

WELCOME TO YOUR JUNE NEWSLETTER. THE MAY GENERAL MEETING HELD AT THE WOY WOY LEAGUES CLUB WAS A TREMENDOUS SUCCESS. WE HAD OVER 45 MEMBERS IN ATTENDANCE. I THANK OUR MEMBERS ON THE CENTRAL COAST FOR THEIR SUPPORT. FOR ME PERSONALLY, IT WAS GREAT TO WITNESS; ALSO, THANKS TO THE MEMBERS WHO TRAVELLED UP FROM SYDNEY TO ATTEND THE MEETING.

Committeeman Warren Morley gave his usual informative and at times a humorous report. Vice President and Social Secretary John Lane reported on upcoming social events and the proposed Jindabyne trip away; this trip away is proving to be our most popular yet.

Brian Kirkby spoke about an anomaly with Medicare's bulk-billing when it comes to multiple ultrasound scans performed on the same day. Medicare mandates for bulk billing of ultrasound scans, each scan has to be done on a separate day. In Brian's case, this required of him three or four specific day trips to the hospital. This Medicare requirement is not just inconvenient and expensive (travel and parking costs) for the individual but has to be a waste of time and resources for our hospitals.

A bureaucracy that has gone crazy and needs to change. Brian is going to provide additional information on this matter. Our Association will refer it to the Combined Pensioners and Superannuants Association to see if they can represent this problem at government level.

Of course, our meeting on the Central Coast would not be possible without the kind assistance of the Woy Woy Leagues management and staff. The Club for years has provided us with a meeting room. The General Meeting carried a motion thanking the Club and staff for the free use of the facilities and great food and drink service. Our Secretary will formally pass on our gratitude to the Club.

Pay Phones Make a Return.

Just when you thought payphones were a thing of the past, Larry Sondegard sent me a clipping from the Parramatta Advertiser saying that Telstra was in the throes of upgrading about 1800 payphones to "more advanced communication technology".

Over time the new payphones will provide several additional services for the community. Payphones will supply mobile phone charging, Wi-Fi access, as well as providing a space for communicating everything

MESSAGE FROM THE PRESIDENT

Vince Haywood

from emergency alerts, to a range of content services such as public transport information, city maps, weather, tourist advice, information on nearby cultural attractions and the promotion of the work of charitable organisations.

In their heyday, around 1995, there were close on 83,000 payphones. Today, this has dropped to 16,220. Of the 13,000,000 calls made from Telstra's payphones last year, 200,000 of which were to Triple 0 service; an obvious need still exists. Under the Universal Service Obligation arrangement, the Federal Government demands that all Australians have "reasonable" access to payphone services

Staff Ratios in our Aged Care Facilities

There is a law that means there is one carer for every four toddlers in childcare. However, in aged care, there are no staff ratio laws to protect elderly Australians who reside in aged care.

The *Nurses Union, the Australian Nurses and Midwifery Federation* and its state branch, the *New South Wales Nurses and Midwives Association*, have been fighting a long-running campaign to mandate for staff to patient ratios in Aged Care facilities.

Reminder!

Now is the time for your Flu Injection



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Retired Members Association

The June General Meeting will be held on:

Thursday, 27th June 2019 at 10.15 am.

Notice Of Motion

The RMA make a donation of \$250 to Garvan Institute of Medical Research

Moved: Warren Morley **Seconded:** Bob Hamblion

Meeting Venue:
Financial Sector Union (FSU)
Level 2, 321 Pitt Street,
Sydney

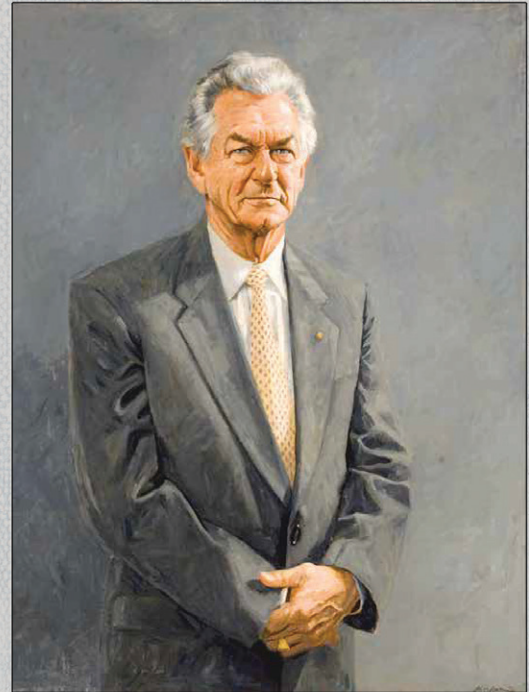
Important Notice

**JULY GENERAL MEETING AT EMU PLAINS
NOW TO BE HELD IN AUGUST**

The July General Meeting previously scheduled for the fourth Thursday, in July at O'Donohues Hotel, Emu Plains is postponed to the **Thursday, 22nd August commencing 10.30am**. This is because O'Donohues Hotel has a prior booking for our original July date.

The July General Meeting will now be held at the FSU Meeting Room, 2nd Floor, 321 Pitt Street, Sydney

*The Hon
Robert (BoB) James Lee Hawke AC*



Portrait Artist
William (Bill) Leek

"Solidarity Forever"

**Retired Members Association
Office Bearers**

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PRESIDENT MESSAGE (CONT'D)

Providers of aged care facilities continue to resist a prescribed mandated staff ratio in their aged care facilities.

Mandated staffing and skill levels for all nursing homes across the country would make aged care providers accountable and transparent and directly tie public funding given to aged care providers to care of residents.

The providers of aged care facilities, continue to oppose mandated staff ratios. They argue that mandated ratios is either too blunt an instrument or is just too complex to have deal. None of the providers will offer an alternate solution.

One report shows that in one facility (if that is the correct word to use here) has 121 beds over two floors with one registered nurse per floor. One registered nurse to meet the complex needs of sixty older people. Another example is an aged care facility with 96 beds with just one rostered registered nurse overnight.

A Flinders University study in 2016 found that staffing ratios in aged care would actually "save around \$2.6 billion in productivity and other economic gains while reducing preventable deaths and improving the quality of life of residents". The report states that while mandated staff arrangements would increase base wages and other costs by \$5.3 billion, this cost would be offset by \$4.8 billion through reduced attrition and improved operational effectiveness. Further, the Flinders University Study estimates that the overall healthcare system would benefit by savings in the hospital system and increases in the taxation take (for the increased wages bill) to the tune of \$2.1 billion.

Despite the above information, I expect the aged care providers will continue to voice opposition to mandated staff ratios and argue the supposed additional costs will need to be passed onto their aged residents. After all, they operate their facilities as a business and determined to maximise their profits wherever possible. They will do this indifferent to the health and safety of their aged residents; relying on the healthcare system to deal with the consequences.

ACCC TAKES BUPA AGE CARE TO COURT

Meanwhile, the Combined Pensioners and Superannuants Association reports that the *Australian Competition and Consumer Commission (ACCC)* is taking Bupa Aged Care Australia Pty Ltd to the court about a breach of Australian Consumer Law. The ACCC has said that *Bupa* charged thousands of residents for extra services that it did not provide.

The extra services that *Bupa* charged for but did not provide include air-conditioning in bedrooms, 'smart room' systems to assist those living with dementia and outdoor exercise rooms, only to name a few.

Another sizeable aged care provider, Allity, runs 45 homes across Australia. Since 2017,

almost a quarter of age care facilities have been the subject of non-compliance notices.

The *Combined Pensioners and Superannuants Association* rightly asks, "**Why is the quality of care not the priority for these providers?**" "**Staff are run off their feet while big providers like Allity brag about new "upholstered bed-heads and custom soft furnishings".**"

The power of the *Aged Care Quality and Safety Commission* seems limited, while providers continue business as usual in the face of non-compliance issues. *Bupa Australia* has had 28 of their 70 aged care facilities recently face compliance action. The Commission does not have the power to go after *Bupa* or *Allity* as a whole but instead has to take action against individual aged care facilities. *The Aged Care Act* does not make *Bupa Australia* and *Allity Corporate* responsible for the quality of care at their facilities. Instead, the responsibility rests with each separate facility.

We would hope that the current *Royal Commission into Aged Care* will make recommendations that mandate staff ratio and more accountability on the part of the providers, much like the *Banking Royal Commission*. Of course, actual outcomes will rely on the Federal Government legislating the recommendations.

There is a law that means there is one carer for every four toddlers in childcare.

However, in aged care, there are no staff ratio laws to protect elderly Australians who reside in aged care

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PRESIDENT MESSAGE (CONT'D)

I make this point because as we often witnessed, after a Royal Commission makes recommendations to government, the professional lobbyists will move in to significantly water down the recommendations.

Flu Injections

While we're on the subject of health, it's flu season, and ABS statistics showed 1,200 people died due to complications from influenza in 2017 and modelling shows the actual number of deaths on average each season is in the range of 3,000 to 4,000 persons, many of them elderly.

Health Authorities are urging older and younger members of the community to avail themselves of the free flu injection.

The flu is a virus that can progress to pneumonia and organ failure and even death. Influenza spreads from person to person. My advice; have your flu injection without delay, it's available and is free from your GP. Also, make sure to wash your hands frequently and avoid wiping your face with your hands.

This month's newsletter has a further story from Bob Hyde about his earlier years in country New South Wales. John Lane has news on upcoming social functions, while Warren Morley has arranged a tour of the Garvan Institute in July.

Finally, remember our June General Meeting is back in Sydney on Thursday, 27th June 2019 commencing at 10.15 am.

Bye for now,
Vince

JUNE 2019 SOCIAL FUNCTION

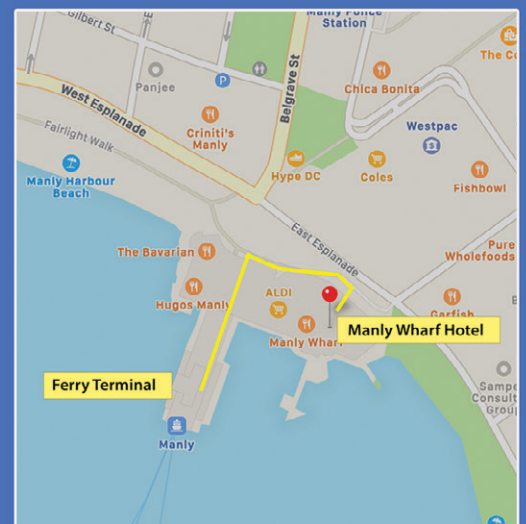
Retired Members Association

LUNCHEON MANLY WHARF HOTEL

The Retired Members Association will be having a lunch for members and their friends at the **MANLY WHARF HOTEL** on **THURSDAY, 20TH JUNE** COMMENCING AROUND **12 NOON**.

The club is located close to the Manly Wharf on the **EAST ESPLANADE, MANLY** (see accompanying map).

The club is a short walk from the Manly Ferry wharf. The ferry for Manly leaves Circular Quay at **11.30 AM** and arrives at **12 PM**. There is a later ferry at **12 PM**.





Tour of the Garvan Institute of Medical Research

Thursday, 18th July 2019



Garvan Institute
of Medical Research

Warren Morley

THE RETIRED MEMBERS' SOCIAL OUTING FOR JULY 2019 WILL BE A GUIDED TOUR OF THE GARVAN INSTITUTE OF MEDICAL RESEARCH. "THE GARVAN" IS ONE OF THE WORLD'S LEADING MEDICAL RESEARCH ORGANISATIONS.

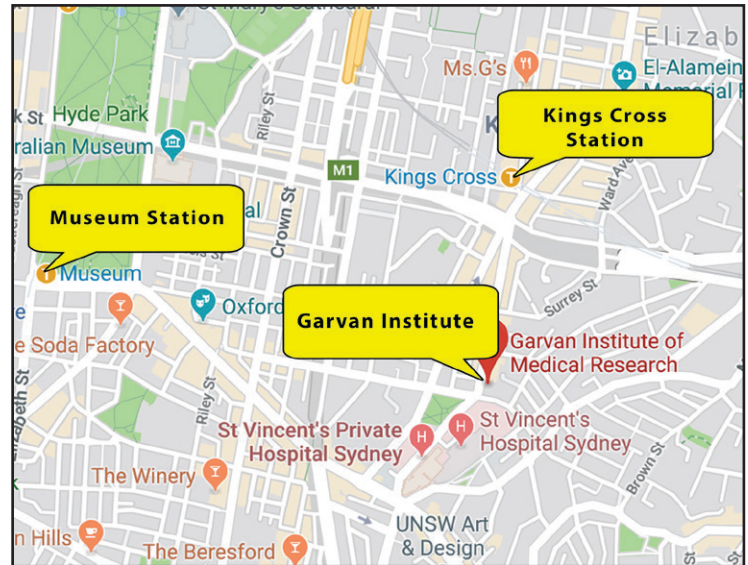
Our tour will allow members to see the Garvan Institute state-of-the-art scientific facilities and learn about their latest research and witness first-hand their extraordinary work.

I need to emphasise that the Garvan Institute requires a list of attendees' names before **our tour date is on Thursday, 18th July 2019**. Unfortunately, it will not be possible for anyone just to turn up on the day, hoping they can tag along.

I have already had many members advise me that they will be joining our tour. **If you would like to join us, please let me know at the June General Meeting or text me (Warren Morley) on 0429 454 660 by Sunday, 14th July 2019, please leave your first and last names.**

The Garvan Institute's address is **384 Victoria Street, Darlinghurst (on the corner of Burton Street, and across that street from St Vincent's Hospital)**.

It will be necessary for those attending to meet in the building's foyer at 9.45am. The tour commences at 10.00am and lasts for approximately one and a half hours. The cost will be a donation to Garvan of \$2 per person. After the tour, we have lunch at a location nearby (to be advised on the day).



2019 Annual Trip Away - Payment Details

We are now taking bookings and payment for the annual trip way to Snowy Mountains. The Tour Operator requires a deposit of \$50 per person. You can pay the deposit at a general meeting, post a cheque to Bruce Muirhead, our Secretary (the address is on page 2). *Please make the cheque payable to the "Retired Members Association".*

There is also the option of electronic payment. **Credit Union Australia (CUA) BSB 814-282, eSaver Account No: 10642769** - please include your surname and confirm with John Lane your payment. All payments made for *Life of Riley Tours* are fully refundable to the day of departure.



Lunch at the Manly Wharf Hotel

Last month, I reported that we had to cancel our June Lunch at the Manly Skiff Club. The Manly Skiff Club has changed its policy for group bookings. The club now requires people who are part of a group booking to select their food from a set menu. The club has two set menus, one at \$35 and the other costs \$45.

I consider our members should be able to order their own meals like the other patrons attending the club. I know this will come as a disappointment to many of you, the club is in a great location.

We will now have our lunch at the Manly Wharf Hotel. The hotel has a wide range of food choices, for example on a Thursday (the day we would be there), the club has a special menu item comprising steak, chips and salad for \$10. This is a significant saving when compared to a fixed menu price.

The hotel's location is near to the Manly Ferry Terminal. There is a notice about the lunch in this month's newsletter. The lunch is on Thursday, 20th June 2019, and starts around noon.

Tour of the Gavan Institute

We have arranged a tour of the Garvan Medical Research Institute on Thursday, 18th July 2019. Warren Morley has kindly arranged this tour with Garvan Institute. There is further information on this tour in this month's newsletter.

I strongly urge you to read this article as some conditions apply to the tour.

Snowy Mountain Trip-away

You will recall that I reported that we were having a great response to this year's trip away to the Snowy Mountains. The trip away is fully booked. You may still want to join us on the trip away, If this is the case, I suggest you place your name on a reserve list. I will put names in the strict order as they are received.

Each year, we have members who have to cancel their bookings for genuine reasons because of ill health or medical appointments. Please contact me if you would like to come and prepared to place your name(s) on the reserve list.

Also, I would ask those who have made a booking, please pay your \$50 per person deposit soon. The newsletter has details on how to pay, if you are paying the deposit by cheque, please make the cheque payable to the *Retired Members Association*, this will assist with banking.

Of course, if you have any questions, please contact me, my contact details are on page 2 of the newsletter.

Upcoming Social Events



John Lane

Next of Kin: Emergency Contact Programme

THE NSW Police runs the *Next of Kin* programme for people living alone who want to make sure emergency services can contact a person of their choice in case of an emergency.

You can register the details of your nominated person through the NSW Police's *Next of Kin* program. You can also register your doctor, dentist or any other medical alert contacts that could help you in an emergency.

The information can assist ambulance and police in contacting a relative or other person close to you and inform them of your situation.

The NSW Police will give you a registered number along with a sticker and a keyring.

To register for this free service, contact your local police station and speak to the Crime Prevention Officer about the Next of Kin Programme and the application process.

This Article was originally published in "The Voice" a publication of the Combined Pensioners and Superannuants Association



EVERARD O'HEA AND THE BROWN SNAKE

Bob Hyde

In this month's newsletter, Bob Hyde tells us about his introduction to country life, a special person Everard O'Head and their encounter with a brown snake.

EVERARD O'HEA AND THE BROWN SNAKE

As a city-reared Engineer posted to a country division in the early 1960s, I was privileged to work with a whole range of linemen and technicians who had returned from service in World War 2 only about 18 years before. They were a special breed, and I needed all the help I could get from them. Here was I, with a head full of *Laplace Transformations, Fourier Analysis, and Network Synthesis theory*, but absolutely no skills in negotiating with a dairy farmer who was rightly worried that we would trash his property if we laid a cable across it.

One such lineman was Everard O'Hea, an Estimating Foreman in Kempsey Division. Everard was tall and thin, bald and slightly stooped. He was quietly spoken, shy and very modest. He took me under his wing, and quietly coached me in the ways of dairy farming – *"that is a Jersey, that is a Guernsey, those over there are AIS – Australian Illawarra Shorthorns. That cocky is cutting lucerne, that one is digging a silage pit."*

This coaching went on for months, and I thoroughly enjoyed it. Everard never talked about his war experiences. However, one day he let something slip which indicated to me that he knew something about parachuting. I quizzed him, but it was like drawing teeth. Eventually, it emerged that Everard had been a paratrooper in the famous *Nadzab* drop in *New Guinea* in 1943. I had read about *Nadzab*, and I knew how historically important it was. Not only did it give the Australians and Americans a big victory over the Japanese in *New Guinea*, but it proved the potential of airborne operations, and provided lessons which were used subsequently by the allied armies on *D-Day*.

Me: "Everard, how did you become a paratrooper?"

Everard: "I volunteered"

Me: "Why?"

Everard: "We had been doing lots of jungle warfare training in Queensland, and we were bored."

Me: "Jumping out of the aircraft, was it frightening?"

Everard: "Yeah, but it was better than being bored."

After a lot of coaching from Everard, I thought I was starting to get the hang of farming on the Mid North Coast. However, one day, something happened which showed this city boy how much I still had to learn. Everard and I were selecting a route for a subscribers cable through some difficult country. We needed to talk to a dairy farmer about crossing his land.

We parked the ute at the bottom of a small hill and started to walk up a gravel road towards the farmhouse. We were chatting about the job, and Everard was having a smoke. Suddenly I froze. The biggest brown snake I had ever seen was stretched across the road just in front of us, sunning himself. Brown snakes have a fearsome reputation, and all my training, even *Fourier Analysis*, had not prepared me for this.

Everard moved with unbelievable speed. He lunged forward, grabbed the snake by its tail, cracked it like a stockwhip to break its back, and laid it neatly over an adjacent fence. His cigarette was still held casually in the fingers of his left hand, and he did not even pause in our conversation. It was obvious that killing this deadly snake with his bare hands meant no more to him than brushing away a fly.

I knew then that I still had a lot to learn about life in the country.

