

ABOUT 3000 carers in the North Queensland region have started receiving their new, annual \$600 Carer Supplement from Centrelink.

Centrelink General Manager, Hank Jongen, said the Australian Government announced the supplement in this year's Budget to recognise the important role of carers in our community.

"The \$600 Carer Supplement will provide carers with greater financial security by replacing ad-hoc bonuses with a legislated,

Cash for carers on the way

annual supplement," Mr Jongen said.

"About 500,000 carers around Australia will have received the Carer Supplement between June 17 and 26."

It will be paid to people who receive: Carer Payment, Carer Allowance and both Wife Pension and Carer Allowance.

The Supplement will also be paid to Department of Veterans' Affairs (DVA) customers receiving a DVA Carer Service Pension or both a Service Pension and Carer Allowance.

Mr Jongen said carers don't need to do anything to receive the supplement.

"Centrelink is writing to cus-

tomers confirming their eligibility and paying the Supplement directly into customers' regular bank accounts," he said.

"Many people will receive multiple supplements, as most Carer Payment recipients also receive Carer Allowance, meaning they'll receive two supplements totalling \$1200.

"Carer Allowance recipients will receive the supplement for each care receiver for whom they are paid Carer Allowance."

From 2010, the Supplement will be paid every July.

The Carer Supplement does not affect the existing \$1000 Child Disability Assistance Payment, which is delivered in July each year to about 116,000 carers of children with disability.

Frog a metaphor for working life

IMAGINE if the first thing you had to do each morning was swallow a slimy, live and squirming frog. There's no doubt everything else on your day's agenda would look pretty appealing.

Eat that Frog is one of the proactive philosophies that will be presented to Townsville's business community during Business Network International (BNI) 2009 Australasian Conference to be staged in the city on July 17 at Rydges Southbank.

The conference is drawing business people from as far as America and England, but is also attracting high-calibre international speakers who will educate local audiences on topics as varied as essential networking strategies, managing life to get more time and growing your business.

Wealth Empowerment Institute CEO and Brian Tracy International master trainer, Mark Garbelotto, has been travelling the country talking to everyone from defence force personnel to min-

ing workers about how to become more productive and stop procrastinating — basically, eating that frog.

"When you go to work in the morning most people will do everything they can to avoid doing the hardest and most unattractive task of the day — they leave that ugly frog task to the very end, even though it's probably the most productive," Mr Garbelotto said.

"But if they just swallowed that frog early, the most valuable work is already done and everything else that needs addressing over the course of the day looks far more appealing."

Mr Garbelotto is joined by Dr Ivan Misner from America, who is the founder and chairman of BNI — the world's largest business networking organisation.

Dr Misner has written 11 books and is recognised as a *New York Times* best-selling author.

