

OUR PEOPLE MATTER

Building bright new futures for QPS workplaces

Where's the year gone? It's already July!

We can't believe that it's already July! Blink and it'll be the end of the year.

For the Our People Matter team, it has been a busy but very rewarding year so far. Over the last few months we've been working closely with the team at QSuper to deliver retirement planning, life beyond the service and grow your super sessions. That's not to mention all of the incredibly team building events and healthy foodie sessions we've been able to support.

Have an idea to help your team that you're hoping to get off the ground? Our People Matter grants are open and ready for your big ideas! But be quick - they're only open till August 4. For more information on grant applications, visit the Our People Matter SharePoint site.

What's happening on the ground?

Getting active to avoid the cold

Looking to avoid the winter chill and have a bit of fun along the way? Maybe take some inspiration from a few of our people who have been making the most of the colder weather.

The team from Ipswich Scenes got active at Valhalla Paintball and then a quick spot of lunch at Harry's café in Rosewood.

Landsborough Highway Patrol spent a day pushing their limits on the Go Kart track at Big Kart Track, Landsborough.

Logan District Domestic, Family Violence and Vulnerable Persons Unit turned a visit to TreeTop Challenge at Thunderbird Park into a team building day.



The best is still to come!

Still to come is one of the biggest challenges of the year! Whitsundays toughest race 2022! For those of you who haven't heard, the Whitsundays Toughest Race is a gruelling trek through Conway National Park to Airlie Beach. Keep an eye out for an update on the race in our next edition.



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How do you pass on your super?

Understanding how super is passed on to loved ones if the worst should happen is one way you can protect what's important. QSuper, a part of Australian Retirement Trust following the merger with SunSuper, explains.

Your super does not automatically form part of your estate and is not included in your will. This is because your super is held in a trust by your super fund.

But you do get to choose who your super goes to when you die by making sure your hard-earned retirement savings are distributed according to your wishes.



The person you nominate to receive your superannuation death benefit is defined as your beneficiary.

When you die, your beneficiaries can claim your death benefit, which includes any account balance and any death cover (life insurance) you may have had through your super account.

What are the different beneficiary nomination options?

Nominating a beneficiary can provide clarity about who you want to receive your super if you die. You can choose not to make a nomination, in which case your benefit will generally be paid to your dependents or legal personal representative.

If you choose to make a beneficiary nomination, there are two main options:

Binding death benefit nomination

A [binding death benefit nomination](#) lets you decide who will receive your super (and any insurance benefit you may have) in the event of your death.

If you have an accumulation-style super account, you can nominate one or more of your dependents, or you may nominate your legal personal representative.

This person, or people, are known as your nominated beneficiaries. This [factsheet](#) has more information on a binding death benefit nomination.

Reversionary beneficiaries

A [reversionary beneficiary](#) is someone who will receive the money in your retirement income account if you pass away.

If you have an income account, you can nominate one dependent to continue to receive regular income payments from your account, or withdraw your money as a lump sum.

Your reversionary beneficiary nomination will be considered over any binding death benefit nomination you had in place.

Making a nomination

If Australian Retirement Trust members with QSuper accounts are making a binding death benefit or reversionary beneficiary nomination, they can make, update, or renew their choice any time by logging into [Member Online](#).



Part of Australian Retirement Trust

When considering if our products or services are right for you and/or your business, please refer to our [Product Disclosure Statement](#) and [Financial Services Guide](#).



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TO DIGEST!

Eating together is a recipe for happiness

There's nothing better than that warm feeling of sitting down at a table with your favourite people, the rumbles of laughter and the mouth-watering aromas of a roast chicken filling the house. However, did you know this is also really important for our wellbeing?

New research from the University of Oxford has revealed that the more often people eat with others, the more likely they are to feel happy and satisfied with their lives. As a Dietitian, our mission is to help people to eat better. We help people understand what quantities of each food group to eat, when to eat and really importantly, how to eat.

HOW we eat is often overlooked and it shouldn't be! Food is so much more than just fuel. It's a fundamental part of our health, relationships, culture and wellbeing. 'Family style' meals have been around since the beginning of time and there is now a consistent body of evidence proving how important this is.

How to eat together more often

Find your tribe and schedule a time to eat together.

It doesn't matter what meal it is, breakfast lunch or dinner. Have a regular mealtime when everyone knows they are eating together.

Jazz up your mealtimes

Get everyone involved in planning and cooking the meal. Use nice cutlery and plates or add a little extra touch to the table e.g. flowers or table cloth.

Make it quality time

No distractions. No tv or phones. Add some background music, talk, listen and enjoy the company of others.

Jamie Oliver's roast tikka chicken

Ingredients

- 800g roasting potatoes
- 1 small head of cauliflower (600g)
- 1 bunch of fresh coriander (30g)
- 1.2kg whole free-range chicken
- 2 tbs tikka curry paste

Method

1. Preheat the oven to 180 degree Celsius. Wash the potatoes and chop into 3cm chunks.

2. Trim the cauli stalk, remove any tough outer leaves, then chop the cauli and nice leaves the same size as the spuds. Finely slice the coriander stalks (reserving the leaves in a bowl of cold water).

3. In a 30cm x 40cm roasting tray, toss the veg and coriander stalks with a pinch of sea salt and black pepper, and 1 tbs each olive oil and red wine vinegar.

4. Sit the chicken in the tray and rub all over with the tikka paste, getting into all the nooks and crannies. Place chicken directly on the bars of the oven, scrunch everything in the tray and place exactly underneath the chicken to catch the tasty juices. Roast for 1 hour, or until everything is golden and cooked through, turning the veg halfway.

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