

**W**ELCOME TO YOUR AUGUST 2019 NEWSLETTER. WHERE HAS THE YEAR GONE. IT SEEMED JUST A SHORT TIME AGO; I WAS WRITING MY PIECE FOR THE FEBRUARY NEWSLETTER.

Vince Haywood

This month, before I start my mention of the last general meeting and other topics. I want to pay a special tribute to two members who passed away earlier this year. The members are **Laurel Rogers** who passed away on Tuesday, 26<sup>th</sup> February 2019 at the age of 87 and **Wolfgang Haberlandt** who passed away on Friday, 14<sup>th</sup> June 2019. Sadly, we only just learned of their passing. Peter Hack, our Welfare Officer, learned of their passing when he made a call to their nursing home to check on how they were going.

Both Laurel and Woolfe were regular attendees at our general meeting travelling down from the Central Coast. They had been members of the *Retired Members Association* since 1994. Over the years, they joined us at social functions and on our annual trip aways. Laurel was a telephonist, while Woolfe was a technician assistant at City South Exchange. Woolfe was a workmate to Col Wilson and the late Dave Morgan.

**Vale Laurel Rogers and Wolfgang Haberlandt.**

## Retired Members Association September 2019 General Meeting

**Thursday, 26<sup>th</sup> September 2019  
Meeting Commences at 10.15 am.**

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

**Ed Davis, President -ABC Friends NSW & ACT  
will be Guest Speaker.**

*Ed will speak to meeting on industrial relations in Australia. Of course, he will answer questions members may have concerning the ABC Broadcaster.*

Retired Members Association

**SPECIAL EVENT**

STAGE MUSICAL

**CHICAGO**

Capitol Theatre, Sydney on Thursday,  
3rd October 2019 at 1pm.

More Details inside this month's newsletter

### General Meeting

We had a well attended July General Meeting. Once again we had *Ross Keys* with us. Ross showed us all that he has not lost his storytelling touch. Also, we had *Col Wilson* along with daughter *Ann* at the meeting. Col like our editor is in a particularly good mood these days as his team the *Woodies (Eastwood Rugby Union)* is currently leading the *Sydney Shute Shield* competition.

*Warren Morley* started his talk this month asking the meeting; how good is privatisation? A rhetorical question. He raised two examples where privatisation has failed us badly.

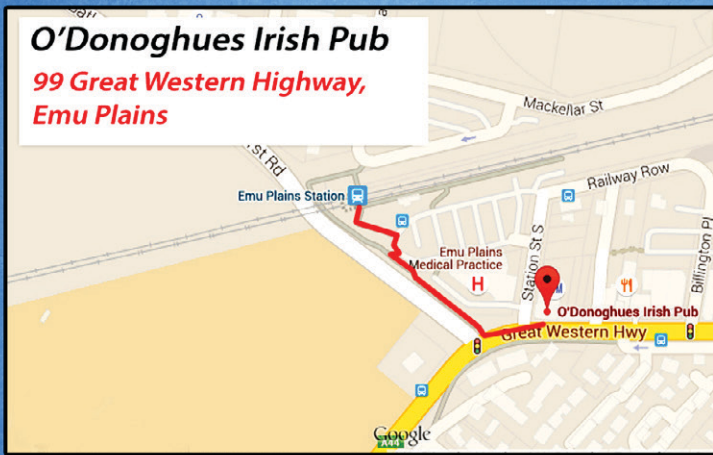
Warren first mentioned the privatisation of the inner west government bus services just twelve months ago. The State Government's reason for the privatisation was because of their claim that a Government Operator were incapable of running public transport services on time and only a private operator could achieve this.

Just before the private operator took over the inner west bus services, there was the removal of numerous bus stops. Now we have just had a twelve-month review of the new private operator's performance. What was the review's result? ***The private operator despite fewer bus stops, consistently failed to meet the buses' timetables. But have no fear the contract is not due for review for a further four years.***

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# August General Meeting - Thursday, 22<sup>th</sup> August at 10.30 am EMU PLAINS



## O'Donoghues Irish Pub

99 Great Western Highway, Emu Plains  
only 350 metres from Emu Plains Railway Station  
(see map below)

The August General Meeting will be held at Emu Plains.  
The meeting offers our members who live in Western Sydney and Blue Mountains the chance to attend a general meeting.  
Many members travel from Sydney to Emu Plains each year for this meeting, they are again most welcomed.

The meeting offers friends and former workmates the opportunity to meet up.

We will have lunch at O'Donoghues after the meeting.

## Train Timetables

Members travelling from Sydney can catch a train from **Central Station** departing at 9.18am, **Strathfield** at 9.31 am, **Parramatta** at 9.43 am, **Blacktown** at 9.52 am and **Penrith** at 10.06 am. The train arrives at **Emu Plains** at 10.09 am.

Members traveling from **Katoomba** can catch a train departing at 9.15 am and **Springwood** at 9.54 am. The train stops at all stations between Katoomba and Emu Plains. The train arrives at **Emu Plains** at 10.20 am.

Both trains services arrive at Emu Plains in sufficient time for the short walk to O'Donoghues Irish Pub for the meeting's 10.30 am start time.

## Retired Members Association Office Bearers

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## Committee

John McAuliffe, Trevor Anderson, John Bryce, Allan Fairbairn, Steve Flynn, Terry Livingstone, Col McQueen, Paul Rewhorn, Jim Spencer, Ron Milosh, Warren Morley, Alan Stevens.



## PRESIDENT MESSAGE (CONT'D)

Warren went on to give a second example, the Northern Beaches privately operated hospital.

It has been just over six months since the State Government awarded the contract for this hospital to a private operator.

- In that time, the CEO and four of most senior staff have resigned.
- In the same six-month period, the hospital has already been sold by one private operator to another.
- Ambulance Paramedics are refusing to take emergency patients to the Northern Beaches Hospital (NBH) and instead are taking them to Royal North Shore Public Hospital.
- The ABC reported in July that a patient had the wrong side of his bowel removed during an operation at the NBH

Just before I continue further with Warren's report, I would like to draw your attention to an article in "The Guardian".

The article dates back to the 27<sup>th</sup> of July 2016. The article reported on statements made by **Mr Rod Sims**, the head of the competition regulator (**Australian Competition and Consumer Commission - ACCC**).

**Mr Sims called for the privatisation of public monopolies to stop because the government is mishandling them.** Just by way of background, Mr Sims was once an advocate for privatisation.

**Mr Sims argued that governments had repeatedly messed up the sale of airports, electricity infrastructure and major ports.** A disadvantage to consumers because when they sold these assets, their motivation was to maximise profits; rather than making efficiency gains.

Later on ABC radio, Mr Sims gave some examples.

- The Victorian Government, when it wanted to sell port of Melbourne, suggested putting up land rents by 800 per cent.
- Back 20 years before the sale of Sydney Airport, the federal government put up landing charges by 100 per cent.

Mr Sims warned the government "... *I want them to stop and think about the fact that when they are privatising these things without effective regulation you are going to have increases in prices, and just think about the effects of that on the economy*"

### Ambulance Coverage

Now back to Warren's report. Warren spoke next on ambulance coverage provision inside their health fund coverage. He suggested the need to check their coverage to determine whether their private health fund covers this necessary and potentially expensive item.

### State Government Rebate

Warren mentioned as from the 1<sup>st</sup> of July this year; the State Government now pays a \$200 annual electricity rebate to non-pensioners who hold a CSHC (Commonwealth Seniors Health Card). The rebate applies to independent retirees who are resident in New South Wales, have a valid Commonwealth Health Card. For rebate eligibility, the electricity bill must be in your name or listed as one of the account holders on the bill. There is further information inside this month's newsletter.

### COTA Affiliation

The meeting approved the motion (advertised in the July newsletter) for the *Retired Members Association* to affiliate with **Council of the Ageing (COTA)**.

COTA works to represent and advance the needs of people aged over 50 in all facets of their daily lives in consultation with governments, policymakers and the media. Our affiliation with COTA provides us access to their vast store of research documents and consumer surveys, free admission to their forums, a newsletter targeted to organisations and the right to vote for and nominate candidates as directors.

The following is an example of COTA's resource information; a simple ten-item list for your children or next of kin should know about you in case of emergency:

- Names of your doctors,
- birth dates
- list of allergies,
- advance directives,
- major medical problems,
- list of medications,
- religious beliefs,
- health insurance information,
- prior surgery and
- lifestyle information (e.g. do you drink or smoke?)

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**PRESIDENT MESSAGE** (CONT'D)**Federal ICAC (yes, again)**

Now to a subject, I have often mentioned; the case for a *Federal ICAC (Independent Commission Against Corruption)*. In the March 2019 newsletter, I put a case for an *ICAC*, noting the Government's promised position was far from satisfactory. Now the election, there is no sign of activity on this issue anytime soon. Now, we learn of **Nine's Media's allegations concerning Crown Casino**.

The allegation against Crown comes from *Mr Roman Quaedvlieg*, the former Border Force chief. He alleges that two ministers and an MP requested he smooth over immigration checks for overseas high rollers visiting the Crown Casino. Mr Quaedvlieg has not named these politicians.

This allegation puts new importance on the need for a properly constituted Corruption Investigation Commission. The referral of the allegations against Crown Casino to the Australian Commission for *Law Enforcement Integrity (ACLEI)* may or may not result in an investigation. If an investigation does result, it will not be able to examine politicians' conduct. This opinion is according to Labor Party's former candidate for Higgins and Transparency International Australia chair, Fiona McLeod.

**August General Meeting**

A reminder to remember the August 2019 General will be at **Donohue's Irish Pub, Emu Plains on Thursday, 22nd August 2019, commencing at 10.30 am**. You will find full details (including train timetables) in this issue of the newsletter. **We have Trevor Neil from RAWSA (Residents Against Western Sydney Airport) as guest speaker.**

The new airport will be a 24-hour operation; there is the noise factor as well as the prospect of having flight paths over a World Heritage National Park. Having lived for some time in the late 60s and early 70s in the Brighton-le-Sands area, I can sympathise with residents in the proposed flight paths. I urge Members who are likely to be affected, to attend and listen to Trevor Neill from the RAWSA.

Bye for Now,  
Vince

**Mid North Coast - Annual Get-together****Wednesday, 28th August 2019**

We usually gather from 10 am onwards

**All former and current PMG/Telecom/Telstra employees are welcomed at our annual get together at Port Macquarie.**

**The get-together is absolutely informal, there is no business agenda. Just come along and renew old friendships, everyone is very welcome. Please spread the word to those who may be interested.**

**West Port Macquarie Bowling Club in  
Buller Street, Port Macquarie**

For further information please contact Peter Lygoe.  
Ph. (02)6551 0500.  
Email: peter.kayl@bigpond.com



## Welfare Report



Peter Hack

I will start this month's welfare with the news that **Denis Richardson** now resides at a Manly Nursing Home. Denis lives on the seventh floor which has a million-dollar view of the Pacific Ocean. He is comfortable and content in his new surroundings and sends his best wishes to all our members.

He was going forward to going to the pub with a mate to celebrate his 85th birthday. Denis has problems with mobile phone reception. He recently had a landline connection and would like the number passed around 02 9976-2430

Bob Hamblion recently went to see him. While visiting Denis, Bob took a photo of a photo on the wall of his room. Members may know the golfer's name is Jack Nicklaus, the young man up in the tree is Denis Richardson. Denis is making steady progress and hopes to attend a general meeting soon.

I had a phone call with **Dick Orchard**. Dick has had a tough year, earlier this year Dick lost his 12-year-old grandson. Wife **Betty** has had a significant operation and is now home from the hospital. Her recovery has been slow, but she is hopeful that new medication will improve her health. Dick suffers the occasional stomach upset from his own cooking. Dick and Betty send their regards.



I spoke with **Col and Peggy Cooper**, they celebrated birthdays with family and friends last weekend. Col enjoyed it very much.

**Eddie Mifsud** is going through a rough patch. He had gall stones removed recently; one was missed. Eddie had a repeat visit to the hospital to remove the elusive gall stone. To complicate matters, he suffered an allergic reaction to the medication after the operation. He is still undergoing treatment, but at least the pain has gone.

**Jim and Anne Spencer** are having frequent doctor appointments. Their son Evan is visiting from Western Australia.

**John and Cath Hickey** are still suffering from various health problems. Fortunately, their family is taking good care of them.

**Eddie Parrot** is suffering rheumatism and is not enjoying winter.

**John Collins** was admitted to the Adventist hospital a few weeks ago for some cardio attention. Tod Mirgis advises that John is going well and should be at our September General Meeting.

**John Loudon** is going through a rough patch. His back is playing up, and he is having tests for some other medical problems. He had a giggle when I told him Ross's joke about the "ham-bush."

Speaking of **Ross Keys**, we all pleased to see him at the last two general meetings. He is looking much better. He tells me he can now walk more. Recently, he walked down to his podiatrist (to get his toenails painted) and back; a couple of kilometres.



## RETIRED MEMBERS ASSOCIATION

# Mosman Rowers Club: Lunch

3 Centenary Drive, Mosman Bay

**Thursday, 15<sup>TH</sup> August 2019**

Lunch commences about 12 pm

The plan is to disembark from the ferry at the Cremorne Wharf and then take the leisurely and scenic walk to the club (about 10 minutes). Members and friends who do not feel up to the walk can stay on the ferry and disembark at Mosman Bay and take a much shorter walk to the club.

Ferry Departs  
Circular Quay  
(Wharf 4) at **11am.**  
Later Ferries depart at  
30 minute intervals



*Can You Help Bob*

*Bob Speer is searching for copies of "Bulletin" issued by Technical Training Division of the PMG.*

*This bulletin was first issued in October 1947, with a subsequent edition in March 1949. If you have a copy of any issue please let me know.*

*Bob Speer 0408863900*

Retired Members Association

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**SPECIAL EVENT**

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STAGE MUSICAL  
**CHICAGO**

Capitol Theatre, Sydney on Thursday,  
3rd October 2019 at 1pm.  
TICKETS \$70 (Dress Circle)

If you would like to join us, please advise us at the General Meeting or contact **Bob Hamblion** on **0419 268 618**. Payment can be made at a General Meeting or you can post a cheque to the Secretary (see page 2 for the address), and make the cheque payable to the *Retired Members Association*. You can also make an electronic payment:

**Credit Union Australia (CUA)**  
**BSB 814-282,**  
**eSaver Account No: 10642769**  
**Add your surname as the reference**



## Lunch at the Mosman Rowers Club

A reminder social function for August is lunch will be at the **Mosman Rowers Club on Thursday, 15th August 2019**. The club has just been renovated and also survived a fire.

You will find a notice with a ferry timetable in this month's newsletter.

Our lunch at the Mosman Rowers Club over past years has proved popular among members; the warmer August weather should make for a great day.

I look forward to seeing you there.

## Snowy Mountains Trip-away

Members who are going on the trip away to the Snowy Mountains, you should have received an email from me. The email has details on the bus pickup locations. I would ask you to check your pick-up location and personal details information. If you need to make a correction, please contact me.

## Chicago - The Stage Musical

Further ahead, we have a matinee viewing of the stage production of the musical "Chicago". This is on **Thursday, 3rd October 2019** at the Capitol Theatre. To date, we have had a terrific response, there are still seats available. You will find a notice for the event in this month's newsletter.



# SENIORS ENERGY REBATE

As from the 1st of July this year, the State Government now pays a \$200 annual electricity rebate to non-pensioners who hold a CSHC (Commonwealth Seniors Health Card). The approved applicants will receive the rebate from October 2019. For pensioners, there is the "Low Income Household Rebate".

**For eligibility for the Seniors Energy rebate, you need to be:**

- An independent retiree and NSW resident
- Have a valid Commonwealth Seniors Card
- You are the account holder, or one of the account holders, named on the electricity bill.

**You will need to produce:**

- your Commonwealth Seniors Health Card details
- the electricity account National Meter Identifier (NMI) – this can be found on your electricity bill
- your personal, contact and bank details.
- Proof that your name matches one of the names on the electricity account for your residence.
- Your primary residence is the same as on the electricity account.

The State Government encourages applicants to apply online:

<https://www.service.nsw.gov.au/transaction/apply-seniors-energy-rebate#more-information>.

If you do not have online access, it is suggested you contact an NSW Service Centre.

## Upcoming Social Events



John Lane



## In Case Of Emergency (ICE)

### Mobile Phone Setup



**IT HAS BEEN A WHILE SINCE OUR NEWSLETTER HAD AN ARTICLE ON ICE (IN CASE OF EMERGENCY). THESE DAYS, ICE IS A TERM ASSOCIATED WITH THE STORAGE OF PERSONAL INFORMATION ON YOUR MOBILE PHONE. TO ASSIST POLICE, PARAMEDIC, DOCTORS OR RESCUE WORKERS SHOULD YOU FIND YOURSELF IN AN EMERGENCY UNABLE TO COMMUNICATE.**

Smartphones (iPhone and Android) have made ICE storage a feature. Smartphones have a feature whereby another person assisting you can bypass your smartphone's security lock to access your ICE information.

Information can include allergies to certain medications, underlying medical conditions, current medications you take and blood type. This information and more stored on your mobile phone can offer a speedier medical response. Then you can enter is your next of kin details, allowing authorities to contact them in the event of an accident or other emergencies.

This article will inform you how first to store ICE information on your smartphone and how you can retrieve ICE information when helping another in an emergency.

### Storing ICE Information

An essential first step is to take the time to set up your smartphone to store your ICE information.

#### For an iPhone, these are the steps:

- Open the Health app and tap the Medical ID tab.
- Tap Edit. If asked, tap Edit Medical ID.
- To make your Medical ID available from the Lock screen on your iPhone, turn on Show When Locked. In an emergency, this gives information to people who want to help.
- Enter health information like your birth date, height, blood type, current medication, allergies and next of kin (you can enter multiple next of kin information). *Note your "next of kin" contact information must be in the phone's contacts.*
- Tap Done.

#### On an android phone:

- Go to Settings > Users > Emergency Contact Information.
- Select 'Emergency Contact Information'
- Fill out the various categories, starting with 'Name' Address. Blood type. Allergies. Medications. Organ donor. Medical notes.
- Tap the "Contacts" Tab.
- Select "Add Contact" and choose from your list of contacts.

When you find yourself in a situation where you are assisting another person in an emergency, you may need to access ICE information on their smartphone.

#### On an iPhone

- First, make sure you can open the phone's screen. Press the "home button" or press other buttons on the side of the phone.
- Now, Tap "Emergency" at the bottom left corner of the Enter Passcode screen. You will see the emergency dialer, which allows you to dial 000 or another number without unlocking the iPhone in an emergency. At the bottom left corner of this screen, tap "Medical ID". The display will open to show the person's medical and next of kin information.

#### On an Android Phone:

- First, wake the phone up but don't try to unlock it with the passcode or Touch ID.
- When you slide to get to the passcode screen, you should see Emergency at the top. Press it, and a new screen appears with a number keypad to dial, as well as Medical ID in the bottom left.

It is important to remember when you are assisting another person. First, get them medical assistance. Call emergency services (000) if required. Emergency staff will know how to access information on a smartphone.





## HOW TO REMOVE AN AIRCONDITIONING UNIT FROM A MULTI-STORY BUILDING IN THE RAIN

Barry Robinson

### Bridgegate House 1975 (Surrey Hills)

At **Bridgegate House**, I was again teaching customer equipment to trainees and qualified staff.

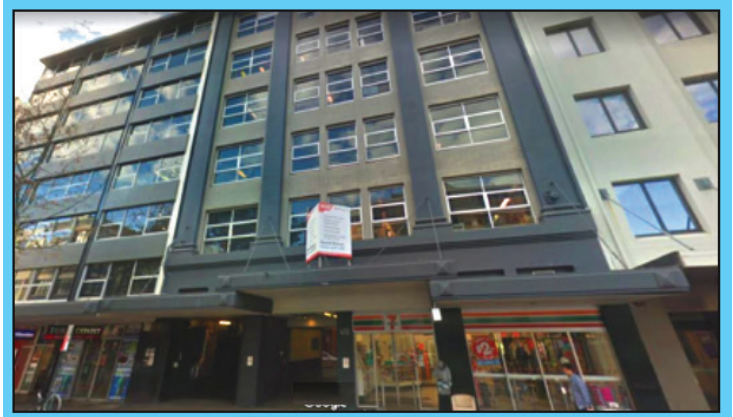
My brother Terry also worked on the ground floor of Bridgegate House. He worked in the Publicity Section, as a Graphic Designer; his job was to design outdoor displays for the company, then known as Telecom Australia. When his section moved to Melbourne, he took redundancy and had the option to buy any of the equipment.

Of the items, he purchased, were two 2hp air-conditioners, one of which I bought. One night, Terry and I went into town, parked in Elizabeth Street and climbed onto the street awning with a length of ski rope. We made a cradle of rope around the unit and then had to push the heavy dam things over the edge of the awning. During the exercise, it started to rain, making the ski rope very slippery. Somehow, we managed to get both of them down without damaging the awning, units or ourselves.

Halfway through the project, the fire alarm went off in the building; the fire brigade arrived complete with sirens blaring, it was just a coincidence that it happened while we were removing the units. It probably looked like we were knocking them off.

While I was at Bridgegate House, I applied for long-service leave to go to Arizona in the United States to watch a nine-hour Powerboat race on the Colorado River. The Training School Principal said to me, "**he would not release me**"; however, I said to him that "**I had booked the trip and was going whether he liked it or not**". He said: "**if you go, I am going to send you back to North Strathfield**". I thought to myself, beauty, I am getting away from him and will only have a seventeen-minute drive to get to work. I said to him "**you wouldn't do that to me**", he replied, "**yes I am**". He never worked out what a favour he had done.

So off to the USA, I went with members of Cooks River Motorboat plus some from Toukley Aquatic Clubs.



Bridgegate House

### Taree TV Station

After twelve months in Sydney, I returned to the Radio Section and went to install the **Taree Television Station**. The Television Station atop of **Middle Brother Mountain** named by Captain Cook when sailing north up the NSW coast. Ian Dalremple was the boss.

The work included the installation of 415v power equipment and climbing the 500-foot tower to mount the aerials and run the coaxial cable for both the ABC and Commercial Stations.

The worst job was the running power ducting under a concrete floor. The problem was a huge water tank was located in the basement leaving just a 2.5 feet gap where you had to lie on your back and fire ramset bolts into the concrete floor 12 inches above your head. I had seen bolts hitting hard spots and reflect at the operator. Typically, when using these tools, your head is at least arm's length from the gun - the one time I refused to do a job.

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## HOW TO REMOVE AN AIRCONDITIONING UNIT FROM A MULTI-STORY BUILDING IN THE RAIN (CONT'D)

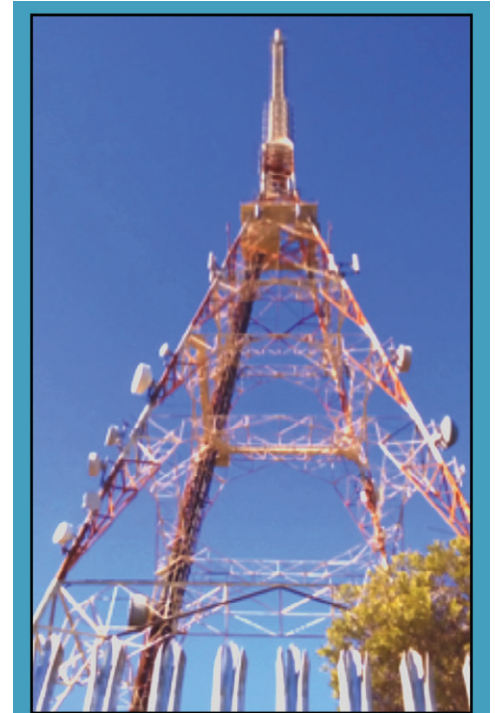
I stayed with Dianne's relatives Russ and Gladys in Taree. One Saturday morning, Russ took me to the Royal Hotel for a morning beer, outside the pub there was a guy selling oysters. I bought a bottle, ate half and gave the rest to Russ who to my surprise tipped the oysters into his beer and with a mouth full left swirled the glass around then poured the contents down; I have not seen anyone do that since.

I also stayed with Dianne's mum and dad during their annual trip to Harrington for about two weeks while working at the television station.

I remember one afternoon on the mountain; the sky turned dark green. I knew a severe storm was coming. We jumped into our cars and headed towards Taree. On the outskirts of town, the hailstorm hit. I was lucky to get under a garage awning, preventing hail damage to my old FE Holden. When the storm moved on, the town looked like an alpine town covered in snow. It required graders to clear the main road of ice.

During the end of the installation I had the offer of a job to stay on to maintain the transmitters, I asked Dianne that if we got married would she like to live on the Mid North Coast, she replied that most of her relatives' children had to move to Sydney to get a job and she declined the offer.

Dianne and I recently drove up to the mountain; I took one look at the tower and could not believe I used to climb the tower, let alone attaching aerials for an extra three-bob an hour.



Middle Brother TV Transmitter - Taree



## Goulburn District Reunion

**"Reunion - PMG, Telecom, Telstra. All past and present employees are invited.**

**The reunion will be held at the Goulburn Soldiers Club, 15 Market Street, Goulburn.**

*RSVP by 1st October to allow for the preparation of name tags*

**Contacts are:**

<b>Bob Speer</b>	<b>0408 863 900,</b>
<b>Alan Barker</b>	<b>02 4871 1161,</b>
<b>Geoff Chadwick</b>	<b>0407 164 466</b>

**Saturday**  
**19th October 2019**  
**From 10 am for a**  
**11 am Start**



## RETIRED MEMBERS TOUR OF THE GARVAN INSTITUTE



Garvan Institute  
of Medical Research

**DURING JULY, ABOUT 35 MEMBERS OF OUR ASSOCIATION VISITED THE GARVAN INSTITUTE. THE GARVAN REPRESENTATIVES SHOWED THE MEMBERS AROUND THE INSTITUTE'S FACILITIES. PART OF THE VISIT INCLUDED TWO LECTURES ON CANCER RESEARCH TAKING PLACE AT THE GARVAN INSTITUTE.**

The Garvan Institute envisages a future where we can prevent disease before it starts. For example, the Garvan is researching making better diagnoses and treatment decisions to improve the odds for everyone. Even for the cancer types with the lowest survival rates. One of the lectures on the day of our visit was on pancreatic cancer. The pancreas lies below the lower part of the stomach and secretes enzymes to help digestion and hormones to metabolise sugars. Pancreatic cancer for people with this type of cancer, survival is much lower than for other cancers. Signs and symptoms for this cancer often appear similar to conditions (loss of appetite, nausea and weight loss) that are less serious. These symptoms create uncertainty during the diagnosis stage. The Garvan is heavily involved in pancreatic cancer research. Their research has a diverse focus on translating scientific discoveries into clinical treatment, developing biomarkers prognosis and therapeutic responsiveness.

Briefly, the Garvan continues their research into most forms of cancers. Genomics where an individual's DNA is used to prevent and treat disease and to have the people to do research and share their research worldwide.

The Garvan has several public seminars throughout the year at their centre (384 Victoria Street, Darlinghurst). You will find details on their website [Garvan.org.au/public-seminars](http://Garvan.org.au/public-seminars). Bookings are essential. The Retired Members concluded their tour with a donation of \$450 (\$250 from the Association and \$200 from members on the day).

