

NEWSLETTER

RETIRED MEMBERS ASSOCIATION

APRIL 2020



WELCOME TO YOUR MARCH 2020 NEWSLETTER. WE ARE A LITTLE LATE THIS MONTH WITH THE NEWSLETTER PUBLICATION; WE HAD A FEW PROBLEMS TO OVERCOME. I WILL MENTION THE NEWSLETTER A LITTLE LATER.

Much has changed since our March issue; we had published our social calendar for the year, there was a special guest speaker for our April 2020 meeting, all now on hold until we get through this challenging period of physical isolation.

This month's newsletter includes some advice for you on Covid-19, I trust you will find helpful. All I can add is to keep safe, follow medical advice keep your sense of humour, keep in touch with family and friends and ignore rumours that abound on social media.

We should appreciate the efforts of all those in the community who are working in these uncertain and stressful times to keep us safe. I am thinking not only of doctors and nurses but also of workers in grocery stores who pack her shelves and serve us at the checkouts, the pharmacists in chemist shops who fill our prescriptions and local council workers who collect our rubbish. These are only a few examples.

Peter Hack and Bruce Muirhead have been working overtime to maintain contact with many members as possible. In this month's newsletter, you will find Peter's health report. John Lane will update you on social activities, and our annual trip away, this year at Crescent Head.

A Message from the President.

Vince Haywood

Obituaries

Now I need to mention a sensitive subject - obituaries. The newsletter is proud to publish a tribute to a member and workmate who has passed away. **I stress a tribute not a mention.** When you inform the Association of a member's passing, please take the extra time to give some personal background information. Such as when the member started work, the places that they had worked, their life achievements and most important the first names of their close family. If you cannot provide all this information, please let us know the name and contact details of someone (*perhaps not their immediate family who are going through a difficult period*) who may be able to help.

May General Meeting via Video

Earlier, I mentioned the suspension of our general meetings and social activities for a time. Not quite correct, over recent weeks, Paul Rewhorn, Bruce Noake and John Lane have spent time exploring the use of the Zoom application for our committee and general meetings. The zoom application has shown promise; however, you may read of concerns about Zoom's security. The developers of Zoom in the past weeks have released updates to address many of these security issues.

The Association cannot give guarantees concerning Zoom's security; however, we consider we have come up with enough mitigation to address most security concerns. In the coming week, the committee will have its monthly meeting via Zoom.

Continued on Page 3



Welfare News

Peter Hack

Perhaps in keeping with the times, I have sad news to report in April 2020. First, I would like to add my condolences to members who have recently passed away - **Bill Schuberg**, who passed away on the 23rd March 2020. **Tony Monk** who passed away on 29th March 2020.

Rod Barlett suffered a fall some weeks ago and has spent time in hospital. He is now at home for respite to recover. **Sam Caltabiano** is awaiting hip replacement surgery. The NSW government recently announced an easing the restrictions for elective surgery. Hopefully, it will not be much longer before Sam has his new hip.

Keith Mcreae is recovering at home following skin cancer treatment. He will need further skin cancer treatment. Our best wishes Keith.

John Louden's wife Heather has just undergone surgery on her leg. She is now at home on an intravenous drip. Recover soon, Heather.

Another member, **Mick Byron** also had treatment for skin cancer on the 23rd March 2020. Best wishes, Mick. While wife **Anne** is in respite care, **Jim Spencer** is having on-going treatment for his eyes.

Please remember **John Hickey** and **Col Wilson**, who are both recently gone into nursing homes.

Unfortunately, visitor restrictions are in place. Hopefully, it will not be much longer before they can receive visitors. Wife **Helen** and daughter **Ann** can see and talk to Col at a distance. Our thoughts and best wishes go out to **Cath Hickey**.

Retired Members Association Office Bearers

PRESIDENT

Vince Haywood

☎ 02 9457 9828
@ vinceglen@gmail.com

SECRETARY

Bruce Muirhead

☎ 02 9639 0990
@ muirhead@bigpond.com
✉ 22 Cameron Avenue
Baulkham Hills, 2153

TREASURER

Bob Hamblion

☎ 02 9502 2525

SECRETARY

Bruce Noake
ASSISTANT SECRETARY

☎ 0409 332 464
@ bnoake@bigpond.net.au

WELFARE OFFICER

Peter Hack

☎ 0408 969 530
@ hackysnr@bigpond.net.au

VICE PRESIDENT

John Lane
SOCIAL SECRETARY

☎ 0417 238 687
@ a-lane@bigpond.com

VICE PRESIDENT

Bruce Coxall
WEBSITE

☎ 0418 414 658
☎ 02 9597 2224
@ webadmin@cwuretired.org

EDITOR

Paul Rewhorn

☎ 0418 626 625
@ pdrewhorn@me.com

Committee

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



PRESIDENT MESSAGE (CONT'D)

Dependent on the outcome of this meeting and no unforeseen problems, we hope to be able to have the May General Meeting via Zoom. I would like to emphasise that the use of Zoom for holding a general meeting will not only be available for users of PCs and smartphones. Members without internet or smartphone can also join the general meeting from their home phone (no video of course). We will notify members via email as soon as we can confirm the general meeting. The email will have all information on how to install and use Zoom and the security measures that will be in place for the general meeting.

Newsletter Print Edition

Now on another essential subject, the print publication of the newsletter. The Communication Workers Union has advised our committee that they are no longer able to print the newsletter each month. We appreciate and thankful for the contribution that the Communications Workers Union has made over past years; publishing our monthly newsletter.

Once, the Union covered the costs of both postage and printing, and I may add in a time when many more members received their newsletter via the mail. The Union even when they were no longer able to cover cost of postage, their remaining help allowed the *Retired Members Association* to send the newsletter to members without an email address at a substantially reduced cost.

Therefore, I must advise members who receive their newsletter via mail; the annual price will rise to \$15 per year. I appreciate this is a substantial increase. The committee explored the use of a commercial printer and found the cost would easily exceed \$20 or more a year. We will now print the newsletter in-house; I would like to thank Bruce Noake for volunteering to take on this task.

I would also like to take the opportunity to remind members who currently receive their newsletter via mail but may now have an email address; this may be time to inform us of your email address. We can then deliver your newsletter free, and your newsletter articles and photographs will come to you in colour. And at the risk of offending our editor (*a sensitive person who may take my meaning the wrong way*) will be good for the environment.

Members who wish to continue to receive their newsletter via mail, there is a form on the inside of the last page of the newsletter's print issue. You can use the same form to changeover to email.

Colin McQueen Receives Community Service Award

About people doing the right thing, our Colin McQueen, a member of our committee received recognition for his work as a State Emergency Service (SES) volunteer for over fifty years.

Mayor Peter Cavanagh from Woollahra Council presented Colin with the award for *Outstanding Community Service* at the Waverly Woollahra SES headquarters.

Colin first joined the SES in 1969, in his 50 years, Colin has helped countless people in his local community and beyond, in time of floods or bushfires. Colin's fifty years of experience has made him a valuable trainer at the SES. Colin now dedicates most of his time training recruits,



ensuring a legacy for the SES for years to come. The New South Wales government recently recognised Colin with its 2019 *Maritime Medal* for his work as a maritime trainer.

Well done and richly deserved Col!

Bye for now and until next month, stay safe, keep physically but not socially isolated, so together, we get through this difficult and trying time.

Vince



Alan Head



The *Retired Members Association* is sad to inform members of the passing of member Alan Head. Alan passed away on Thursday, 20th February 2020. A funeral service for Alan was on Wednesday, 4th March 2020, at the Thornleigh Baptist Church.

Alan was 95 years of age. Alan was a long-time member of our Association, joining the Association on the 12th October 1981. Membership Number: 38.

Alan worked in the Epping District Exchange Area for most of his career. Alan specialised in the maintenance of Step-by-Step exchanges. An expert in Step-by-Step, Alan developed specialised tools and solutions for this exchange switch technology. Before his retirement, Alan was the assistant officer-in-charge of Pennant Hills exchange.

The Association extends its sincere sympathy and condolence to Alan's family, friends and former workmates.



Bill Schuberg



The *Retired Members Association* is sad to report that Bill Schuberg passed away at his home on the 23rd March 2020. A funeral service for Bill was on the 28th March 2020 at Olsens Funerals, Revesby.

Bill was 84 years of age. Bill was a member of our Association for close on 23 years. Membership Number: 380.

Bill joined the Postmaster-General Department (PMG) in 1953 as a Junior Postal Officer (Telegram boy) and went onto become a Technician in Training. After qualifying as a Technician, Bill qualified as a Senior Technician in 1961.

Bill's early appointment was with Metropolitan Exchange Installation No:3. His next position was the Network Access Coordinator for NSW, an important job that prepared design briefs for growth and the incorporation new exchange districts into the telephone network. He was also the editor of the *Drum*, a publication that gathered and published various fixes for faults in Crossbar Exchanges.

Bill on his retirement was the Manager of Data Production that had 72 personnel.

Bill has throughout his life, lived at Revesby. Outside of work, he was a member of the Air Training Corps (later RAAF Reserve) for which Bill received an Order of Australia Medal (OAM). In retirement, Bill was a volunteer at the Telstra Museum.

The Association extends its sincere sympathy and condolence to Bill's nieces Kathy and Rhonda, other family, friends and former workmates.

Vale Bill Schuberg - A good man, a gentleman and a friend to us all. He will be sorely missed. Bob King



Rod Fuller



The *Retired Members Association* is sad to report to members that Rod Fuller passed away at home on Sunday, 2nd February 2020.

Rod was a member of the Association for close on 21 years. Rod was a 1959 Technician in Training. Rod worked in the Radio Section.

Rod has been in poor health for many years, and his health continued to deteriorate.

The *Retired Members Association* extends its condolences and sincere sympathy to Rod's wife Susan, children and family.



Brian Stebbings



The Association is sad to report that member Brian Stebbings has passed away on Monday, 13th April 2020. A funeral service for Brian was on Wednesday, 22nd April 2020.

Brian was 85 years of age. Brian was a member of our Association for over 24 years. Membership Number: 323.

Brian was a 1951 Technician in Training. His first position was at the City North Exchange before a transfer to the Riverina. Brian was to return to Sydney with a position at City North Carrier. He went onto work at the Overseas Radio Terminal and then to the Recorded Announcement Services Centre (RASC).

Brian achieved the role of Officer-in-Charge at the RASC before his retirement.

The *Retired Members Association* extends its sincere sympathy and condolences to Brian's wife Joan and daughters Debra and Sandra.



Social News.

John Lane

Once the New South Wales government eases restrictions, particularly the opening of clubs, I will publish a revised social calendar for the remainder of 2020. I assume by November, there will be minimal or no restrictions in place, and our trip away to Crescent Head can proceed. We can only await future government announcements.

At this time, the Crescent Head trip away is fully booked. Last month, I asked members to have their deposits paid by the 14th of May. I suggest you can delay your deposit payment until the first week of June. For those who have already paid their deposits, I will first check with each of you to confirm you still intend going on the trip away before I forward your deposit to Crescent Head Resort.

Medicare and Telehealth

The Retired Members Association is a member of Council of the Aging (COTA). COTA published an essential article in their April Newsletter stressing the importance of maintaining regular health checks. Despite these unusual times.

Below we have published some points from the article.

Special arrangements are now in place that allows you to deal with medical issues via a telephone or video consultation, which are both now covered by Medicare under Telehealth.

You can renew prescriptions as well as dealing with issues that do not require a physical examination.

You can book an appointment in the usual way,

and your doctor will contact you at the appointed time, either by phone or by sending you with a link (similar to a zoom link, but using a different system) for a video consultation.

If you do need a physical consultation, first book ahead for an appointment. You will find that GPs are likely to be particularly diligent about protecting themselves, their staff and their patients. Such as waiting outside, temperature tests before entry, and streamlined entry and exit, so patients have no contact with each other.

HAVE A BRIEF REPORT THIS MONTH. DUE TO COVID-19 PHYSICAL RESTRICTIONS, OUR SOCIAL FUNCTIONS FOR 2020 ARE NOW ON HOLD.

There may be some members who have not booked and may want to join the trip away. I will open a waiting list. Each year, we have members who must cancel their booking for several reasons, such as medical procedures and appointments. Therefore, it is worth still placing your name if you are interested. Hopefully, it will not be much longer before we can resume our social functions. I am looking forward to seeing you soon. Stay safe.

The Flu Vaccine is Now Available



While we are in the mist of a flu season and Covid-19 epidemic it is more important than ever to have the flu vaccine.

For seniors to experience both the flu and Covid-19 within a short timeframe, may weaken the body's immune system. This could have a serious consequences such as pneumonia.

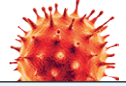
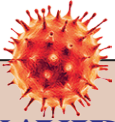
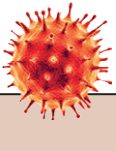
While you are having your flu vaccine, speak to your doctor about having the vaccine for pneumonia.

The pneumonia vaccine may present risks for certain pre-existing medical conditions. Therefore it is important to talk with your doctor.





Coronavirus - Information



CORONAVIRUS (COVID -19) AND HOW IS IT SPREAD?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and flu and can cause more serious to the respiratory system (lungs). The coronavirus is most likely to spread from person-to-person through:

- ✓ direct close contact with a person while they are infectious
- ✓ close contact with a person with a confirmed infection who coughs or sneezes, or
- ✓ touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then
- ✓ touching your mouth or face.
- ✓ it may also spread through the faecal oral route, making handwashing even more important.

There are many things we don't know about the virus, particularly why children tend to get a mild version of the disease. Some people who are infected may not get sick at all, some will get mild symptoms from which they will recover easily, and others may become very ill, very quickly.

The high risk include the elderly, people with compromised immune systems (people undergoing treatment for cancer and those people taking immune suppressants for inflammatory diseases, Rheumatoid Arthritis etc.)

It is vitally important to avoid all non-essential social contact and gatherings for the time being.

WHAT DO I DO IF I DEVELOP SYMPTOMS?

If you develop symptoms (fever, a cough, sore throat, tiredness or shortness of breath) within 14 days of leaving country or region that is at higher risk for COVID-19, or within 14 days of last contact of a confirmed case, you should arrange to see your doctor for urgent assessment.

You should telephone the health clinic or hospital before you arrive and tell them your travel history or that you may have been in contact with a potential case of coronavirus. You must remain isolated either in your home or a healthcare setting until public health authorities inform you it is safe for you to return to your usual activities.

If you do feel unwell with flu-like symptoms (e.g. sore throat, fever, lethargy, cough and runny nose), it may be due to another respiratory virus, but you should seek advice. The NSW government is now encouraging anyone with these symptoms to have the test for COVID-19.

Stick to a routine.

Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.

Dress for the social life you want, not the social life you have.

Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colours. It is surprising how our dress can impact our mood.

Get out at least once a day, for at least thirty minutes.

If you are concerned about contact, try it first thing in the morning, or later in the evening, and use less travelled streets and avenues. If you are at high risk or living with those who are high risk, open the windows and blast the fan. You will be amazed by how much fresh air can do for spirits.

Find some time to move each day, again daily for at least thirty minutes.

If you do not feel comfortable going outside, many YouTube videos offer exercise and movement classes.

Reach out to others, you guessed it, at least once daily for thirty minutes.

Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Do not forget to do this for your children and grandchildren as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc.—your family miss their friends, too!

Stay hydrated and eat well.

This one may seem obvious, but stress and eating often do not mix well, and we find ourselves overindulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some tasty and nutritious foods, and challenge yourself to learn how to cook something new!

