Dear Sir, On this evening's ABC news I heard mention that once again the Aust. Post were requesting that the post stamp go up by .5c to .60c. and that you were requesting submissions on this matter. As a Disability pensioner who uses the Aust. post quite often, I find their constant increases hard to bear. Prior to the privatisation of the postal services there was not this level of constant increase. Admittedly the actual regular post does not go up every three months, however all other parcels and general post items are reviewed every three months when they put out another book of postal charges and you find within it a smattering of price increases... maybe not by huge amounts, as this is only a .5c increase but overall these mean a lot to us. So I do hope and pray that once again the matter will be considered and refused. Thank you for taking time to listen to this submission from just one of many who will find such increases hard to bear, Your sincerely, Sharon Gumbley