GP's. The AMA has called on National Cabinet to agree to exempt all GP practices from payroll tax, and is continuing to work on this issue.

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 or 24th TBC

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Advertising information is on
RDMA's website

www.redcliffedoctorsmedicalassociation.org/

NEXT NEWSLETTER DEADLINE

Advertising & Contribution **15th Monthly 2023**

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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 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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The team behind your result



QML Pathology has spent more than 90 years servicing Queensland and northern New South Wales medical practitioners and patients.

Our continuous innovation and vast testing capacity across Haematology, Biochemistry, Endocrinology, Microbiology, Histopathology, Cytopathology, Immunology, Cytogenetics and Cardiology, has made us a leader in our field, a position we do not take lightly.

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qml pathology

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Dinner of the Profession Custom House Pictorial by Kimberley Bondeson



NEXT RDMA MEETING DUE 28TH JUNE 2023



Introductions:

Kimberley Bondeson introduced RDMA as the Sponsor Representative.

Speaker

Dr Wayne Herdy

Topic

The Changing Face of Addiction Medicine.

Photo 1 Below Clockwise:

Dr Wayne Herdy and Support Worker Ms Wendy Payne

Photo 2 Top Left

Wayne Herdy, Kimberley Bondeson and Anna Wozniak

Photo 3

Ms Wendy Payne, Wayne Herdy and Kimberley Bondeson

Monthly Meeting

Date	Wednesday 28 th June 2023
Time	7pm for a 7:30pm start
Venue	The Komo, Waterview Room 1 99 Marine Pde. 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 Sponsor: Novo Nordisk Pharmaceuticals Pty. Ltd. Represented by: Jo O'Toole
7:40pm	Speaker: Kate Beard, Novo Nordisk Medical Science Liaison, Bachelor of Biomedical Science, and Masters in Pharmaceutical Medicine Topic: GLP1 in the treatment of T2D- covering early use and CV safety Main Meal served (during presentation)
8:20pm	Q&A
8:30pm	General Business Desert Served
RSVP	By Friday 23 rd June 2023 RDMA@qml.com.au or 0466 480 315



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Bulk Billed Obstetric Ultrasounds Now Available*

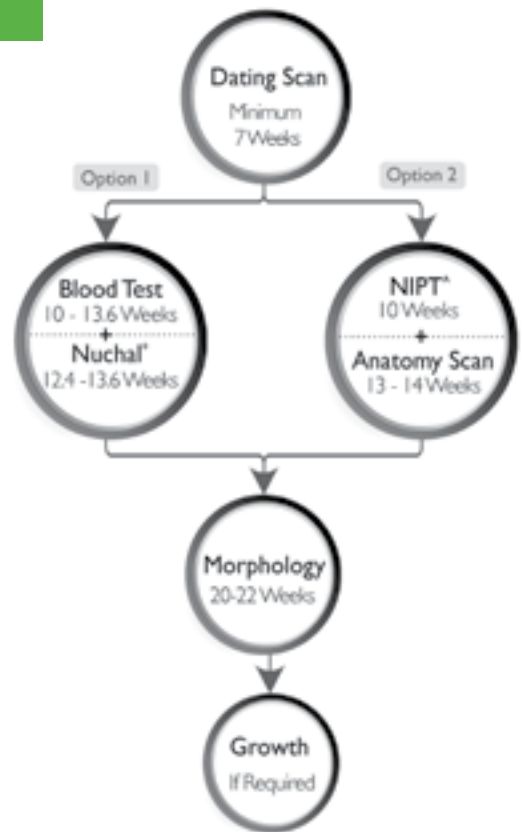
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presents

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>

Australian Medical Association Limited

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Website : <http://www.ama.com.au/>



Saturday, 10 June 2023

Proper workforce planning needed to address shortages

The Australian Medical Association is calling for more effective planning to ensure the future medical workforce meets community need, as well as better support for international medical graduates adjusting to the Australian health system.

In a submission on the interim report of the Independent Review of Overseas Health Practitioner Regulatory Settings, the AMA has expressed its general support for efforts to streamline migration and registration processes for overseas health professionals seeking to work in Australia.

AMA President Steve Robson said streamlining the migration process would help address serious workforce shortages, but more effective planning was needed instead of piecemeal solutions like simply increasing the intake of overseas health professionals.

“The sheer lack of staff in a wide range of health professions is causing patients to wait longer for care, so we should be looking at how we speed up the unnecessarily complex visa system for international medical graduates and other health care professionals,” Professor Robson said.

“But there needs to be a comprehensive solution, backed by policies that legitimately encourage international medical graduates to work in the locations and areas of practice where they are most needed.”

The AMA’s submission calls for the reinstatement of an independent health workforce planning agency to create training, recruitment and retention initiatives backed by credible research.

The AMA did not support the interim report’s recommendation to transfer the medical colleges’ assessment process for international graduates in specialist fields to the Australian Medical Council.

“This recommended change would undermine the colleges’ very important role in setting the standards for medical practice,” Professor Robson said.

“Australian trained doctors are among the best in the world, and it is important international medical graduates working here are of the same standard.”

The AMA’s submission also emphasised the importance of providing adequate support to international medical graduates, who often work in rural and remote Australia and struggle to navigate the country’s health system.

“International medical graduates tell us they don’t receive appropriate support to help them adjust to working and living in Australia. Sadly, they report high levels of racism, discrimination and prejudice, which is totally unacceptable and needs to be addressed immediately.”

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

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Follow the AMA President on Twitter: twitter.com/amapresident

Like the AMA on Facebook facebook.com/AustralianMedicalAssociation

PRESIDENT AND CEO REPORT



Dr Maria Boulton and Dr Brett Dale

The state budget has been handed down, with a record health spend that is above the inflation rate and the implementation of more of our Ramping Roundtable recommendations. However, we are yet to see the Workforce Plan to find the thousands of new staff needed to meet increasing demand across the state. We have seen the reopening of the Gladstone Hospital maternity unit after almost a year on bypass, but other units remain closed around the state.

STATE BUDGET

The Queensland budget finally recognised it's not good enough to just keep level with inflation, delivering a 9.6 per cent increase in overall healthcare spending.

Our health investments must keep up with our rapidly growing population and increasing costs of delivering high-quality healthcare.

We were pleased to see our Ramping Roundtable recommendation to extend hospital transit and discharge lounge opening hours taken up. Allowing patients to be discharged after hours and on weekends will free up beds for patients waiting in emergency departments.

We welcome the detail around the financial incentives to attract interstate and international doctors and healthcare workers to rural and remote Queensland. We would like to see this scheme expanded to include GPs and other private specialists, not just Queensland Health employees.

However, this budget missed the opportunity to outline the strategy needed to find the workforce for our healthcare system. Queensland Health is finalising a Workforce Plan. This must look at the entire workforce – GPs, aged care staff, disability workers, private hospitals – as well as Queensland Health employees to identify current and future shortfalls and gaps.

We look forward to seeing more detail in coming weeks and working with the Minister on implementing these budget measures.

Read more at ama.com.au/qld/news/Budget-good-for-health



Dr Maria Boulton addressing media at state parliament

PAYROLL TAX

Treasurer Cameron Dick has made it clear the payroll tax amnesty for general practices will not be extended beyond June 2025. While we thank Queensland for being the only state or territory to offer an amnesty on the application of this new interpretation of tax laws, we will continue to advocate for an exemption for GPs.

We will make this an election issue next year as GPs will not be able to absorb the added tax and will have to pass it on to patients.

We hope that once again Queensland leads the way and recognises how important it is not to make access to GPs more expensive for patients, particularly in rural and remote areas.

We encourage all practices to seek legal and accounting advice about registering for the amnesty. Practices must complete an expression of interest form by 29 September 2023 to be eligible.

Read more at ama.com.au/qld/news/Transcript-ABC-Brisbane-State-Budget and gro.qld.gov.au/payroll-tax/liability/contractor-payments/amnesty/.



MATERNITY SERVICES



It is a great relief that maternity services have been restored at Gladstone Hospital after almost a year on bypass.

We look forward to seeing more details of how the \$42 million allocated in the state budget for maternity services will be used to fill workforce shortages that have led to many rural units closing or being put on indefinite bypass.

Health Minister Shannon Fentiman has made it clear in media interviews that she is working with AMA Queensland on solutions to the obstetrician shortage in regional Queensland and that the

first new staff recruited from interstate and overseas under the financial incentives offer will start work from 1 July.

We will continue to advocate for more obstetricians, anaesthetists and paediatricians to be recruited and retained in regional Queensland so other maternity units like Biloela and Cooktown can reopen.

BULK BILLING INCENTIVE RESOURCES

We have developed a suite of resources to inform patients about changes to the bulk billing incentive and why it will not impact their Medicare rebates. They're designed for practices to print in-house as wall posters and patient fact sheets. Download them from ama.com.au/qld/campaigns/bulk-billing-incentive-facts



Bulk billing incentive – the facts

GENERAL PRACTICE

AMA Queensland is continuing to advocate for Queensland to follow Victoria's lead and offer financial incentives to medical graduates to pursue general practice as their specialty.

Victoria's GP training program was oversubscribed this year following the introduction of the incentives, while there are still places available in Queensland.

Currently only 15 per cent of medical students want to train as GPs, pointing to a looming shortfall over the next decade as GPs retire.

The state government says GPs are a federal issue but we believe all levels of government have a role to play. If you're a patient trying to make an after-hours appointment with your GP, you don't care where the funding comes from.

Read more at ama.com.au/qld/news/Transcript-Today-GP-Shortages



RURAL HEALTH

Federal Health Minister Mark Butler has announced a new trial to bring allied health practitioners to five remote and rural Queensland communities, following similar projects in New South Wales and Western Australia.

Under the scheme, allied health practitioners including psychologists, occupational therapists and social workers will travel to Blackall-Tambo, Barcaldine, Longreach, Winton and Cloncurry for regular in-person clinics, followed up by telehealth appointments.

AMA Queensland has long advocated for innovative projects to support healthcare practitioners to work in rural and remote communities as part of GP-led multidisciplinary teams. We look forward to seeing the results of this \$1.5 million trial. Read more at ama.com.au/qld/news/Transcript-Sky-Regional-allied-health

MEDICAL STUDENT SCHOLARSHIPS

Three James Cook University medical students are receiving financial help from the AMA Queensland Foundation to assist in continuing their medical studies.

Ryan Luck, 21 and Julie George, 22, have been awarded AMA Queensland Foundation Medical Student Scholarships of \$10,000. The third recipient has requested privacy.

All three are outstanding students who have overcome personal hurdles to continue the challenging but rewarding path of medicine.



Julie George and Ryan Luck

We encourage all colleagues to donate to the Foundation so it can continue its good work. Read more at ama.com.au/qld/news/three-JCU-medical-students-win-scholarships

AMA QUEENSLAND FOUNDATION EOFY TAX APPEAL

The AMA Queensland Foundation has launched its end of financial year tax appeal to bring healthcare to Queenslanders experiencing homelessness with charity partner Beddown.

Funds raised will help Beddown open new accommodating venues across the state and connect guests with vital outreach medical, healthcare and hygiene services.

Donations can be made through the Foundation website and all donations over \$2 are tax deductible. Read more at ama.com.au/qld/news/tax-time-perfect-time-to-tackle-homelessness.

EMERGENCY DEPARTMENT PRESENTATIONS



Queensland has seen a surge in children presenting to emergency departments as the winter flu and RSV season kicks in.

Our hospitals are overstretched and relying on the dedication and altruism of doctors, nurses and other healthcare workers to keep the system operating. We are urging all Queenslanders to get their influenza vaccinations and COVID boosters, to practise good hand hygiene, and to stay home if they are sick.

We have had more than 27,000 confirmed flu cases and almost 15,000 RSV cases in Queensland this year. While COVID cases are dropping, we are still seeing more than 500 new cases reported every day. All Queenslanders need to be vigilant about their own health and the health of others to avoid our hospitals becoming swamped with respiratory cases.

Read more at ama.com.au/qld/news/Transcript-Today-Extra-ED

TOBACCO LAWS

New tobacco laws passed state parliament last month following strong AMA Queensland advocacy. The *Tobacco and Other Smoking Products Amendment Act* introduces a licensing regime for nicotine products, including vapes and e-cigarettes, with new offences and penalties, and stronger enforcement.

We have been calling for this action for years. Last year, Queensland received the Dirty Ashtray Award for the government's failure to enforce regulations around the sale of vapes. Hopefully this will ensure we do not receive this award again.

We are seeing welcome moves at both the state and federal levels to crack down on non-prescription nicotine products to protect young people from nicotine addiction and lung damage.

Read more at ama.com.au/qld/news/New-tobacco-laws

DINNER FOR THE PROFESSION

More than 180 people crowded into Customs House for our annual black tie Dinner for the Profession, which followed the AMA Queensland AGM on Friday 26 May.

Several awards were presented, including AMA Queensland's highest honour, the Gold Medal, which was conferred posthumously on Dr Kate Sinclair. Her son, Dr George Lindley-Jones, accepted the award on her family's behalf.

Dr Jennifer Schafer was awarded the Excellence in Health Care Medal, Dr Rosemary Geraghty was named the Rural Health Medallist and accountant Patrick Staunton was made a Distinguished Support Member for his long service as chair of the AMA Queensland Finance, Risk and Audit Committee (FRAC).

Past President and AMA Queensland Foundation Board chairman Dr Dilip Dhupelia was presented with his AMA Roll of Fellows certificate, after the original presentation was delayed by the pandemic.

Read more at ama.com.au/qld/news/DFP-Awards and see the photos on our Facebook page.



Above – Dr Maria Boulton, Health Minister Shannon Fentiman, AMA Queensland Vice President Dr Nick Yim and AMA Queensland CEO Dr Brett Dale
Below – AMA Queensland Councillor and RDMA President Dr Kimberley Bondeson and Dr Nick Yim



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

JUNIOR DOCTOR CONFERENCE AND WOMEN IN MEDICINE BREAKFAST



In May we travelled to Townsville for a number of events, including the sold-out Women in Medicine Breakfast and the Junior Doctor Conference (JDC).

There was significant media interest in JDC as it showcased North Queensland to medical students and junior doctors considering a career in regional Queensland.

Read more at ama.com.au/qld/news/Transcript-ABC-Junior-Doctor-Conference-Townsville and see the photos on our Facebook page.

SENIOR DOCTORS CONFERENCE

We are pleased to be partnering with the Australian Senior Active Doctors Association (ASADA), led by AMA Queensland Board member Dr Geoff Hawson, to host the second Senior Doctors Conference at Waters Edge Brisbane in August. Early-bird ticket prices end on 9 July.

Save Saturday 19 August and register at ama.com.au/qld/events/SeniorDoctorsConference to secure your early-bird pricing.

Last year's conference saw almost 100 senior active and retired doctors travel nationally for the conference. This year's program will cover topics such as: healthy ageing; encore careers; and senior doctors and the health system.

Join AMA Queensland: ama.com.au/qld/join



Answers to Questions in Quora (Internet) - 10

By Dr Mal Mohanlal

Continued Page 15

What is the process of reaching enlightenment? Can someone who has reached enlightenment help another person reach it as well? If so, how would they go about doing it effectively?

One cannot reach enlightenment, but one becomes enlightened by acquiring self-knowledge. Please read my online article to help you understand enlightenment. Google: mal mohanlal vocal

Why does my mind not wander while I am meditating? I literally do not get any thoughts at all.

What is the purpose of your meditation? Are you trying to understand your relationship with reality or just trying to focus on something so the thoughts do not interfere? Meditation is also a pathway to self-knowledge. There is only one right way to meditate: in the observer and the observed mode. Please read my online article to help you understand meditation and how to meditate correctly. Google: mal mohanlal vocal

What is your experience with spirituality and meditation? What are your thoughts on it? Do you think it has helped you in any way?

Anyone who thinks about spirituality and meditates is living in a world of delusions. Meditation has nothing to do with spirituality. Meditation is trying to find your relationship with reality. There is a wrong and a right way to meditate. Please read my online article to understand meditation and how to meditate correctly. Google: mal mohanlal vocal

What is the difference between an "easy path" and a "difficult path" toward enlightenment?

If you understand what it means, there is no easy or difficult path to enlightenment. We live in a hypnotic world of self-hypnosis. It is waking up from this delusional world that is called enlightenment. Please read my online article to understand enlightenment. Google: mal mohanlal vocal

Have you ever been hypnotized before? If the answer is yes, could you please provide details about your experience and what it was like for you?

Do you know you are already hypnotized? What type of experience are you experiencing now? What is it like for you? You will be able to answer your question. Please read my online article to help you understand hypnosis and your mind. Google: mal mohanlal vocal

How do I hypnotize myself without the internet or a hypnotist?

You are always hypnotizing yourself when you are thinking. Your ego is a product of self-hypnosis. You are living in a world of delusions. So please acquire self-knowledge and wake up from this hypnotic world. Please read my online articles on hypnosis and the ego, the delusional thinker, to help you understand my message. Google: mal mohanlal vocal

What is spirituality? How can it affect one's mental health? Is there any scientific proof?

If you believe in spirituality, you believe in fairies. Distorted perceptions are the reason for mental ill-health. Please read my online article on the ego, the delusional thinker, to enlighten yourself. Google: mal mohanlal vocal

What is the definition of enlightenment? Can we experience true enlightenment while still having our minds? How will this be possible, or is there another way of reaching that state?

We live in a hypnotic world. Waking up from this world of delusions is what enlightenment is about. But how does one wake up from this delusional world when everyone is in the same boat? To find the answer, one has to acquire self-knowledge. Please read my online articles and see if they make sense. One has to wake up from self-hypnosis. Google: mal Mohanlal

Answers to Questions in Quora (Internet) - 10

By Dr Mal Mohanlal *continued*

What are some long-term effects of meditation? What can we expect to see or feel after years of practice, and what will be considered “normal” at that stage?

Most people do not understand meditation and its purpose. They practice self-hypnosis, not meditation. They have created a world of delusions. So I do not see any mental improvement or enlightenment in the long term in people practicing meditation the present way. There is only one right way of meditating: in the observer and the observed mode. Any other way is self-hypnosis. Please read my online article to understand meditation and how to meditate correctly.

What is the difference between someone who is spiritually enlightened and someone who is just faking it/being delusional/crazy?

No difference. Both are deluded. Please read my online article on the ego, the delusional thinker, to understand why. Google: mal mohanlal vocal

Can you do self-hypnosis without downloading an app or buying a CD/book about it?

Yes. Your thinking process is hypnotic. You are already practicing self-hypnosis. Please read my online article to learn more. Google: mal mohanlal vocal

What are the different types of Hindu meditation techniques? Do they suit different personalities (introvert/extrovert) in order to attain enlightenment/self-realization?

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

If ignorance is bliss then is knowledge suffering? And if knowledge is power, then is power suffering?

Ignorance is only bliss if you die without knowing what caused your suffering. Knowledge is power because you can use it to reduce your suffering. For example, you have had cancer but did not know it was the cause of your pain, and you die. One could say ignorance is bliss. But if you knew the cause of your pain with the knowledge of medical science, you could prolong your life and ease your suffering. That is the power of knowledge. Power is a means to end suffering.

Has anyone obtained enlightenment since the Buddha?

A person with religious beliefs about enlightenment can only live in a world of delusions. We live in a hypnotic world and do not realize that our ego is a product of self-hypnosis. Most people do not understand meditation. They practice self-hypnosis, not meditation. Enlightenment, in my mind, is awakening from this self-hypnosis. The only person in history I could regard as enlightened was J. Krishnamurti. He described the timeless dimension in his book, "Commentaries on Living", which only an enlightened person could do. If you want to go beyond Krishnamurti and understand enlightenment, please read my online article. Google: mal mohanlal vocal

Can you heal yourself through prayer/meditation by changing your aura's frequency?

No. Thinking you can heal yourself through prayer or meditation is a delusion. Healing involves physical and mental factors. On the physical side, consider your fitness and the state of your immune system. If you are in mental disharmony, it will affect your immune system. So you have to deal with both to heal yourself.

Norway

By

Cheryl Ryan



We probably know this beautiful country as the 'Land of the Midnight Sun', owing to the summer solstice bringing many days on end of only sunlight. Norway is steeped in cultural history dating right back to the Paleolithic period. Also famous, are its many gorges, valleys, glaciers, and fjords.

This country should be highlighted and circled on any travel enthusiasts list.

Ride the Bergen Line

One of the best ways to take in the bountiful landscape is to catch a ride in the train and just sit back and enjoy the scenery rolling past. Some of the glimpses include lush open meadows, waterways, and charming little villages.

Gazing at the Geirangerfjord

A gem that has made it to UNESCO's World Heritage List, this fjord offers picturesque scenes of cascading waterfalls, lush green mountain sides and calming waters. This is one place to visit if you need a break from the fast-paced city life. Feel one with nature as you cruise down the lazy fjord or hike up the mountain to take in the view from a higher point.

Nature appreciation at the Botanical Garden

If you have a green thumb or are fascinated by different types of plants, then the Arctic-Alpine Botanical Garden is one place you will want to never want to leave after stepping foot in it. Bursting with thousands of species of sturdy arctic flora, this area of almost 2 hectares is like something straight out of a children's fairy tale book.

Gaze at the Heavenly lights

The Aurora Borealis, more commonly known as the Northern Lights is a natural phenomenon occurring due to the solar winds

mingling with the Earth's atmosphere. The result of this interference is an Aurora- a beautiful glowing halo seen in the sky around the Arctic and the Antarctic Circle. Many places in Norway offer this heavenly display, mostly around the December to March period.

What we have planned for you:

- Hike up the Floyen Mountain or ride the funicular rail if you aren't feeling up to it. The reward is the beautiful vistas offered at the summit.
- Enjoy the food at the famous Floyen folk restaurant.
- A train ride to Oslo where you can visit the Baroque style Oslo Cathedral
- A visit to Tromso, where you can go fishing, kayaking, or canoeing and, if you're lucky, catch a glimpse of the beautiful Aurora lights.

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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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Public Hospital Funding Agreement Needs Complete Makeover

The Australian Medical Association has found the key objectives of Australia's public hospital funding arrangement are not being met and says the agreement needs a comprehensive makeover.

In a submission to the government's mid-term review of the National Health Reform Agreement Addendum 2020-25, the AMA said the agreement is not fit-for-purpose and has resulted in ambulance ramping, burgeoning elective surgery waiting lists, bed block and over-stretched emergency departments.

AMA President Professor Steve Robson said the agreement, which still has more than two years to run, is failing our public hospitals, which are in logjam.

"The AMA has carefully reviewed the objectives of the funding agreement and found the majority pertaining to patient outcomes, like equitable access to care or reduced emergency department demand or improved mental health outcomes, are not being met.

If the agreement is failing our hospitals and our patients, it needs a radical overhaul, yet we are stuck with this flawed formula until 2025.

"With waiting lists continuing to grow and public hospital performance failing to meet key performance targets, there is a compelling case for additional funding to be made available to give our crumbling public hospitals the support they need to deliver the care patients need while we wait until a new, improved agreement comes into force.

MEDIA RELEASE MEDIA RELEASE MEDIA RELEASE MEDIA RELEASE MEDIA RELEASE

"The next agreement needs a complete makeover. We want to see improved performance rewarded, funding to expand hospital capacity to meet community demand and measures introduced to tackle avoidable admissions and unnecessary re-admissions.

"You only have to look at our last sixteen Public Hospital Report Cards to know the system is failing. All the graphs go steadily downwards with hospital performance now at its lowest in many years.

"That's why we've been campaigning since before the last election on this issue. Our 'Clear the hospital logjam' campaign calls for 50-50 shared Commonwealth-state funding for our hospitals and scrapping the imposed artificial cap that prevents growth in the system.

"We want to see funding for increased capacity of our public hospitals and the reintroduction of funding for performance actually rewarding those hospitals which reach their performance targets.

"We implore all health ministers and all levels of government to work together to get this right for the future and to help our hospitals out in the meantime with an immediate injection of new funds." Read the AMA's full submission to the mid-term review.

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

John Thurgar (Australian Army),

Operation Aussies Home

John served with the Special Air Service in Vietnam. He was dismayed by the hostile reception many Vietnam War veterans received on their return home. He later became the senior investigator for Unrecovered War Casualties - Army and later worked with Operation Aussies Home, a privately funded venture led by Dr James Raymond Bourke MG, AM aimed at locating Australia's six men who were listed as Missing in Action in Vietnam.

"Vietnam, it's only part of my life, but the physical and emotional and psychological impact remains. But, you have to learn to live with that, you know, leave that in a box and try not to let it out." John Thurgar served as an SAS trooper in Vietnam in 1970. Like many, his homecoming was bitterly disappointing. "I went to the RSL for my first Anzac Day in 1971 with my father, there was a World War Two veteran and, I was accused by a World War Two veteran of being a baby killer and, you know, he was against the war and so I got up and left. It took me a very, very long time to ever go back to an RSL and also, to be forgiving."

John became an integral member of the group of veterans who organised Australia's Welcome Home Parade. It took place in Sydney in 1987. "The Vietnam veterans put on buses from all over Australia so that veterans who didn't have any money could just hop on a free bus. And wonderful stories where families just picked up the veteran and went and put him on the bus. Said, 'You're going. Here's your bag. We've already packed it for you. You're going.' You know, I mean that was not an uncommon thing, where the families forced the veterans to go and it had a great psychological release."

The success of the parade led to the building of a dedicated Vietnam War memorial in the nation's capital. Visiting the memorial became the stimulus for John's greatest service to Vietnam veterans. "My experience was that I'd go down there, two o'clock some mornings, just you know, try to approach the memorial, but there'd always be someone else there! It didn't matter whether it was two o'clock, three o'clock, four o'clock, there was always another veteran down there, or a group of veterans down there. And then I started to realise that blokes were actually taking ashes of their mates down there, and putting them in the memorial, into the moat.

And so it started to become a very important place for a lot of veterans. And of course, the place to sit was on the three seats with two names on each of our six missing in action. And I always wondered what had happened to them."



John Thurgar (Australian Army), Operation Aussies Home

John became the senior investigator charged with locating Australia's six missing in action. Working with the army alongside the group, Operation Aussies Home, the remains of four of the six MIAs were located and returned to their families in Australia. "It was for the sake of the families. What has been proven is that the families suffer from grief and then there's inherited grief. The children bear the grief that the parents did just as much. And then that's passed on to their nieces and nephews and grandchildren.

The last two missing men were the crew of a Canberra bomber that was lost in 1970. After exhaustive detective work, a possible crash site was located. "We started to get pieces that were British, because you see the B-57 and our Canberras were essentially the same but there were differences. And so I had to find the bits that were different. And when I found enough of the bits that were different, I was able to convince air force "" this is our aircraft. I'd done the investigation and then I needed to bring all of that information together to the Vietnamese Government where I could convince them using our anthropologists and our other specialists that these remains were our men."

In August 2009, the remains of Flying Officer Michael Herbert and Pilot Officer Robert Carver were returned to Australia.

"There are so many things that enter my mind every day, because that's the problem with getting older you know, you look back and have regrets, you look back and think, could I have done something differently, but I think back and I can still see the faces of the dead and I still cannot... I don't have any... I find it very hard to forgive myself."

Stories continued next month

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