

"WATER OFF"

NEWSLETTER OF THE
RETIRED FIREFIGHTERS'
ASSOCIATION OF AUSTRALIA
(VICTORIAN BRANCH) INC.



November 2016 Vol 20 No 4
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HONOURING NORTHERN DISTRICT FIREFIGHTERS

Recently the MFB unveiled the Northern District Memorial Wall, commemorating the firefighters who passed away while employed by the MFB, however, not in the line of duty. (See page 5)



More Memories of William Booth! Page 5.

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Image courtesy; Fire Services Museum, Victoria,

“ANNUAL GENERAL MEETING”

Notice is hereby given that the next Annual General Meeting will be held at the Burnley Complex
450 Burnley Street Richmond
1030 Hours, Wednesday 16th November 2016

AGENDA ITEMS.

Minutes of last Annual General meeting
President’s Report
Secretary/Treasurer’s Report
Guest Speaker;
General Business

Allan Roberts
SECRETARY/TREASURER
Address all correspondence to:
The Secretary
50 Cameron Parade
Bundoora Vic 3083
Phone:- 0433 007 720
email: rfavic1@gmail.com

Please come along, bring your partner and have your say in the running of the Association. Join in the fellowship of your old friends and make new ones.

Lunch available,
Please join us!

Non financial Members

Members be advised if your newsletter has an expiry date of 2/1/2015 that means you have not paid your subs since 2014 therefore if no remuneration is received by the 2/1/17 your name will be automatically removed from the mailing list. If, for whatever reason any member is unable to meet this request please do not hesitate to call the secretary, (confidentiality is assured)

OFFICE BEARERS

President: Alex Shepherd
Vice President: Colin Harris
Sec./Treasurer: Allan Roberts

General Committee:

Arthur (Sam) Capes
Mike McCumisky
Ian Geddes
Kevin Hede

Auditor:

Mike Enticott

“Water Off”
Editorial Staff
Colin Harris
John Laverick

Valē

Laurie Bowen (CFA) Graeme Kellett (CFA)
John Bushby (CFA) Jack Kelly (MFB)
Ken Coutts (MFB) Merv McInnes (MFB)
Les Coulson (MFB) Wally O’Shannessy (MFB)
Allan Dalrymple (MFB) Keith Warry (MFB)
Allan Dingey (MFB) Alun Williams (MFB, QFS)
Don Goodwin (MFB) Ted Wilson (MFB)
Clarrie Hart (MFB)

We offer our condolences to the families of these members who have gone on to a higher duty.

SICK LIST (* In Nursing Home)

Don Brennan Harry Mitchell
Stan Cameron Dave Dafonte
Huew Campbell* Gary Spicer
Keith Dumas Stan Gough*
Eddie Gilbertson Trevor Reed
John Cotter (CFA) Murray Jelleff
Bob Horgan Lindsay McCurdy
Brian Whittaker

Diary Dates 2016

November 12th; UFU Christmas Luncheon
November 16th; Annual General Meeting, Burnley Complex

Note: If you know of any member who may be ill please notify a committee member. We endeavour to keep you informed, but can only do this with your help.

PRESIDENT'S REPORT



It's amazing how this year has passed us by. I look back and wonder where has it gone. However when I think about the year past I cannot help but think what a year it was! The Retired Firefighters Association has enjoyed a strong year and has increased in

membership. A great sign for the future.

Sadly we have lost some of our mates and our thoughts and best wishes go to their families. It has been a privilege to attend some of the funerals and it was very humbling to see the many Retired members also attending giving support to family and friends and also to ourselves.

Also during the year we saw the 50th anniversary of the William Booth Memorial Hostel fire where 30 men lost their lives. The Salvation Army and the Metropolitan Fire Brigade worked together to place a plaque on the building to ensure these men will never be forgotten. Among the attendees were families of the men and also standing proud among them were some of the Firefighters who attended that night, I'm very proud to have worked and learnt from many of them.

Also we had a dedication in Northern District to the Firefighters who had passed away during their service to the MFB and the community. A plaque with all

names of the Firefighters is at Thomastown Fire Station. It was well attended by their families, friends and Retired members. This follows one that was unveiled last in year in Western District. I believe next is Central then Eastern/Southern Districts. You are welcome to drop in and have a look.

We had meetings at the Training College at Burnley and at the CFA station at Corio and they were well attended. We had some great speakers who entertained us and passed on some great knowledge. The Retired Firefighters Association would like to thank both for their continued support of the Association.

I would like to give my wholehearted thanks to John Berry and Don Brennan for their support during the year and in the background their wives.

To the members who manned the BBQ at Bunnings Hoppers Crossing and also at the Ozanam House - thanks to those helpers. We couldn't do it without you!

To the Committee of RFA. You know who you are. Thanks for all your hard work in making our Association what it is today. We are strong and getting stronger. I really must single one out and that is our Secretary/Treasurer Allan Roberts. Thanks Allan for your advice and support during the year.

In closing to all the Members thanks for your well wishes and I hope to represent you in future years to come.

Yours Fraternally
Alex Shepherd

SECRETARY/TREASURER'S REPORT

The committee have been busy over the last 12 months with meetings at the UFU for the Retired Division which is progressing; some of our members have been elected on the committee.

I have to report on the Diaries that never came forward. The person concerned had been charged with several offences over not supplying the items. He committed suicide so all prosecutions did not proceed we did not have to return any funds that we had received.

By the time this Water Off is published we will have had the usual fund raiser BBQ at Bunnings Hoppers Crossing on the 22nd October 2016.

Ongoing thanks to Don, Nancy and Brennan Family helping, also Alex and the Members.

Ozanam House Luncheon has been left for January or February 2017.

The RFA web Site has been running for 3 years and seems to be getting plenty of hits.



Special thanks to John Laverick, for his ongoing help to Col Harris with Water Off.

Thanks to Colin Harris and Mark Carter for helping out with **Gone But Not Forgotten.**

Secretary of the Retired Firefighters Association, Allan Roberts, on behalf of all members express our thanks and gratitude for the support that MFB Burnley staff collectively provided to our RFA members at their BBQ's following all our Meetings.

This is the AGM Meeting so I hope most of the members will attend.

The next Meeting is at MFB Fire Station on 15th February 2017

Allan Roberts Secretary

Minutes of General Meeting - August, 17th 2016

Present – 25 Apologies - 14

Alex Shepherd – President, Allan Roberts – Secretary/
Treasurer, Ian Geddes - Minutes.

New attendees – Alwyn Carlin (Western).

The President suspended standing orders and introduced the Guest Speaker.

Guest Speaker – Steve Warrington Chief Officer of C.F.A.
Steve joined the C.F.A. 38 years ago, and was at Dandenong Fire Station. He was known to quite a few of us at this meeting. Steve spoke openly of the recent changes, involving the replacement of the Minister, the C.E.O., Board.

After the Black Saturday Fires (February 2009), the Chiefs of M.F.B., C.F.A., Victoria Services, interstate Chiefs and others, began holding meetings to discuss inter-agency support/co-operation and knowledge. These discussions showed different firefighting appliance fittings, small gear and hoses, tactics and cultures (permanent/volunteers within Victoria) and between other States.

The U.K. Chiefs report showed a 45% - 55% drop in fires/incidents in that country. Figures from the U.S. also showed dramatic drops, a good thing you might say. However, following these reductions, a push was made to try to reduce the funding dramatically to these Services.

Fire Calls for the M.F.B. are now about 40,000 per year, and 40,000 for the C.F.A. (The Ambulance Service do 800,000 calls). But structure fires are about 3,000 for each per year. The M.F.B. has 2,200 employees, with over 1,200 firefighters. The C.F.A. has 1,300 permanent firefighters, plus volunteers. The Budgets for each service is around \$500 million. Both Services are just that – services to the public. That same public holds all firefighters in high esteem.

Gone are the days of word backs N.Y.U.C. every day, and a Further Assistance every other day. Better buildings, better trucks, more firefighters, better communications, less grasslands, all result in 1) less fires, 2) less experience, 3) less learning. (A few yeah, yeahs' now heard from the attendees). For the C.F.A., not having enough L/F's, S.O's, and fully manning appliances is a concern, with a need for stand-bys, not just of firefighters but for trucks and crews to man stations for a whole shift.

Positions in country Victoria are not being filled, with so many recalls resulting in an extra \$20 million in overtime and recalls. M.F.B "Secondments" are sometimes required to major country cities.

We all appreciated Chief Warrington's openness, and hope him, Victoria and the C.F.A., get through their situation. Allan presented Steve with an R.F.A. package ("Let the Bums Burn," and BBQ Apron).

The President then resumed the Meeting.

Minutes from Meeting, May 2016.

Alex read Minutes.

Moved – Kevin Hede, Seconded – Ian Fowler – accepted.

Matters Arising – Nil.

Correspondence – Allan Roberts.

Allan read letters to Ken Murphy's son – the \$1,000 to R.F.A. from Ken's Will has funded a new computer/printer for Editor Col Harris.

Letter to Graham Scorrige to become an Honorary Member.

Gold Coast Reunion was great – Gail and Ian Fagerness ran the show, and the raffle prizes added even more fun.

The Fagerness presence at Allan Dalrymple's aeroplane ashes scattering was appreciated. After some discussion, it was decided that the cost of the wreath be paid by the R.F.A. (one off only, rather than take out of appeal donation).

Requested an update from R.M.D. on the meetings in past 4 months.

Moved – Mike McCumisky, seconded – John Chambers – carried.

General Business

Bunnings – Hoppers Crossing – 22nd October – Two shifts, 8am – noon, noon – 4pm, Good day out, good fund raiser.

Ozanam House – discussions on going.

Meeting ended 12.10pm, and then a great smorgasbord meal at Gateway Hotel and more stories/chats

Treasurer's Report

Closing balance, 12th October 2016

Running Account S1 = \$4593.78

Fixed Term 6 Month Deposit L1 Account: = \$6877.36

FIRE RESCUE RINGS

The committee have ordered 18 Fire Rescue rings and these will be on show at the next RFA meeting at Burnley. These rings will be selling for \$85.00 each and come in sizes from 11, 11.5, 12, 12.5, 13 and 13.5. See example of ring below.



Honouring Northern District Firefighters

This past weekend MFB unveiled the Northern District Memorial Wall, commemorating the firefighters who passed away while employed by MFB, but not in the line of duty.

I was proud to join firefighters, MFB staff, family and friends to be a part of this thoughtful and well deserved tribute to our fallen colleagues, and to unveil the Northern wall on behalf of all MFB firefighters past and present.

Among those who attended were families who had lost their loved one quite recently, and those who lost their loved one as far back as 30 years ago. Our own people included friends and colleagues who shared stories and memories of those who are no longer with us.

The wall pays tribute to the men who never returned to their shift. And while their deaths have been mourned by their friends and families, the Northern District Memorial Wall will be a lasting tribute to these 15 men:

- Bill Arnold
- Des Kelly
- Rod Allen
- John Williams
- Ray Muir
- Phil Hodgson
- Marcus Currie
- David Stewart
- Jeff Newland
- Reg Montague
- Bernie Henry
- Michael Busst
- Peter Hunt
- David Mulvihill
- Scott Morrison

The Memorial Wall project, led by Leading Firefighter Glenn Marks, was developed to ensure a fitting memorial to provide recognition of the dedication these firefighters provided to MFB and the community. The first of these walls was unveiled in 2013 at Sunshine Fire Station, bearing the names of 14 firefighters from Western District. Work is underway to establish similar walls in all MFB districts.

Glenn has been well supported by many firefighters and our MFB historian Kristina Starnawski to help him compile these lists.

The event was also a special occasion for the family and friends of LFF Scott Morrison, with the Teleboom 7 named in his honour. The tradition of naming appliances to honour the memory of MFB firefighters commenced in MFB's centenary year with the naming of the centenary pumper. Scott's tireless dedication to raising awareness and funding for cancer research is to be commended. He was a role model for diligence, professionalism and work ethic, gaining the respect and trust of his colleagues. His work has also been recognised by Olivia Newton John, for his contribution to the development of the ONJ Cancer Wellness Centre at the Austin Hospital.

Regards,

Paul Stacchino
Acting MFB Chief Officer.

Memories of William Booth

When I discovered that there was a proposed unveiling of a memorial plaque re the 50th anniversary of the William Booth fire I let my brother, Brian, know & asked if he was well enough to travel to Melb for the event unfortunately his health is not good, so he declined being driven to the event, mind you, it's a 4 hour drive, so perhaps he was wise in declining..... however! He did write what recollections he had of the fire. They are brief in length, but a measure of the event & what he was left with. If this is worthy of publishing, all well & good if not then that's okay also.

Brian commenced to write this vignette for myself to read out at the unveiling but time slipped away from him & I only received this yesterday 4th Sept apologies for this effort being so late.

Amazingly in all of our years of service... this was the only fire, indeed turnout we ever did together he was on 2's ladder, I was on 47's hose carriage.

The bells went on at approximately 20.00 hours. I was sent on to the fire at the William Booth Hostel. I was driving the Electric Laddere. I have no idea who my Passenger was.

I arrived at the scene ... It was chaos. Jack Barker & myself found the victims at the top of the stairs, they just missed out on escaping, we carried them down to the foyer. There were people everywhere giving mouth to mouth resuscitation. I then went back and helped to remove more of the victims.

I remember going into the bathroom and seeing their smoke imprints on the wall where they sought a solution which did not happen.

My memories from then was patchy. We returned to the station and made a cup of tea!

Brian Trembath 1648

MFBs 125th Anniversary Celebrations

2016 marks MFB's 125th Anniversary, throughout the year MFB has held a series of events for current and past MFB employees and their family members and the wider Melbourne Community to take part in.

Moomba Parade

On Monday 14 March, more than 40 MFB employees, their children and retired MFB firefighters marched as part of Melbourne's annual Moomba Parade.

Some of the children were dressed as flames, while others were dressed in junior chief uniforms and were armed with water pistols to tackle the important task of 'putting out the flames'!

After the parade, participants returned to Eastern Hill headquarters and enjoyed a BBQ lunch with the D platoon crew.

Commemorative board meeting

The 125th Anniversary Commemorative Board Meeting was held in the original board room located at the Fire Services Museum of Victoria on Tuesday 26 April.

MFB Board President Andi Diamond officially opened the commemorative meeting, reflecting on MFB's formation in 1891 and how MFB has evolved over 125 years to be the world class fire and emergency service that it is today.

The commemorative board meeting also served as an opportunity to formally recognise the contribution of the Fire Services Museum of Victoria volunteers who work tirelessly to preserve Victoria's fire service history. On behalf of MFB, Board President Andi Diamond presented certificates of appreciation to all Fire Services Museum of Victoria volunteers for their dedication to preserving Victoria's fire services history.

The commemorative meeting was well attended by past and present MFB employees and Fire Services Museum of Victoria volunteers, who enjoyed a morning tea after formalities concluded.

Vintage appliance workshop open day

The Newport Vintage Appliance Workshop threw open its doors on Saturday 7 May, transforming the space into a display that captivated and impressed attendees both young and old.

Fire truck enthusiasts came out in droves for the Open Day, with a constant stream of members of the public through the gates from the moment they opened at 10:30am until they closed at 4:00pm.

The workshop was completely transformed; gone were appliances draped in dusty covers and in their place were spotless appliances dating from the 1901 horse drawn Traralgon hand pumper to an operational Mark V Pumper. A collection of historic breathing apparatus' and other firefighting memorabilia was also on display for attendees to enjoy.

Kids and adults alike were in awe of the historic collection and Fire Services Museum volunteers, some of whom even dressed in old tunics and brass helmets for the occasion, happily answered any questions and posed for photos with attendees.

More than 1000 people attended the Open Day and more than \$4000.00 was raised for the Fire Services Museum of Victoria.

125th Anniversary Ball

MFB celebrated 125 years of dedicated service to Melbourne and Victorians in style on Saturday 2 July, with a black tie

Gala Ball held at the Melbourne Convention and Exhibition Centre.

Hundreds of members of the community and the emergency services sector joined MFB firefighters and support staff for an evening of reflection and festivity as we paid tribute to the people and the events that have helped shape MFB in to the world class fire and emergency service that it is today.

As one highlight, the new MFB video was premiered, which will be used in external forums to promote MFB and the work we do, with a very strong theme that every individual makes us stronger.

An impressive \$10,000 was raised through donations and the silent auction held on the night, with all proceeds donated to support the important work of *beyondblue*.

DEMTC open day

On Sunday 17 July, DEMTC opened its doors to more than 1500 MFB employees, their families and members of the public who attended the Community Open Day.

The largest training facility of its kind in the southern hemisphere, DEMTC is rarely open to the public and this provided a fantastic opportunity to showcase MFB's world class capabilities including firefighting, Emergency Medical Response (EMR), high angle rescue as well as the way we work in partnership with other Victorian emergency services. MFB, Ambulance Victoria, Victoria Police and SES participated in a multiagency drill, showcasing interoperability at its best. Each agency also had a stand to promote their current community campaigns.

MFB Student Fire Safety Film Comp winners announced

In April MFB firefighters threw out the challenge to Victorian students to take part in the MFB's inaugural Student Fire Safety Film Competition, which was held as part of the organisation's 125th Anniversary celebrations.

Pupils from Foundation/Prep to Year Ten were invited to create a 30 second film that would appeal to their age group. Films had to include a key fire safety message such as 'Stop, Drop, Cover and Roll' or 'Get Down Low and Go, Go, Go!' MFB receive 16 entries in total, with the highest number of entries originating from Specialist Secondary Schools and Prep – Year 2 classes from across the state.

On Thursday 15 September, more than 120 students from eight Victorian schools attended the Competition Awards Ceremony, which was held at Sun Theatre in Yarraville. The students were ecstatic to see their hard work showcased on the Theatre big screens, and prizes were awarded to first, second and third place getters.

Prep – year 2 winners and finalists

First place: Foundation year – Mount Pleasant Road Primary School

Second place: Nagambie Primary School Prep/1G

Third place: Berwick Primary School 1F

Year 3 – 4 winners and finalists

First place: Year Four – Killara Primary School

Second place: Year 4E – Nagambie Primary School

year 5 – 6 winners

Dual winners:

Mikayla Jevric from Parkhill Primary School

Tiana Vancuylenburg from Berwick Primary School

Year 9 – 10 winners

Bhuvi Gupta and Sahil Bhatia from Haileybury

Specialist Secondary School category

First place: Bayside Special Developmental School

Second place: Southern Autistic School

RETIRED FIREFIGHTERS LUNCHEON THURSDAY 28th JULY 2016 SOUTHPORT YACHT CLUB

A great group of 42 fireies turned up on another beautiful day at the Southport Yacht club. There were 10 retired fireies from QLD. One minute silence was held.

We passed around a get well card for Stan Gough and it was sent with photos to him after the reunion.

There were 'door prize' tickets handed out by Ian and Alice Rodda did a marvelous job of 'flogging' the raffle tickets for me. We raised \$200 which will be donated on behalf of the group to the Burns Unit of the Lady Cilento Hospital.

From all the winners of the door prizes Cheryl Cobble won the all expensive plastic 'Chief's' helmet. I was advised that it would be certainly used by the grandson.

Peter Coulson picked the winning ticket for the raffle and Alice Rodda was the winner and no it was not rigged! We met them later in the week and I was advised that it was the first time that they had tasted caviar and now are fighting over the jar!

Everyone mingled and caught up and as usual old friends and work mates that they had not seen in quite a while gossiped and talked about the 'good old days'

This year I made name tags for all that I knew that were attending which everyone appreciated because like me apart from the ears, eyes the memory is not as good as it was. I apologise for those I missed!!

Please bring them along next year.

Allan Roberts spoke to all and said that he was delighted to have been able to make it this year.

After the boring speeches everyone got down to some serious talking and laughter.

From the feedback that we have had everyone had a great time. Ian & I hope to see all of you once again in 2017.

Gail Fageness



Above: *The attendees at the July Queensland reunion where they enjoyed the sunny and warm weather and caught up with many friends from the past.*

Welcome to New Members

DARYL PENMAN.
STEPHEN GARBETT.
MICHAEL. (MICK) COOMBES.
PETER MOLONEY.
GREG STEPHENSON.
WILLIAM MOORE.
COLIN SHELL.
CHRIS O'LEARY.
EDDIE Mc MULLEN.
PETER TRACEY.

ALWYN CARLAND.
DAVID PRICTOR.
DAVID RIDDELL.
TREVOR PILLINGER.
PAUL HENDERSON.
MICHEAL WALKER.
RANDAL COLEMAN.
STEVE ALLEN.
JOHN CALDER.
LOUIS MELE.

Gone But Not Forgotten:

Alun Granville Williams

Alun Granville “The Pom” WILLIAMS joined MFB twice, first on 11/8/1967, with Registration number 2378. Jack Paterson was Chief Fire Officer and the criteria for recruits was male and between 21 and 28 years of age.



Born in 1946 in Liverpool, England, he was 21 years old when he joined and had previously occupation stated as a Watchman.

It is reported that he came from a family of Welsh miners.

In the UK he had been a firefighter for 4 years with the Worcester City and County Fire Brigade.

His early career was served at FS01 (now the Museum building), and FS03 Carlton (Swanston Street) in the 1960's and 1970's.

Alun passed the “Senior Fireman” exam, as it was called in 1973, and applied for the Officer's course in 1974. The Superintendent at the Training College, Ken Hopper, reported in 1974 that ...”During initial training of the Officer candidates at the Training College it was found that Senior Fireman A Williams, R/2378, was not able to raise his voice to a strong enough level to be heard during the drills operations.” Williams was transferred out of the Officer's course for this reason.

Alun trained on the Rescue in 1978 but left on 1/4/1980 after 12.5 years' service ...”to take up a position as Emergency Services Officer for a mining company in Tasmania. He was Officer in Charge of the works Fire Brigade, which covered the works and the local township of 3,500.”

About 18 months later, at the age of 35, Alun applied to re-join MFB. He was now 7 years older than the usual maximum age, but a clause in the Regulations stated that ...”under special circumstances as to physic (sic) or qualification a candidate may be less than 21 years of age or may be greater than 28 years of age”. Alun received glowing reports stating that he ...”was above average in all aspects of Brigade requirements”, was “respectful and of excellent character and appearance”, was “punctual, diligent and

a good driver”, so he was re-appointed on 22/1/1982, as a 4th Class fireman on 12 months' probation, Reg No 3572.

On 7/10/1991 Alun again resigned from MFB to relocate to Queensland due to his wife's health. He had amassed 22 years of service.

He joined the Townsville Fire Brigade, part of the Queensland Fire Service, and became a Station Officer there.

During his time in Queensland he received an award for his services to rescue work etc. He lived in Townsville.

Alun died on 5/10/16 in Queensland. His wife pre-deceased him some time ago.

Kenneth John Allan Coutts

MFB Reg No 1874.

Ken was born in 1936 in Melbourne. A married “Bread Packer” living in Doveton when he joined the MFB in April 1962, at the age of 25, Ken was appointed during William Thomas Aldridge's reign as Chief Fire Officer.

Ken served at a number of Fire Stations on B platoon, namely FS01 Eastern Hill, FS03 Carlton, FS35 St Kilda or Windsor (depending on the year), FS25 Oakleigh, FS10 Richmond and FS47 Footscray.

In 1972 Ken was promoted to Station Officer Grade 2 and in 1977 he was promoted to SO 1.

Ken retired with a pension on 3 October 1980, at the age of 43 after sustaining a traumatic spinal injury on the job. Ken passed away on 19 September 2016, in his 80th year.

Edward Charles Wilson (Ted)

Edward Charles (Ted) WILSON was born in 1931 at Maribyrnong. At the age of 24, in 1955, having been a tailor, he was appointed to the MFB as a 4th Class Fireman, as they were called at the time, and started at Headquarters or FS01, as was customary at that time. L P Whitehead was the Chief Fire Officer.

Ted served at the old Essendon FS52 in Bulla Road and also at FS50 Ascot Vale, in Union Road, Moonee Ponds, on B platoon, living in Essendon and East Keilor.

In 1985 Ted and Reginald Beilby received a Chief Superintendent's Commendation when they “went to the aid of a male civilian who had collapsed on the corner of Maribyrnong and Union Roads, Ascot Vale.” They applied CPR until the ambulance arrived and were told their actions ...”brought great credit to yourself and the Brigade.”

Ted retired in 1986 after more than 30 years of service.

Will you be at *Let Me Know?*

Earlier this year the MFB SO Adrian Newton submitted an idea to help celebrate MFB's 125th anniversary.

Adrian wanted to run an event that would raise awareness of the increasing number of Victorian firefighters experiencing PTSD, depression and suicidal thoughts and to raise funds to support the development of a project that will help encourage Victorian emergency services employees to reach out for help.

He started work on the Let Me Know Suicide Prevention Fundraiser before his own life was cut short following a holiday accident.

Some of Newtz's firefighting mates are making his vision come true with the Let Me Know Suicide Prevention concert, which will be held on **Saturday 19 November 2016**.

The entertainment line-up includes:

Date: Saturday 19 November 2016
Venue: Max Watt's 125 Swanston St, Melbourne

Doors open: 7.00pm
Tickets: \$45.00 (plus a \$6.00 ticket fee)

Your ticket includes a night of entertainment and free soft drink on the night so **buy your tickets today!**

All proceeds from the ticket sales, sponsorship and auction on the night will go towards developing and hosting of a mental health mobile app for firefighters and other emergency service workers.

If you are unable to make the event, but would like to make a donation please visit Adrian's page at <https://inmemoryspa.everydayhero.com/au/AdrianNewton>. All donations made through this page will go to the LMK fundraising total.

To find out more about this event, or become a sponsor, please contact LFF Nathaniel O'Brien (currently on secondment with CFA) or Carlie Newman.

Peer support is available to Retired Firefighters and Associated Members

Sandy Hearn – Peer Coordinator -
shearn@mfb.vic.gov.au – 0417 538 289

Fairlie Morgan – Employee Assistance Coordinator -
fmorgan@mfb.vic.gov.au – 0407 665 174

Scott Darcy – Peer Coordinator –
sdarcy@mfb.vic.gov.au – 0429 771 849

HOW MUCH IS ENOUGH?

Will your money last?

As Australians are now, on average, living longer, superannuation needs to stretch even further to cover living expenses. So, will your money last as long as you live?

You have a 50/50 chance of living as long as your life expectancy and in some cases, you may even exceed it. So, how do you make sure that you have enough money stashed away to last a lifetime?

The Australian Securities and Investment Commission (ASIC) has a useful guide that can assist you to estimate how long you will live, how much money you may need and how you can maximise your retirement planning to achieve your target. But as no one has a reliable crystal ball, being prepared is the next best thing.

How much is enough?

After considering the many ways you may wish to make the most of your 'second life' after full-time work, you should have a clearer vision about your future lifestyle needs. The next, critical question is; how much money will you need to make it a reality?

How do you calculate future financial needs?

How much will it take to fund the lifestyle you want?

How much will you need in retirement?

According to calculations from the Investment and Financial Services Association (IFSA), most Australians will need approximately 65 per cent of their pre-retirement income to maintain their current lifestyle in retirement. If you have a large expense, such as an overseas trip, planned for your retirement you may need even more.

Based on this 65 per cent estimate, if you're currently earning \$70,000 a year, it's estimated that you'll need approximately \$45,000 a year to maintain that lifestyle in retirement.

How much super is enough?

This is a smart question to ask early on, because the fact is that most people don't have enough to retire on. The most recent Association of Superannuation Funds of Australia (ASFA) Retirement Standard

found that the average annual income required to provide a comfortable retirement is \$42,569 for a single person. On average, many people will face a shortfall in their superannuation and will need to partially rely on the Age Pension to fund their retirement.

Tips for increasing your super before retirement:

If you've only got a few years until retirement, there are still things you can do to dramatically improve your situation. You can concentrate on maximising your super benefit now by:

- increasing the amount you are contributing,
- consolidating your super if you have more than one plan,
- reviewing the options/ways in which your super is invested.

You should also look at your investment options outside of super and see if they are in the most tax-effective environment.

How long will your money last?

And more importantly, how long does your money need to last? Answering this question is easier said than done. For example, if you're planning to retire at age 65, the research suggests that you're likely to live for approximately another 20 years. The average Australian woman at age 67 has a life expectancy of about 86 years and the figure for Australian men is about 84 years. This is based on the 2010-12 life expectancy tables (ABS Feb 2013).

According to research by the Investment & Financial Services Association (IFSA), the Age Pension won't provide nearly enough to fund the lifestyle most of us would like when we stop working. But knowing how much super you will need is different for each person - as one size certainly doesn't fit all.

Calculating how much you need to retire on is critical if you want to maintain your current lifestyle and continue to enjoy new goals. And as noted earlier with regards to the ASFA Retirement Standard, most of us need more than just the Age Pension to maintain our standard of living.

Source; "Your Life Choices"

"Water Off" Deadline To Submit Copy for Publication

Due to the possibility of Australia Post going to a 3 day week delivery and other factors, we find that we have to set closing dates for acceptance of copy for Water Off.

The members need at least 2 weeks notice prior to both annual and general meetings and the editor requires time to edit copy and set photographs then send off to printers who require at least a week to print.

February 2017 edition deadline for copy is 20th January .

Sunday,
20 November
2016

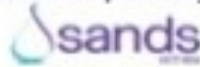
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Or Rob Dean on 0418 581 152



A JOURNEY INTO MY COLON - AND YOURS!

Colonoscopies are a serious subject and can be quite daunting if your GP suggests you have one. The following may throw a new light on the subject for you. Written by Dave Barry, a columnist with the "Miami Herald", it gives an insight into what goes through the mind when the doctor tells you to have a check-up.

I imagine that most of us, at this stage in life, have had a colonoscopy; although mildly graphic, most people think my story is one of the best they have heard.

I saw my Surgeon Mr Hong, a gastroenterologist, and he made a booking for a colonoscopy. A few days later, in his office, Mr Hong showed me a colour diagram of the colon, a lengthy organ that appears to go all over the place, at one point passing briefly through Alice Springs.

Then Mr Hong explained the colonoscopy procedure to me in a thorough, reassuring and patient manner. I nodded thoughtfully, but I didn't really hear anything he said, because my brain was shrieking, 'HE'S GOING TO STICK A 17,000 FOOT TUBE UP YOUR BEHIND!'

I left Mr Hong's office with some written instructions, and a prescription for a product called 'Piccolax' which comes in a box large enough to hold a microwave oven. I will discuss Piccolax in detail later; for now suffice it to say that we must never allow it to fall into the hands of Australia's enemies..

I spent the next couple of days sitting around being nervous. Then, on the day before my colonoscopy, I began my preparation. In accordance with my instructions, I didn't eat any solid food that day; all I had was chicken broth, which is basically water, only with less flavour.

Then, in the evening, I took the Piccolax. You mix two packets of powder together in a one-litre plastic jug, then you fill it with lukewarm water. (For those unfamiliar with the metric system, a litre is about 32 gallons). Then you have to drink the whole jug. This takes about an hour, because Piccolax tastes - and here I am being kind - like a mixture of goat spit and urinal cleanser, with just a hint of lemon.

The instructions for Piccolax, clearly written by somebody with a great sense of humour, state that after you drink it, 'a loose, watery bowel movement may result.' This is kind of like saying that after you jump off your roof, you may experience contact with the ground.

Piccolax is a nuclear laxative. I don't want to be too graphic, here, but, have you ever seen a space-shuttle launch? This is pretty much the Piccolax experience, with you as the shuttle. There are times when you wish the Toilet had a seat belt.

You spend several hours pretty much confined to the Loo spurting violently. You eliminate everything. And then, when you figure you must be totally empty, you have to drink another litre of Piccolax, at which point, as far as I can tell, your bowels travel into the future and start eliminating food that you have not even eaten yet. After an action-packed evening, I finally got to sleep.

The next morning my wife drove me to the clinic. I was very nervous. Not only was I worried about the

procedure, but I had been experiencing occasional return bouts of Piccolax spurtage. I was thinking, 'What if I spurt on Mr Hong?'

How do you apologize to Him for something like that? Flowers would not be enough.

At the clinic I had to sign many forms acknowledging that I understood and totally agreed with whatever the heck the forms said. Then they led me to a room full of other colonoscopy people, where I went inside a little curtained space and took off my clothes and put on one of those hospital garments designed by sadist perverts, the kind that, when you put it on, makes you feel even more naked than when you are actually naked..

Then a nurse named Eddie put a little needle in a vein in my left hand. Ordinarily I would have fainted, but Eddie was very good, and I was already lying down. Eddie also told me that some people put vodka in their Piccolax. At first I was ticked off that I hadn't thought of this, but then I pondered what would happen if you got yourself too tipsy to make it to the Loo, so you were staggering around in full Fire Hose Mode. You would have no choice but to burn your house down.

When everything was ready, Eddie wheeled me into the procedure room, where Mr Hong was waiting with a nurse and an anaesthesiologist. I did not see the 17,000-foot tube, but I knew Mr Hong had it hidden around there somewhere.

I was seriously nervous at this point.

Mr Hong had me roll over on my left side, and the anaesthesiologist began hooking something up to the needle in my hand. There was music playing in the room, and I realized that the song was 'Dancing Queen' by ABBA. I remarked to Mr Hong that, of all the songs that could be playing during this particular procedure, 'Dancing Queen' had to be the least appropriate.

'You want me to turn it up?' said Mr Hong, from somewhere behind me. 'No No,' I said. And then it was time, the moment I had been dreading for more than a decade. If you are squeamish, prepare yourself, because I am going to tell you, in explicit detail, exactly what it was like..

I have no idea. Really. I slept through it. One moment, ABBA was yelling 'Dancing Queen, feel the beat of the tambourine,' and the next moment, I was back in the other room, waking up in a very mellow mood.

Mr Hong was looking down at me and asking me how I felt. I felt excellent. I felt even more excellent when Mr Hong told me that it was all over, and that my colon had passed with flying colours. I have never been prouder of an internal organ.

Ten Early Signs of Alzheimer's Disease

Alzheimer's disease causes damage to your brain cells, affecting memory, thinking, emotions, behaviour and mood. It is a progressive disease and the most common cause of dementia.

At the moment there is no known cure for Alzheimer's but being aware of the warning signs can help you take steps to slow down the progression of this distressing disease. So, here are 10 early signs of which to be aware.

1. Memory loss

Signs of Alzheimer's-related memory loss include forgetting information you just learned, and forgetting important dates, names and events. Other signs include repeatedly asking for the same information, and relying heavily on memory aids, such as sticky notes and reminder apps on your smartphone.

2. Trouble planning and problem solving

This is usually expressed as trouble making plans and sticking to them, and finding it tricky to concentrate on detailed tasks, such as following a recipe (even one you've used many times) and especially anything that involves numbers (e.g. keeping track of your bills).

3. Daily tasks are a challenge

Familiar tasks, whether they're for the home, work or leisure, such as driving to a usual location, completing an ordinary task at work or forgetting the rules to your favourite game can become difficult.

4. Times and places are confusing

Dates, seasons and the passage of time become confusing. There is difficulty in understanding something if it's not happening now. And sometimes people with Alzheimer's may forget where they are and how they got there.

5. Vision problems

A sign of Alzheimer's can be difficulty in processing visual images and spatial relations. This can translate to trouble with reading, judging

distances and determining colour or contrast.

Experiencing these symptoms makes it challenging to drive.

6. Problems with speaking and writing

Following, joining or continuing a conversation can become difficult. Vocabulary becomes a struggle, often calling things by the wrong name, repeating things or not being able to find the right word.

7. You lose things

While it's normal to misplace your keys, it's not normal to put them somewhere odd, such as the oven or fridge, then accuse your spouse of stealing them.

8. Changes in judgment

The ability to make judgment or decisions declines. For example, when dealing with money, you may give away large amounts than you normally would. Also, personal hygiene and grooming may go by the wayside.

9. Social withdrawal

Social withdrawal can include ceasing involvement in hobbies, social activities, work projects or sports. This may happen because of the other symptoms experienced. Feeling weary of work, family and social obligations is also a sign.

10. Mood changes

Typical signs of mood changes in Alzheimer's are becoming confused, suspicious, depressed, fearful or anxious. This may be expressed as getting upset at home or work, with friends, or when out of your comfort zone. Developing very specific ways of doing things and becoming irritable when a routine is disrupted is also a sign.

If you notice any of these warning signs, talk with your doctor. He or she will evaluate your physical and mental health, and may then refer you to someone who specialises in Alzheimer's disease, such as a neurologist, psychiatrist, psychologist or geriatrician (a doctor who specialises in treating older adults).

Smile

Recently a routine police patrol parked outside a pub called the Roo Stop in a small country town outside of Alice Springs. After last call the officer noticed a man leaving the bar so intoxicated that he could barely walk. The man stumbled around the parking lot for a few minutes, with the officer quietly observing.

After what seemed an eternity in which he tried his keys on five different vehicles, the man managed to find his truck and trailer and fall into it. He sat there for a few minutes as some other patrons left the bar and drove off. Finally, he got into the car and started the engine, switched the wipers on and off...it was a fine, dry summer night, flicked the blinkers on and off a couple of times, honked the horn and then switched on the lights. He moved the vehicle forward a

few inches, reversed a little and then remained still for a few more minutes as some more of the other patrons' vehicles left.

Finally, when his was the only car left in the parking lot, he pulled out and drove slowly down the road. The police officer, having waited all this time patiently, now started up his patrol car, put on the flashing lights, promptly pulled the man over and administered a breathalyser test. To his amazement, the breathalyser indicated no evidence that the man had consumed any alcohol at all! Dumbfounded, the officer said, "I'll have to ask you to accompany me to the police station. This breathalyser equipment must be broken."

"I doubt it, mate", said the truly proud farmer. "Tonight I'm the designated decoy."



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**Please contact
Mike McCumisky on:
9662 2907**

MEMBERS INTERESTED IN RECEIVING THEIR "WATER OFF" VIA EMAIL.

To those members with easy access to email and would like to have their copy sent by this system, please send your email address to John Laverick. "Water Off" will be sent out in a PDF format.

John's address - -
retfire@bigpond.net.au

Before you send your email, click on 'tools' at top and click on 'request receipt'. This will reply to you and verify both email addresses are working correctly.



Annual General Meeting-Wednesday 18th November 2015
Nomination For Positions on the Committee

Nominations are called for the following positions on the Committee of the Retired Firefighters Association of Australia, Victorian Branch Inc.:-

- **President**
- **Vice-President**
- **Secretary/Treasurer**
- **Ordinary Member of Committee, Four (4) Positions**

Each position will serve for a term of one (1) year.

Please note that according to the Rules of the Retired Firefighters Association of Australia, Victorian Branch Inc, only financial members may nominate for any of the above positions and any member nominating must have been a member for at least one (1) year.

Nominations must be in writing on the form below, signed by the Proposer and the Seconder and accepted by the Nominee. Completed nomination forms must be returned to the Secretary at the address shown below **no later than 17:00 hours (5.00) on Friday 4th November 2016**

**Return by Friday November 4th 2016,
to the address below.**

**The Secretary
50 Cameron Parade
Bundoora
Vic 3083**

Retired Firefighters Association of Australia, Victorian Branch, Inc.

We, the undersigned, being financial members of the retired Firefighters Association of Australia, Victorian Branch Inc. hereby nominate:

Nominee's Name -----

For the position of -----

Proposed by (signature)-----**(Print name)**-----

Secoded by (signature) ----- **(Print name)** -----

Nominee Acceptance;

(Signature) ----- **(Print name)** -----

UFU RETIRED MEMBERS ANNUAL CHRISTMAS LUNCHEON

NOTE: Change of Venue
Pier 14, Central Pier - Docklands
Saturday, November 12th 2016
11.30 AM. - 4.00 PM.

A reminder:

If you have accepted the invitation to the luncheon and through illness, or some other circumstance, find you are unable to attend, please notify the Union Office A.S.A.P.

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