

OUR PEOPLE MATTER

Building bright new futures for QPS workplaces

Welcome 2022, we are so happy to see you!

But before we steam ahead into this new and exciting year, let's have a look at the year that was. It's important to give ourselves a little pat on the back every now and then and reflect on the great things we've achieved. It may have been as simple as remembering to make the bed every morning or as big as securing the dream role. No matter how big or small, a win is still a win!

For the Our People Matter team, we're so thrilled to have supported so many amazing initiatives over 2021! From chilled out family movie nights in Moreton District to boxing sessions in Far North District. Every project that you came to us with was exciting and embodied everything that we're trying to achieve, building bright new futures for QPS workplaces.

We honestly cannot wait to see what else you have in stall for us this year!

What's happening on the ground?

Whitsunday's Toughest Race!

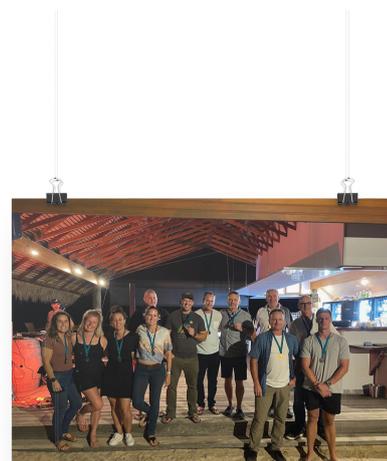
Are you looking for a physical challenge to test your strength and resilience? Well it's time to break in those new sneakers you got for Christmas and start training for the Whitsundays Toughest Race!

With the inaugural race held in 2021 proving to be a huge success, the team from Proserpine Station is bringing the challenge back for May 14, 2022.

The Whitsundays Toughest Race sees QPS Teams from all over Queensland compete in a gruelling walk throughout Conway National Park rainforest. The team from Bowen took out first place in 2021, completing the 27km track in 4:15hrs.

Whilst the challenge will be a test of your mental and physical strength, it is the perfect opportunity to visit the beautiful Whitsunday region and funds generated from the event are used to purchase gifts for children impacted by domestic violence.

Not sure you're up for the challenge? Check out the Whitsunday's Toughest Race Workplace Group to find out more. With limited spots available, now is the time to register your interest.



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QSuper and Sunsuper merger: what it means for members

QSuper and Sunsuper will soon be coming together to form Australian Retirement Trust, which will be one of the country's largest superannuation funds, taking care of over \$200 billion in retirement savings for more than two million members.



There is some important information about the merger that QSuper members should know. QSuper will continue as part of Australian Retirement Trust for:

- Existing QSuper members
- Employees of the Queensland Government
- Employees of existing QSuper default employers
- Spouses and children (who join while under age 25) of QSuper members.
-

This merger is scheduled to be completed on 28 February 2022, subject to outstanding conditions and approvals.



Why are we merging?

Over the past two years, QSuper and Sunsuper have undertaken a detailed due diligence process to explore if both funds' members would benefit from being part of a merged super fund.

Through this merger, Australian Retirement Trust will combine both super funds' strengths and will aim to return profits to members as lower fees and better services.

What does this mean for QSuper members?

When the merger is finalised, there will be no changes to QSuper members':

- Investments
- Insurance
- Account details (including any beneficiaries and authorities)
- BPAY details
- Contribution arrangements with their employer
- Pension payment amount and frequency (if applicable)
- Defined Benefit entitlements (if applicable)
- Current insurance claims (if applicable).

Members will still be able to access services including:

- [QSuper Member Online](#)
- [QSuper app](#)
- [Our in-house contact centre.](#)

Leveraging size to keep fees low

Following the merger, QSuper expects to have the size and scale to ensure administration fees remain among the lowest in the industry.

QSuper and Sunsuper have agreed that the administration fees members pay from their QSuper Accumulation account(s) and Income account(s), and those that are deducted from the Lifetime Pension pool, will be reduced from 0.16% to 0.15% per annum from 1 July 2022.

This decision to reduce fees is subject to confirmation by the trustee of Australian Retirement Trust after 28 February 2022. Members will be updated once the decision has been made.

What's next?

QSuper members will be sent an email or letter over the coming weeks letting them know about the merger and what it may mean for them. These communications will include a link to or copy of the Important Information booklet January 2022, which provides key details about the merger.

For more information

Read this [article](#) or visit our merger information hub.



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TO DO!

As we recover from the Christmas carols being played on repeat and finish off the last of the leftover ham, now is the perfect time to start thinking about what 2022 holds for us. Whether it's committing to meditate each morning or setting aside time to exercise every day, goal setting is important.

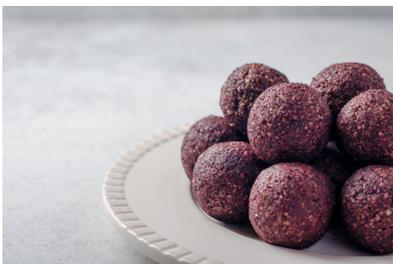
When thinking about your goals for 2022, remember these five easy tips:

1. Choose a goal that motivates you
2. Make sure it's SMART (specific, measurable, attainable, relevant and time bound)
3. Write it down
4. Create a plan
5. Stick with it

Do you have a sure-fire way to set goals and stick to them? Share it on the Our People Matter Workplace Group!

TO DIGEST!

If your new year's resolution was to adopt healthier eating habits, then you're with 1 in 3 other Australians. Whilst the idea of giving up chocolate and chippies for good can be daunting and overwhelming, choosing healthier options doesn't mean giving up on taste. If you're looking for a quick sweet treat without the excess sugar, try these Peanut Butter Bliss Balls.



Ingredients

- 1 cup oats
- ¼ cup LSA
- ¼ cup of coconut
- 2 pieces of dark chocolate
- 1 tablespoon of cocoa
- ½ cup of peanut butter
- 30mls of pure maple syrup

Method

1. Mix all ingredients together in a medium size bowl.
2. Sprinkle extra coconut into a bowl. Roll mixture into golf size balls, roll in coconut and pop them into an airtight container and keep in the fridge or freezer for instant healthy snacks.

If peanut butter isn't your thing, give the [apricot and chia balls](#) or [beetroot bliss balls](#) a try.

TO WATCH, READ OR LISTEN!

Now that you're in the space of setting goals, it's important to acknowledge that finding the right goals and sticking to your plan of action can be challenging. To help you get into the swing of things, here's our go to list to help you achieve your goals.

Read: Atomic Habits

Written by bestselling author and habits expert James Clear, Atomic Habits is a guide on how to make tiny changes in your life to build good habits and break the bad ones that are holding you back. The book explores how making little changes each day, like waking up five minutes earlier or starting with two push-ups a day, can create life-altering outcomes.

Listen: The Daily Boost

Don't have the time to relax with a book and a cup of tea? [The Daily Boost podcast](#) is for you! Hosted by Scott Smith, The Daily Boost is a series of 10-minute podcasts filled with witty stories and unconventional motivation without the buzzwords and cheesy mantras.



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