

## NEWSLETTER

## Welcome to your May 2021 Newsletter

John Lane

**A**FTER A TWO-YEAR BREAK BECAUSE OF THE COVID-19 LOCKDOWN IN 2020, WE RETURNED TO SPRINGWOOD FOR OUR AUTUMN LEAVES LUNCH AT THE SPRINGWOOD BOWLING CLUB. OUR ANNUAL AUTUMN LEAVES LUNCH GOES BACK OVER TEN YEARS DURING THE TENURE OF DENZIL FOGARTY. THEREFORE, IT WAS APPROPRIATE TO HAVE DENZIL'S WIFE CATH AND FRIEND MARGARET JOIN US AT THIS YEAR'S LUNCH. THERE WERE AS MANY LADIES AS MEN AT THIS YEAR'S LUNCH; A PLEASANT TOUCH BUT UNLIKELY, NOTHING TO DO WITH THE FABULOUS MALE COMPANY. ON REFLECTION, IT MAY HAVE MORE TO DO WITH THE SHOPPING OPPORTUNITIES IN SPRINGWOOD'S UNIQUE VILLAGE ATMOSPHERE. ABOUT REMARKABLE AND FABULOUS MEN, IT WAS GOOD TO SEE JOHN CRAIG AND PETER CLARKE THERE.

There was good news for the blokes; the club's Sports Club now has Guinness on tap. Also, the restaurant has new owners, and their food has a distinct Greek cuisine. Everyone enjoyed their Lunch.

I will mention our next gathering for Lunch a little later.

### General Meeting - Woy Woy

As the COVID-19 restrictions ease, the Retired Members are venturing farther afield. Again, after a two-year break, we returned to the Central Coast for the May General Meeting. We had tremendous support from locals and Newcastle Members. At the same time, we held the meeting via Zoom video conferencing. We had forty-one members in attendance. Great support, thank you.

This year we held the meeting at the Bayview Hotel in Woy Woy. The manager and staff were welcoming and accommodating, providing us with a meeting area; the lunch offerings were excellent.

### Cancer Research - Fund-raising Campaign

Some of you may know that I am also President of a local football club (the round ball game). My club, along with several others, is involved now in a major fund-raising campaign for the Cancer Council's into men's cancers and support those affected at every stage. **The fund-raising campaign is called "Balls for Balls" as part of Men's Health Week June 14 - 20.**

My local club persuaded me to have my head shaved and encourage people to show their support with a donation. I told my RMA committee mates that I was to have my hair shaved; they were quick to pledge donations. However, most insisted on a photo of my freshly shaven head. Perhaps other members may like to also to donate. I have included details of how you can donate inside this month's newsletter or if you receive your newsletter via email, copy the following link into your browser: <https://www.doitforcancer.com.au/fundraisers/johnlane/ballsforballs>

### June 2021 - Events

**In June we have a lunch at the Manly Hotel on Thursday, 17<sup>th</sup> June 2021, starting between 12 and 12.30 pm.** The Manly Hotel is just a short distance from the ferry terminals. The hotel has a good choice of meals. Further details are inside this month's newsletter.

**Our June 2021 General Meeting is back at the Petersham RSL on Thursday, 24<sup>th</sup> June 2021.** While some COVID restrictions remain, Petersham RSL offers us the best opportunity to have more significant numbers in attendance. The lunch meals at the Petersham RSL are excellent. I hope to see many of you in attendance. However, you will need to register your intention to attend. Details are inside this month's newsletter.

I look forward to seeing you in June.

John Lane



Retired Members Association  
**The June 2021 General Meeting**

Thursday, 24<sup>th</sup> JUNE 2021  
 MEETING COMMENCES AT 10.30 am

The General Meeting will take place both in person at the Petersham RSL and via Zoom Video especially for our country members. For members who wish to attend at the Petersham RSL, **prior to the meeting you will need to contact Col McQueen on 0429151209 due to COVID-19 restrictions.**



Joining the general meeting via video conference? You can join using a PC; most PCs include an inbuilt camera and microphone. No PC camera; you can still join, just no one will be able to see you.

You can also use a smartphone (iPhone or Android) by downloading the Zoom application. You can also attend using a home phone or dial in with your mobile. Of course, there will be no video. You will be emailed a message that has a link taking you direct to the meeting.

**Members who receive their newsletter via email, will receive a prior invitation, you need to reply to the email (details inside the email). When you reply, you will receive an email with Zoom link to access the General Meeting. The email will be sent to you on the prior Wednesday afternoon or evening. The email will also have a Meeting ID and passcode if you intend to dial-in.**

The Zoom Video Conference link will open at 10.15 am to allow you to sort out any problems prior to the meeting commencement.

Retired Members Association  
**Office Bearers**

<b>PRESIDENT</b>	<i>John Lane</i> 0417 238 687 a-lane @bigpond.com	<b>SECRETARY</b>	<i>Bruce Muirhead</i> 02 9639 0990 muirhead @bigpond.com 22 Cameron Avenue Baulkham Hills, 2153	<b>TREASURER</b>	<i>Bob Hamblion</i> 02 9502 2525	<b>SECRETARY</b>	<i>Bruce Noake</i> ASSISTANT SECRETARY 0409 332 464 bnoake @bigpond.net.au
<b>WELFARE OFFICER</b>	<i>Peter Hack</i> 0408 969 530 hackysnr @bigpond.net.au	<b>VICE PRESIDENT</b>	<i>Colin McQueen</i> 0429 151 209 colin.mcqueen @bigpond.com	<b>VICE PRESIDENT</b>	<i>Bruce Coxall</i> WEBSITE 0418 414 658 02 9597 2224 webadmin @cwuretired.org	<b>EDITOR</b>	<i>Paul Rewhorn</i> 0418 626 625 pdrewhorn @me.com

**Committee**

Alan Bassman, John McAuliffe, Trevor Anderson, John Bryce, Allan Fairbairn, Steve Flynn, Vince Haywood, Terry Livingstone, Arthur McCarroll, Paul Rewhorn, Ron Milosh, Garry Masman, Warren Morley.



Retired Members Association

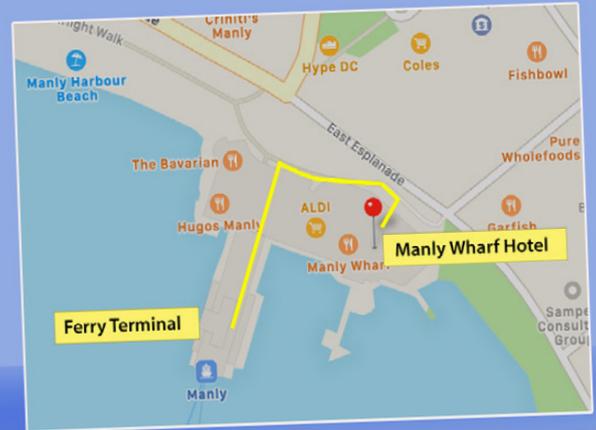
## MANLY WHARF HOTEL LUNCHEON

The Retired Members Association will be having a lunch for members and their friends at the **MANLY WHARF HOTEL** on

**THURSDAY, 17<sup>TH</sup> JUNE COMMENCING AROUND 12 NOON.**

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

The hotel 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**.



## John Lane's Head Shave



More than 76,700 Australian men are expected to be diagnosed with cancer. Sponsor John Lane in a Balls for Balls fundraiser to raise funds for men's cancers.

Please sponsor me. Money raised through Balls for Balls will help fund vital research into men's cancers and support those affected at every stage. Type this link into your web browser to donate:

<https://www.doitforcancer.com.au/fundraisers/johnlane/ballsforballs>

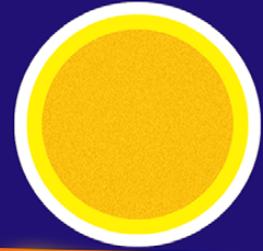




Retired Members Association

# 2021 TripAway

10<sup>th</sup> to 16<sup>th</sup> October 2021



We have had over 45 members have already booked this trip away. We still have vacancies, to avoid disappointment, please let John Lane know ASAP.

**MURRAY DARLING TOUR**  
*Wentworth - Mildura - Riverland*

**\$950 per Person**

**7 Days/6 Nights**

**Twin Share Price**

Single supplement is \$192

### *Tour Includes*

Accommodation Twin Share  
Two Course Dinner each night  
Daily Cooked Breakfast  
All admissions as per itinerary (See February 2021 Newsletter)  
Bus Charter  
One Light Lunch

## Bookings are now open

Deposit is \$100 per person

You can make your deposit payment as follows:

In person at a general meeting

Post a cheque (payable to the Retired Members Association) to the Secretary. address shown on page 2 of the newsletter

Electronic transfer - Credit Union Australia (CUA) BSB 814-282, eSaver Account No: 10642769. Make sure you add your surname as a reference.

Please contact John Lane to confirm your payment.

**Contact: Mobile 0417 238 687 or email: [a-lane@bigpond.com](mailto:a-lane@bigpond.com)**



# Slips, Trips and Falls

**A FEW YEARS AGO, OUR NEWSLETTER PUBLISHED AN ARTICLE ON SLIPS, TRIPS AND FALLS. THE ARTICLE WAS A REPRINT OF THE MACULAR DEGENERATION (MD) FOUNDATION PUBLICATION. IT IS WORTHWHILE REPRINTING THE PUBLICATION AS WE CONTINUE TO RECEIVE REPORTS THAT OUR MEMBERS HAVE TAKEN A FALL.**

The publication mentions a vital statistic that one in three people over 65 years have a fall in any given year. The MD Foundation makes the point that being low vision impaired doubles the risk of a fall. However, there are several other factors why those in this age group are subject to falls.

- *poor balance,*
- *decreased muscle tone,*
- *reduced mobility and*
- *compromised vision.*



A slip, trip or fall can have an immediate impact our health and independence and, therefore, quality of life.

The publication has an important message: we can do many things to minimise the risk of slip, trips, and falls, starting with healthy living. Many of these lifestyle recommendations are the same that apply for other health risks such as heart disease.

The following are some of the critical lifestyle recommendations mentioned in the publication to minimise personal and environmental risk factors.

- *Exercise regularly (daily if possible). Remember to focus on the balance and strength components.*
- *Engage in leisure activities to keep active.*
- *Maintain a healthy diet. Perhaps consult with a Dietician*
- *Be sensible, use common sense and recognise your limitations.*
- *Do things safely, and don't be afraid to ask for help.*

The publication goes onto mention some vital prevention. Again, the following are just some of the prevention

points and their summary. Perhaps, as you read this article, you should survey your home for the potential risk of fall. You may find a worn piece of carpet, an object left in an area where it can easily cause a trip and fall. Perhaps stairs and the bathroom now need a handrail.

## Medicines

Some medications can risk increasing your risk of falling because of possible side effects such as drowsiness, confusion, unsteadiness and dizziness.

Therefore, you should:

- *Speak to your doctor and pharmacist about side effects; reminding them of all your current medications (best to have a list of all your current medications).*
- *Speak to you doctor if you detect any unusual side effect when you start a new medication.*

## Feet and Footwear

As we age, our feet can change shape and lose some feeling. This change may impact the way we walk and our balance. Painful or swollen feet can make it difficult to walk. Some shoes and slippers can make you more likely to slip, trip or stumble.

Remember:

- *Purchase comfortable, firm fitting, flat shoes and slipper with rounded, low, broad heels and slip-resistant soles that grip.*
- *See a doctor or podiatrist if you have painful or swollen feet, tingling or pins and needles.*
- *Talk to a podiatrist if you have trouble finding suitable shoes because of foot problems.*



*Continued on Page 6*



## Slips, Trips and Falls (cont'd)

### Environmental Risk Factors

Finally, remember the environmental risk factors, make your home and surroundings as safe as possible ***because the house is where 50 per cent of falls occur.***

Check around your home for wear and tear for example on your flooring can cause the risk of a fall. Challenge the ways you use to do things around the house. One example is climbing onto a kitchen chair to reach a high cupboard. Instead, you need to rearrange items around the kitchen to avoid this type of risk.

Take time to stop, press the 'pause button' and use common sense. Think about different and safer ways of doing things in the home and garden. Rectify immediately, a problem and don't be afraid to ask for help for the simplest tasks.

**This article is only a summary of the "Slips, Trips and Falls" publication. You can download the complete publication found on the Macular Degeneration Foundation website: [www.mdfoundation.com.au](http://www.mdfoundation.com.au), then select the menu "Fact sheets and publications". You will find not only this publication but other motivating publications.**





# Welfare News

Peter Hack

Peter Junghans advised me that he recently visited **Rod Bartlett**. Rod is not too well; I called his daughter, who informed me Rod has been in care for over a year, as his Parkinson's condition has worsened. Rod has also suffered a severe infection while in hospital. He still has some infections in his legs. Rod is in the same wing (Gillawarna Village, Rex Road Georges Hall) as his wife.

**Ross Keys** has been admitted to St. Vincent's Public Hospital, where he commences a new round of treatment.

I spoke with **Helen Wilson; Colin** has had good and bad days. He has lost weight and only eats small amounts. On a brighter note, Helen went out for brunch with her son and granddaughter, who recently completed her nursing university course. Her first placement is at Condobolin (John Hickey's last country posting).

I have also spoken with **Kath Hickey**. Kath has been having lunch at a local restaurant with her family for the first time since COVID-19 struck. Kath also tells me she has had her first COVID-19 injection.

**Diane and Ian Cutting** bumped into Carol and Bob Hamblion. Ian at some stage where he might need more home care

**Keith Mcrae** is slowly recovering from a broken arm. He has gone all modern has a new electric vehicle has not bought a flag to put on it yet

**Alan Gilks** has had his second infusion and continues to improve. He can go off oxygen for an hour at a time.

**Jim Spencer** has had a visit from his daughter, who lives in Darwin. Jim is somewhat frail these days. He has help around the house in the morning and evening. Like many of us, Jim has NBN trouble with his home phone to the point where he may abandon his home phone. **His mobile number is 0428 297 248**. He would appreciate a call after 9.30 am

**Tom Watson** is recovering from ankle surgery. He also has had treatment for an ear problem. A reminder to all of you outdoors people, skin cancer, is on the rise. You need to wear a cap or hat when outside to protect your ears, nose and face. Perhaps give the caps a miss and go back to Aussie bush hats

**Vince Haywood** sent me a photo of his resident rat catcher, a 7-foot diamond snake. Despite its size, the diamond snake would not handle the mouse plague out west. I have been watching the hawks at work in the front paddock

