

# "WATER OFF"

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



May 2017 Vol 21 No 2  
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## Memorial Board Unveiled

Thirteen MFB firefighters have been honoured on a new memorial board at the Eastern Hill Fire Station. (Details Page 9)



Image : MFB Media.

**Don't forget the RFA  
website [www.rfav.com.au](http://www.rfav.com.au)**

Inside	
2	General Meeting
3	President's & Secretary/ Treasurer's. Report
4	Minutes of Feb. Meeting
5	RMD Report
6	Gone But Not Forgotten
8	Story From the Past
9	Memorial Board
10	My Journey
11	Your Health
12	Pocket Tazers?

# “GENERAL MEETING”

Notice is hereby given that the next General Meeting will be held at the Burnley Complex 450 Burnley Street Richmond  
**1030 Hours, Wednesday 17th May 2017**

## AGENDA ITEMS.

Minutes of last 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](mailto: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.**  
**All wives and partners welcome**  
**Please join us!**

### **Non financial Members**

Members be advised if your newsletter has an expiry date of 2/1/2016 that means you have not paid your subs since 2015 therefore if no remuneration is received by the 2/1/18 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

### **Diary Dates 2017**

Wed. 17th May; General Meeting  
Wed. 16th August General Meeting  
Sat. 19th August Bunning’s BBQ  
Wed. 15th November; Annual General Meeting

**Bunnings BBQ will be on 19th August 2017**  
**Help required**  
**Contact Alex Shepherd on 0416 930 529**

## **Valē**

Alan Ball (MFB) Murray Jelleff (MFB)  
Keith Farmer (MFB) Phil Mosel (MFB)  
Fred Goldsmith (MFB) Jack Nevill (MFB)  
Bill Guthrie (MFB) Bill Pinnell (MFB)  
Ron Hetherington (MFB) Jim Scarsborough (MFB)  
Brian Hosie (MFB) Frank Schultz (MFB)  
Jim Hunter (MFB) Claude Selby (MFB)

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

### **SICK LIST** (\* In Nursing Home)

John Bellis Bob Horgan  
Don Brennan Jack Hookey  
Bob Brunning Lindsay McCurdy  
Stan Cameron Harry Mitchell  
Huew Campbell\* Jack Moore  
Harold Connell Dick Prendergast  
John Cotter Gary Spicer  
Dave Dafonte Trevor Reed  
Stan Devlin John Schintler  
Keith Dumas Alan Sugg  
Barry Gavin Bob Tottle  
Jim Gibson John Williams  
Eddie Gilbertson Tom Williamson

**Note:** If you know of any member who may be ill please notify a committee member.

## PRESIDENT'S REPORT



Hello again, its April and the year is passing very quickly, we have had cyclones, floods, good and bad weather, the footy season is underway it won't be long before Christmas, I'm joking.

We are still the lucky country when we see what is

happening overseas we have a few idiots here spoiling things for others but all things considered we are doing

ok. As I get older I seem to appreciate Family and Friends more and more, so I hope all our Members, their Families and Friends feel the same as I do and reckon this Country is great and we can still make a difference.

I would like to remind members of our Bunnings BBQ Fund raiser at Hoppers Crossing in August, we need a few hours of your time to make this happen. We have most things covered but if you can also help with help with getting bread and soft drinks over to there, it will be greatly appreciated.

Contact Alex – 0416930529 or in person at our next meeting.

**Alex Shepherd**

## SECRETARY/TREASURER'S REPORT

It has been a busy time since our last meeting 7 members have gone to the Largest Fire Station to look down on us all RIP.

Thank you to all members that have attended the Funerals as I cannot get to them all.

Also on behalf of the Families I would like to thank ACFO Dave Bruce and the MFB Crews that attended with appliances THANK YOU ALL.

We did not have anyone attend the MFB Retirement Seminar as we had other commitments; we hope to attend the next seminar

I would like to thank the Colin Harris, John Berry, John Howe, and John Laverick for the support and great work and time committed to keep the RFA in good stead.

**Don't forget the RFA web Site:** Lots of info. [www.rfav.com](http://www.rfav.com)

The Retired Firefighters Association Members have expressed thanks and gratitude for the support that MFB Burnley staff collectively provides to the RFA members at our Meetings, including the most appreciated BBQ following all of the Meetings.

The RFA appreciates all current MFB staff for supporting the Retired Firefighters Members.

UFU FIREFIGHTERS PICNIC: on 19th February 2017 went well Thanks to the members that assisted on the BBQ at Moonee Valley race course.

### VISITING STATIONS.

The Retired Furies really enjoy being treated to a cup of tea whenever they knock on the door of their local fire station and have a chat.

The Retired Firefighters have a wealth of "hands on" knowledge and are always glad to share this information with current Furies.

**We have had 8 new members joining us this Year.**

**YOU AND YOUR PARTNERS ARE MOST WELCOME TO ATTEND THE MEETINGS.**

**PLEASE NOTE:**

**Fire Rings:**

**Have been Purchased and some have been Sold.**

**And are for sale to All Fire Fighters for \$85.00.**

**The UFU have got Mugs and I have 8 for sale**

**\$10.00, each.**

### TREASURES REPORT.

**Closing Balance: As at the 10<sup>TH</sup> April 2017**

**Running account S1 = \$3765.76.**

**Fix Term 6 Months L1 Account = \$6953.47.**

### NEW MEMBERS 2017.

GRAHAM FRAZER.	04/01/17
TOM REYNOLDS.	01/02/17
PAUL SWAIN.	01/03/17
JAMES FRANKLIN	04/03/17
RAY HOLLINGWORTH.	18/03/17
ANTHONY SCOTT.	24/03/17
ALAN HUNTER.	07/04/17
GARY WRIGHT.	07/04/17

### **Jim Kerr's Medals for Museum**

The Service Medals of Jim Kerr, former Station Officer MFB and one of the youngest Prisoners of War in WW2 are now on display at the Fire Services Museum Victoria.

## **Minutes of last General Meeting – Burnley, 15<sup>th</sup> February 2017**

### **Meeting commenced at 1035 hours**

Welcome by President – Alex Shepherd

**New members:** Kevin Mann, ex CFA Geelong & Tom Reynolds, ex MFB South Melbourne

**Guest Speaker:** Ross Fusca – UFU part-time Welfare Officer.

Firstly, Ross thanked all present who had served the community as firefighters over their career. Ross was an operational federal police-officer with many years' experience who went on to become a welfare officer with the federal police before retiring.

He went on to say that he had been approached by Peter Marshall – UFU Secretary to come on board with the union to assist helping members deal with issues which can come up from time to time. All information is strictly confidential when dealing with clients. If any fire brigade members, operational or non-operational/UFU members/retired members seek advice from Ross and with the assistance from your doctor, a health plan can be implemented with reference to MFB Peer Support to assist all persons. Any costs involved will be duly taken on board by the MFB. Ross provided contact cards for all persons present.

Rod Knowles spoke up about the historical fact that it was Fred Tyson (ex-UFU President) who first became involved with welfare in the brigade when he could no longer work as an operational firefighter. Fred led the way for what we now have and that is a first class peer support group of people ready to assist all current and retired members of our organisation.

**Minutes of previous meeting be accepted** - moved Len Manning and seconded by Ron Barker.

President Alex Shepherd thanked all members for attending funerals of our past members and for giving moral support and assistance to those grieving family members. The president also reiterated that all wives and partners of RFA members are always most welcome to attend our meetings and outings at any time.

**Correspondence:** A thankyou letter from the "Hunter" family to those who attended Jim Hunter's funeral. Family members were most appreciative of the support and kind words of condolences afforded them on the day.

A letter and cheque from Les Gray. Les mentioned that his wife was in a nursing home and that he was having a rough time with it all. \$50.00 of the cheque money was a donation to one of charities which the RFA members support.

A motion was put up by the secretary (Allan Roberts) for a debit card from the Firefighters Credit Co. Op. to assist him when purchasing equipment, fire rings, stationery etc instead of using his own Visa Debit Card and having to write a Cheque to reimburse him. This was seconded by Colin Harris and passed and accepted by all present.

**Financial Status of RFA.** General Account at 15<sup>th</sup> February 2017. \$4,585.23.

Term Deposit: \$6,593.47. Total on Hand: \$11,538.70.

Accounts: Out: Postage, Water Off \$318.12 Stamps and Packaging \$105.25.

Donations: Salvation Army \$500.00. Challenge Kids cancer support \$500.00

Almoners Report by Ian Fowler (sick members):

Don Brennan, Gary Spicer, Dave Da Font, Ian Fowler, Barry Gavin, John Schintler, Jack Moore, Stan Devlin, John Williams.

Fred Kerr mentioned an idea whereby a close friend of the sick member be made available as point of contact for others to speak to and not the sick person's wife or partner, as sometimes too many phone enquiries can be over whelming.

Angela Potter, Don Brennan's daughter spoke about the support for her father, and then handed over to Nancy, Don's wife, spoke about PTS and how this was starting to cause issues with Don and his health. Nancy spoke with passion how in years ago, there was no support for firefighters and officers attending horrific fires and incidents – just a cup of tea around the mess room table when back in station and then sometimes bringing the horror stories back home to family members.

### **General Business:**

Cooking lunch for disadvantaged people at Ozanman House. Date to be advised?

UFU Picnic at Moonee Valley racecourse, Sunday, 19<sup>th</sup> February – RFA members asked to assist cooking BBQ for people coming to this event.

Bunnings BBQ for 2017 will be Saturday, 19<sup>th</sup> August. Members asked to assist committee.

Mike McCumisky mentioned that he has a 3 x wheel Electric Mobility Scooter and an Electric wheel chair owned by the RFA available through the secretary to any member/family member who may require the use of one of these pieces of equipment. (Thanks to Mike McCumisky for servicing them).

Re: UFU Christmas lunch at Docklands. Rod Knowles mentioned that he has a list of things which require improvement for the 2017 Christmas luncheon. Len Manning mentioned once again that a table needs to be set-up for the Fire Services Museum to sell items as in previous years at Malvern Town Hall.

Trevor Reed thanked the committee for the \$500 donation to The Salvation Army.

The other \$500 was donated to "Challenge" (Royal Children's Hospital) to assist children and their families suffering cancer. Angela Potter Thanked the RFA for the kind donation.

Funerals: Murray Jelleff and Bill Pinnell (William George).

**Colin Harris.  
(Minute Scribe).**



## Report #4 to RFA

### Re: Retired Members Division Committee of Management

#### SWOT Analysis Workshop

On Monday 27 March, the Committee of Management of the RMD met at the Burnley Training College to take the first steps to create a strategic plan for the RMD by generating a SWOT Analysis. A SWOT analysis is a process that arose out of Stanford University where organisations identify areas of importance: Strengths, Weaknesses, Opportunities and Threats. This analysis is then used to develop action/strategic plans. John Berry served as the facilitator of this workshop.

Several points were identified at the beginning:

The UFU is promoting the future by preserving the past.

The RMD must work in line with the UFU's values, which are outlined in its Constitution:

Clause (c)(iii) - Assisting Vic Branch where possible

Objects of the Union (1)-(6) - All objects are relevant to the RMD

The RMD must begin to look to the future

Presentation of a 1910 training video.

John Berry presented a tunic that he was wearing at the time of his retirement (1988). This was the same tunic that was worn in the 1910 video. This period in time (much of the 20<sup>th</sup> century) represents a stagnant time for MFB and CFA. Evolution of UFU and fire services began after circa 1988 and now we need to continue that evolution even though we are retired.

The group spent the entire day identifying and discussing the issues and the opportunities that face us. Some of the items included issues of communication between the RMD and the Union, branches and members: the need to not replicate the RFA; possible areas to provide service to members; how to make ourselves known to branches and members and create more visibility of the RMD.

The next meeting of the RMDCOM will be Tuesday 18<sup>th</sup> April. We will use this SWOT analysis to identify the actions/goals/directions that need to be taken in the next year.

The Tour of the new training college held in February was definitely successful. For those of us old enough to remember, it's a far cry from the flat roof and the alley way in our training days!!!

Next RMD Meeting: 18 April 2017

**Respectfully submitted,  
Leon Trembath, RFA representative**

#### Note: Next RMD Meeting

**Will be held at the Fitzroy Bowling  
Club  
Brunswick Street Fitzroy, Mel. 2C C1  
Tue 27th June**

**Meeting will be followed by a game of  
Barefoot Bowls and a BBQ.**

#### FIRE RESCUE RINGS

The committee have ordered Fire Rescue rings and these have arrived. Please contact Allan Roberts to arrange for pickup.



**Copy deadline for Water Off Magazine  
for August issue is July 21st 2017.**

## GONE BUT NOT FORGOTTEN

### James Robert Hunter

Jim joined the MFB in 1950. Life before the brigade was in the Royal Australian navy serving in New Guinea and before that, as a removalist with a furniture removalist company. As a firefighter, Jim was stationed at 37, 35 and 38. At Windsor, whilst on station duty, the nib on the pen needed replacing. When he asked the District Officer at the station for another nib, a piece of emery paper came out of the drawer that had the boxes of new nibs, The DO kindly filed away at the nib and then gave it back to Jim. to continue writing in the occurrence book. He also, as with many others turned out one up on the Combination Ladder to calls.

As an officer, he served as an SO on the vans at Carlton where he also lived on station in Swanston Street. Jim relates a funny experience whilst at a fire at the City Baths in Swanston Street. He and a firefighter were on a hose line inside copping a fair bit of smoke and heat. The firefighter said he needed a break, so Jim advised him to follow the line outside and he would be right. Unfortunately for the firefighter whose initials were Clarrie Hart, the line crossed the swimming pool resulting in a very refreshed Clarrie.

He undertook private study for the IFE as many others did. He also lived in quarters subsequently as an officer at 27 and 44 stations before building a house in Blackburn. Later in his career, he spent a great deal of time at Training and Eastern Hill.

His was infamous for finding a way to fill holes at city stations (The Wheel) that no one applied for. What he found most gratifying was the number who were transferred in and after a short while did not want to return to the outstations, but more importantly quite a number who took on some study and obtained promotions.

Jim leaves two sons in the job Terry and Greg.  
“He put in - he stood up - he had fun”

**- TERRY HUNTER**



**Above: Jim Hunter at his desk at Eastern Hill**

### **ALAN BALL**

**R**etired Senior Fire Fighter Alan James Ball Reg. No 1370 passed away Tuesday 28th March after battling an illness for over six months.

He joined the MFB on 22/2/1957 and retired on 4/7/1988.

He worked on Z platoon then moved to 38 C Platoon and finished his career at FS14 (Rosanna) on C platoon.

He was a member of the Fire Brigade Band, until the Fire Brigade was disbanded in the 70's at which time band members joined the Footscray Yarraville Band and toured the world, winning the world championship.

Father in-law to LFF Ian Johnson- who provided the information above.

### **RON HEATHERINGTON**

**R**etired senior firefighter Ronald John Hetherington passed away on 26th March 2017.

Ron was born in 1934 in Daylesford, Victoria. A textie working living in Daylesford, 4th Class fireman Hetherington was appointed to the MFB on 1st April 1955 at the age of 21. LP Whitehead was the Chief at the time. Ron commenced his career at fire station 1 -

Eastern Hill, going on to serve at Northcote, fire station 9, North Fitzroy, fire station 27, Nunawading, Hawthorn and Ringwood and returned to Eastern hill and then back to Nunawading. Always on A platoon.

When Ron took early retirement on 6th August 1987, after 32 years service his commanding officer wrote to the Chief "Sir, it is with sincere regret I forward this application to retire". Senior firefighter Hetherington is a tireless worker and a fine example to all other firefighters".

#### **PHILLIP RAMSAY MOSEL:**

Phillip Mosel was born in 1943 and was a qualified shop fitter living in Kew when he commenced employment with the MFB on the 29th July, 1966, when Jack Patterson was Chief Fire Officer.

John Berry states, "I had the honour and privilege of not only knowing Phil and working with him on many projects during our working careers in the MFB, but also outside of the brigade. I have no hesitation of saying that his passing is a great loss to not only his family but also to the community as a whole (Phil mate, if there is a hereafter, I imagine it will be a wild time in the old town with your new posting)" - you will be missed!

#### **KEITH LESLIE FARMER:**

Keith Farmer was living in Box Hill North and working as an auto body maker when he was appointed to the MFB Workshops on 26th February 1969. Keith became a senior technical officer Grade 2 with the position of "Apprentice Master" in the mechanical department at the Thornbury Workshops.



By 1994, Keith's position was titled "Quality Assurance Training Officer/ Apprentice Master". In July 1996< Keith retired in 1996 after 27 years of

service. Keith Passed away 1st April, 2017 and his funeral was held in the 7th April.

#### **CLAUDE PERCIVAL SELBY:**

Claude joined the MFB on the 3rd March 1950 when L.P. Whitehead was Chief Fire Officer. Claude was 23 years of age when he commenced at Fire station 1. Then he was stationed at Sunshine, Newport, Keilor and back to Footscray until retirement.



In December 1955, Claude 3as promoted to sub station officer. He was living at fire station 4, Blythe Street, Brunswick, with is wife and two young children. In 1957, he fractured his elbow when operating a knapsack pump.

From 25th September 1970, Claude was promoted to station officer. Claude relieved in Central District for 3 years working at all the city fire stations and most of the District Stations. He completed the rescue instructors course at the Civil Defence school in Macedon in March1973 receiving a specialist certificate. He had also attended the brigade school and studied privately for the IFE qualification. Claude was promoted to District Officer January 1978 and later worked in the Fire Protection department.

In 1980, Claude attended a large fire at the ICI Research Laboratories in Ascot Vale where he was slightly injured. Claude was acting control superintendant 1985/86 and 11th July 1986 he retired after 36 years of service.

### **Peer support is available to Retired Firefighters and Associated Members**

**Sandy Hearn** – Peer Coordinator -  
[shearn@mfb.vic.gov.au](mailto:shearn@mfb.vic.gov.au) – 0417 538 289

**Fairlie Morgan** –Employee Assistance  
Coordinator - [fmorgan@mfb.vic.gov.au](mailto:fmorgan@mfb.vic.gov.au) –  
0407 665 174

**Scott Darcy** – Peer Coordinator –  
[sdarcy@mfb.vic.gov.au](mailto:sdarcy@mfb.vic.gov.au) – 0429 771 849

**Volunteers Required**  
**The Fire Services Museum needs past  
fire service members to assist on an  
occasional basis at the Museum**  
**Please contact**  
**Mike McCumisky on:**  
**9662 2907**

## A STORY FROM THE PAST

*We are indebted to Jeff Peirce for taking the time to record the memories of 95 Y/O retired fire Gordon Winch. We are sure Gordon has many more anecdotes to pass on to our readers and we look forward to more trips into the past.*

I am the son-in-law/full time carer for retired Melbourne Fireman Gordon WINCH (aged 95 years on 2 May 2017), who has provided me with the first of many stories of incidents in his Brigade Career - "Gordon "Daddy/Daddio" WINCH saw a sign "Men Wanted" attached to the Eastern Hill Fire Station in 1950, when the workforce was changing to a 40 Hour week. As a Returned Serviceman, aged 28 years of age, he was just inside the cut-off period for job applicants for the Fire Brigade.

He completed an application, then underwent a one hour interview with Chief Officer ALDRIDGE at Eastern Hill Station. He also completed a Medical with Brigade Officer, Dr. MAHER ( ex WW1 ), who asked him to provide a specimen in a half pint Milk Bottle. Gordon was accepted for initial training and on completion, was posted to the Kew Fire Station, which he knew quite well, having lived in the vicinity for most of his life.

Gordon's first fire call out was to a Shoe Shop in Glenferrie Road Hawthorn, near to the Hawks Football Ground. He was accompanied by Basil SMITH, Les "Bags" PITMAN and Roy "Sunshine" EDWARDS. Cyril MURPHY ( Father of the late Ken MURPHY ) from the Hawthorn Station was also present.

Pandemonium abounded on arrival at the scene, when copious smoke appeared to be billowing from the Retail Premises. so officers installed hoses, which

crossed the Tram lines, bringing all Tram services and vehicular traffic to a standstill. Shortly after, hoses were applied inside the shop, shoe boxes were seen floating down Glenferrie Road. Gordon sought instructions for his contribution to fighting the fire and was instructed to locate the rear access to the site.

Gordon jumped the fence to find the fire was contained to a rear shed, full of Gumboots. He accessed a nearby Garden Hose and extinguished the flames within a reasonable time. Some time later, his associates burst through the rear door of the shop, hoses at the ready, to find Gordon totally in control of the situation. There had not been a fire within the shop confines, and the shop owners were very upset at their losses, including damage to their latest X Ray Foot Sizing Machine.

Gordon is unaware as to the nature of the Official Report lodged for this fire, however there were no lasting consequences, to his knowledge ".

Trust this story is of sufficient interest for inclusion in the next issue of " Water Off ".

This is the first of many stories I can document on Gordon's behalf, if deemed suitable.

Regards,

**JEFFREY A PEIRCE.**

**Gordon Winch Reg 303 - retired from MFB 1979**

### **Wanted - Stories from the past.**

The job has always had it's characters. In past issues of "Water Off" we've presented many tales of the exploits of firefighters from the post war years.

What's happening now? Doesn't the job have these characters any more? We had regular contributors from our retired ranks who could tell a great tale and remind us of what the job was all about.

But, these days nobody has a story to tell. Maybe they have, but doesn't think it's worth telling.

Come on, let us know, put pen to paper, or send an email to our Editor whose details are always on page 2 of each issue.



# Central District Memorial Board Unveiled

The Central District Memorial Board honours firefighters who have passed away while employed by MFB but not in the line of duty. It was unveiled at MFB's Eastern Hill Fire Station on Saturday 25 March.

The firefighters on the wall gave 214 years' service among them, including former Chief Fire Officer William Aldridge who worked at MFB for 45 years. Acting Chief Officer Paul Stacchino said the board acknowledged the contribution all 13 firefighters made.

"The Memorial Board project was developed to ensure a fitting memorial to provide recognition of the dedication these firefighters provided the MFB and the community," he said.

"We hope all the relatives of these 13 men continue to feel part of the MFB family. Their loved one made a difference – to their shift mates and to the communities they served."

The memorial board is the third in a project, led by Leading Firefighter Glenn Marks and driven by firefighters, being rolled out across the MFB.

The first board was unveiled in 2013 in [Western District](#) at Sunshine Fire Station and last year MFB unveiled the [Northern District board](#) at Thomastown Fire station. Work is underway to establish similar boards in all MFB districts.

**The Central District Memorial Board honours the following fallen MFB firefighters:**

- **Chief Fire Officer William Aldridge**
- **Senior Fireman Norman Victor Parsons**
- **Station Officer John Beckwith**
- **Station Officer Ivan Nunn**
- **Superintendent William Perry**
- **Firefighter Lawrence Murphy**
- **Firefighter Richard Toft**
- **Station Officer Gary Williams**
- **Senior Station Officer Ross Leeder**
- **Firefighter Matthew Leonard**
- **Station Officer Robert Kelly**
- **Firefighter Bart Williams**
- **Station Officer Adrian Newton**

## Dodgy Internet Pop-up Scams

Australians aged 45 and over are falling victim to a pop-up internet ad scam that allows scammers to steal their personal data, according to the Australian Competition and Consumer Commission (ACCC).

The dodgy pop-up windows appear on computers claiming the device is infected with viruses or other malicious software and providing an official-looking phone number (usually a 1800 number) to rectify the problem.

ACCC Deputy Chair Delia Rickard explained in a statement that if you call the number, the scammer will then ask for remote access to your computer.

"Once a scammer has remote access to your computer they can install malicious software, steal your personal data, con you into paying for a 'service' of your PC, or sell you unnecessary software to fix a problem that doesn't exist," Ms Rickard said.

"These scammers are very convincing and sound like they're the real deal when talking about tech issues. The pop-ups they create to lure people in look legitimate and are often made to imitate trusted websites for brands like Microsoft and Apple."

Perhaps most alarmingly, these pop-ups often freeze the computer or stop the close button on your browser from being activated, making it appear as though the threat of harm being done to your computer is real.

"Your first and best line of defence against this scam is to not call that number and close the pop-up if possible," Ms Rickard said.

Affected users can close the pop up manually through Windows Task Manager (for PC users) or by using the Activity Monitor (for Mac users). If this fails to work, they can also shut down and restart their computer.

"If you do call the number never give a stranger – no matter how legitimate they sound – remote access to your computer," Ms Rickard said.

"If you think you've been caught by this scam, call your bank immediately and let them know what happened to protect your personal bank and/or credit card details. If your credit card was charged for sham software or servicing, you can try to get your money back."

Scamwatch has already received an average of 300 reports a month about this scam in 2017, with more than \$41,000 lost in total. Australians aged 45 and over are most likely to encounter and lose money to this scam, according to the ACCC.

The ACCC's [Little Black Book of Scams](#) is a good way to spot and avoid scams and has been updated to include these latest remote-access tricks.

**Source: Your Life Choices**

# MY JOURNEY INTO THE FIRE SERVICE

*Having recently retired from the fire service, Kevin Mann writes of his journey from a 14 y/o junior fire brigade member to Operations Officer. We thank Kevin for sharing his story with us.*

My journey in the fire service began in February 1972 as a 14yo joining the junior fire brigade at the CFA Norlane station. The guidance shown by OIC Max O'Brien and later Peter Lang (both current members of the RFA) enabled me to progress to a volunteer firefighter in Feb 1974. I was a very active volunteer attending about 200 calls a year for more than 10 years giving me a good grounding for my later career as a CFA employee.

At that time I had no inclination to take on firefighting as a career since my ambition was to be a school teacher. This ambition I fulfilled and spent 4 years as a science teacher at Werribee. Disillusioned with the education system I decided on a change of career and was accepted as a CFA permanent firefighter in 1984. Again I must recognise the encouragement of some great officers I had the privilege of working with in my years as a volunteer. SO's Kevin Stein (dec), Jim Matthews (dec) and Robin Parsons (retired) were fantastic role models.

I was appointed as a firefighter to Geelong City Fire Station where I had the privilege of working on B platoon with some excellent senior firefighters who taught me a great deal. Ron Plumridge (retired), Neil French and David Searle (both still in the job) were my shift seniors.

Within 5 years I had passed my SO's exam and worked higher duties almost continuously until I received my first permanent posting as an SO at Geelong City in 1989. It was daunting to go from firefighter working under the likes on the senior firies mentioned above to being their officer. They accepted me and I appreciate them for their professionalism.

My early career as an SO involved many relieving duties at country stations such as Warrnambool and Wangaratta where in those days the manning at these stations was just one. (That is not one per appliance but one in total!) Yes I had to not only man the watchroom and take calls but drive to the job myself and hope that there were volunteers there to assist me when I got there. This was not always the case and I remember times where I would look to the crowd of spectators and ask a likely looking character to give me a hand to run out the hose! It's funny when I relate these stories to the new generation of firies and they just can't believe it. Did I mention that in those days we worked 24 hour

shifts and sometimes if no relief was available we would work 48 hours straight?

Fortunately I spent most of my time as an SO/SSO in the Geelong area. I transferred to North Geelong in 1991 and when that station closed in 1993 I was one of the inaugural members of the new Corio station which at that time was the flagship of CFA. Staff input into station design was unheard of before that time but pressure from the staff at Norlane and North Geelong led to some ground breaking improvements in station design. It was the first CFA station to incorporate individual dorms and was therefore the first to include female firefighters. Here is some trivia for the members. The first ever wordback from Corio was from an SO by the name of Peter Rau...Yes the same one you all know.

I spent more than 20 years as a SSO at Corio and have many great memories of times spent on the job (as well as a few not so great memories) Corio was a unique area in that we had everything within the district..a major oil refinery, a major port, huge industry and a mixture of residential from housing commission to million dollar mansions. The variety of jobs was amazing and every day was like a box of chocolates-you never knew what you were going to get! I could fill a book with the big jobs, the unusual jobs, and the characters I met both within the job and the public we dealt with.

At the end of 2012 I had the opportunity to progress to Operations Officer (roughly the equivalent of MFB Commander) in District 7. I found this role was not as enjoyable as working on station (too much politics for me) so I decided to take early retirement in 2015, a decision I have not regretted.

I have remained a member of the fire service having turned full circle and returned to the volunteer firefighter ranks at Corio Fire Station. I enjoy the chance to be involved and particularly in mentoring new members.

When not touring, cruising or caravanning my wife Karen and I spend much of our time looking after grandkids so I can relate to the old timers that used to tell me after they retired that they don't know how they found the time to go to work before they retired.

I look forward to participating in the RFA and the UFU retired members division for many years to come.

**Kevin Mann**

## HEALTH

### ARM YOURSELF FROM THE FLU

“Influenza is a serious illness”, confirms Melbourne GP and Vice President of the Australian Medical Association, Dr Tony Bartone. “Even in healthy, young people, it can lead to a secondary condition like pneumonia, pleurisy or heart disease”. In fact, some 3,500 Australians die from flu each year, with another 18,000 hospitalised.

To lower your risk, he recommends getting the flu shot each year between March and May, before the height of the flu season. “The virus changes some years in subtle ways and other years in large ways, so it’s vital that you keep your immunisations up to date”. (If you are over 65, or have a chronic or complex illness, the risks are even greater). See your doc for a shot!

### 5 WAYS TO BEAT BELLY FAT

**You are what you eat:** You’ve heard it all before, but your weight is 75% defined by diet and 25% exercise. Ditch the saturated fats, processed sugars and watch those portion sizes. Stick to leafy vegetables, good fats and protein-rich foods, which can help burn fats.

**Stack the snacks:** Stay on top of hungry lapses by organising small, healthy snacks each day. Fruit, nuts, carrots and hummus. Plan ahead and stop reaching for the chocolate bar or sweet biscuit in the afternoon. Three healthy snacks throughout the day is said to be better for fat burning than waiting long periods between meals and overeating.

**Limit the booze:** Any more than one standard drink per day and the calories in alcohol end up turning into fat.

Experts say this is because alcohol inhibits fat burning in the stomach, so excess alcohol is more likely to add to your visceral (toxic) fat layer. Similarly, nicotine also prevents fat burning in the abdomen, so smokers tend to have more visceral fat than non-smokers, even if they appear slim.

**Get physical:** Get your heart pumping! Swimming, walking or aerobic exercises. For best results, aim for 30 minutes of aerobic exercise per week. Check in with your doctor before you start.

### **GOOD FOODS TO CONSIDER FOR A HEALTHY LIFE:**

\* Low fat dairy products: Yogurt, cheese, milk etc are rich in calcium and vitamin D. Studies in the US conducted over 14 years, showed people who ate more non-fat yogurt were 31% less likely to develop high blood pressure.

\* Nuts: Whole grains and legumes including sunflower seeds and pistachios nuts have been shown in studies as particularly potent weapons in the blood vessel battle, but ensure they are unsalted. Meanwhile, lentils peas and beans all score high in magnesium.

\* Good Oils: An Italian study revealed the remarkable effect of olive oil on hypertension patients, with those on 40g a day reducing their blood pressure medication by as much as 50%. Two tablespoons drizzled over your vegetables or salad has the added bonus of helping you better absorb the vegies’ fat-soluble vitamins.

\* Dark chocolate: An article in the Journal of the American Medical Association (JAMA), states you should eat one square of dark chocolate daily to help lower blood pressure.

## Have You Visited Dr Google?

Anyone who has ever Googled their symptoms will know the self-diagnosis spiral – first you have a sniffle, then a cough, and now Google tells you it’s a rare form of cancer with a side of lupus.

The main reason to stop Googling your symptoms is your own mental health – visiting Doctor Google too often could turn you into a hypochondriac. But apart from not scaring yourself silly, there are some other practical reasons to avoid typing in your symptoms.

### **False diagnosis**

There have been reported cases of patients experiencing a single symptom, Googling it, convincing themselves they have a particular condition and then causing themselves to experience other symptoms of the condition psychosomatically (where through sheer belief the brain causes you to physically experience symptoms caused by no more than your own imagination). They really are experiencing these other symptoms, but they don’t have the disease, and this can lead to a very confusing situation for your doctor, and the possibility of misdiagnosis.

### **Misinformation**

The internet is full of unreliable information. When anyone with a keyboard and an internet connection can

get published, it can be difficult to sort the reliable sources from the hacks. Doctors rely on the latest peer-reviewed data to make their diagnosis of your condition, and they have enough background knowledge to sort the wheat from the chaff. While alternative medicine likely has something to teach western medicine, it’s a good idea to take that blog you read with a grain of salt and pair the two to get the best result, rather than relying solely on moon-charged crystals to heal your newly diagnosed diabetes.

### **Too much information**

Doctors are trained to put together your symptoms, medical history and the rarity of a disease to come up with a far more accurate diagnosis than you could ever hope to achieve on your own. There is a reason it takes six years (minimum) of study to become a doctor, and that’s without specialising. The sheer volume of information you would have to read through, comprehend and connect in order to properly diagnose yourself is so great that you are likely to miss something vital, which could put your health in danger.

While Google can be an invaluable resource for trying to diagnose a health issue, it’s still best make an appointment with a trained medical professional when you have a genuine health concern.

**Source: “Your Life Choices”**

# Pocket Tazer Stun Gun, a great gift for the wife????

*A guy who purchased his lovely wife a pocket Tazer for their anniversary submitted this:*

Last weekend I saw something at Larry's Pistol & Pawn Shop that sparked my interest. The occasion was our 15th anniversary and I was looking for a little something extra for my wife Julie. What I came across was a 100,000-volt, pocket/purse-sized Tazer.

The effects of the Tazer were supposed to be short lived, with no long term adverse affect on your assailant, allowing her adequate time to retreat to safety...??

WAY TOO COOL! Long story short, I bought the device and brought it home... I loaded two AAA batteries in the darn thing and pushed the button. Nothing! I was disappointed. I learned, however, that if I pushed the button and pressed it against a metal surface at the same time, I'd get the blue arc of electricity darting back and forth between the prongs.

AWESOME!!! Unfortunately, I have yet to explain to Julie what that burn spot is on the face of her microwave.

Okay, so I was home alone with this new toy, thinking to myself that it couldn't be all that bad with only two AAA batteries, right?

There I sat in my recliner, my cat Gracie looking on intently (trusting little soul) while I was reading the directions and thinking that I really needed to try this thing out on a flesh & blood moving target.

I must admit I thought about zapping Gracie (for a fraction of a second) and then thought better of it. She is such a sweet cat. But, if I was going to give this thing to my wife to protect herself against a mugger, I did want some assurance that it would work as advertised.

Am I wrong?

So, there I sat in a pair of shorts and a tank top with my reading glasses perched delicately on the bridge of my nose, directions in one hand, and Tazer in another.

The directions said that:

a one-second burst would shock and disorient your assailant; a two-second burst was supposed to cause muscle spasms and a major loss of bodily control; and a three-second burst would purportedly make your assailant flop on the ground like a fish out of water.

Any burst longer than three seconds would be wasting the batteries.

All the while I'm looking at this little device measuring about 5" long, less than 3/4 inch in circumference (loaded with two itsy, bitsy AAA batteries); pretty cute really, and thinking to myself, 'no possible way!'

What happened next is almost beyond description, but I'll do my best.



I'm sitting there alone, Gracie looking on with her head cocked to one side so as to say, 'Don't do it stupid,' reasoning that a one second burst from such a tiny lil ole thing couldn't hurt all that bad.. I decided to give myself a one second burst just for heck of it.

I touched the prongs to my naked thigh, pushed the button, and...

HOLY MOTHER OF GOD. WEAPONS OF MASS DESTRUCTION. WHAT THE... !!!

I'm pretty sure Hulk Hogan ran in through the side door, picked me up in the recliner, then body slammed us both on the carpet, over and over and over again. I vaguely recall waking up on my side in the fetal position, with tears in my eyes, body soaking wet, both nipples on fire, testicles nowhere to be found, with my left arm tucked under my body in the oddest position, and tingling in my legs! The cat was making meowing sounds I had never heard before, clinging to a picture frame hanging above the fireplace, obviously in an attempt to avoid getting slammed by my body flopping all over the living room.

## Note:

If you ever feel compelled to 'mug' yourself with a Tazer, one note of caution:

There is NO such thing as a one second burst when you zap yourself! You will not let go of that thing until it is dislodged from your hand by a violent thrashing about on the floor!

A three second burst would be considered conservative!

A minute or so later (I can't be sure, as time was a relative thing at that point), I collected my wits (what little I had left), sat up and surveyed the landscape.

1. My bent reading glasses were on the mantel of the fireplace.
2. The recliner was upside down and about 8 feet or so from where it originally was.
3. My triceps, right thigh and both nipples were still twitching.
4. My face felt like it had been shot up with Novocain, and my bottom lip weighed 88 lbs.
5. I had no control over the drooling.
6. Apparently I had crapped in my shorts, but was too numb to know for sure, and my sense of smell was gone. I saw a faint smoke cloud above my head, which I believe came from my hair.

I'm still looking for my testicles and I'm offering a significant reward for their safe return!

**PS:** My wife can't stop laughing about my experience, loved the gift and now regularly threatens me with it!

If you think education is difficult, try being stupid!!!!





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### Download the new VicEmergency app

The new VicEmergency app was launched recently and will replace FireReady this summer. The VicEmergency app is now available to download from the App Store or Google Play and Victorians are encouraged to download it ahead of the summer season. The VicEmergency website has also been upgraded and a new emergency hotline released. The VicEmergency app and website will provide warning and incident notifications about floods, storms, fires, earthquakes, tsunamis, beach closures, shark sightings and more.

# 27th JULY 2017 ON THE GOLD COAST

Southport Yacht Club is located at  
1 Macarthur Parade  
SOUTHPORT



To all firefighters where-ever you may wander!

A luncheon is held at the Southport Yacht Club on the  
LAST THURSDAY every year in July for ALL MFB fire  
fighters and their families.

Lunch is available at discounted prices.

All drinks are at Members prices.

Situated on the lovely broad water at Southport  
Gold Coast

Catch up with old friends and work mates and have a chat,  
a drink and remember the good 'old days'.

SEE YOU between 10.30-11.00AM

Please contact : Ian & Gail Fagernes

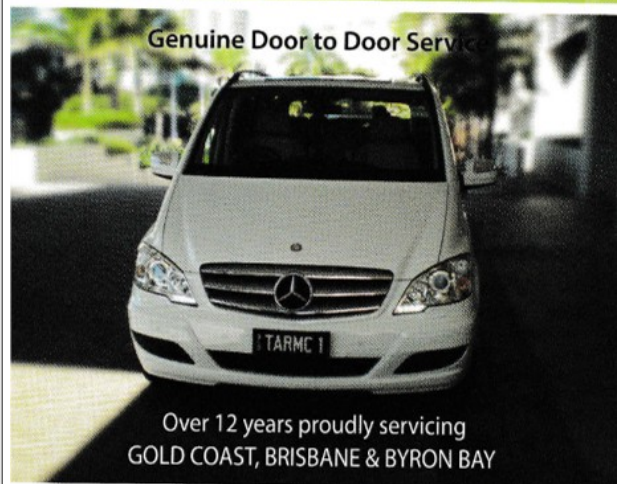
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## GOLD COAST ACCOMMODATION

This year I was asked a few times about accommodation on the Gold Coast. I spoke to the Southport Yacht club and they gave me some names of places that they said were in 'walking' distance from the venue. I thought I would send the names of the accommodation to you for your reference for next year.

I thought if I knew in advance how many were coming up I could ring around and see if there was a 'special' price say for 8 – 10 people.

**Ocean Sands – 075531 4188**

**Oscar on Main – 07 5527 0966**

**Deville Apartments – 07 5591 6322**

**Main Beach Tourist Park – 07 5667 2720 – for the caravans**

**Maldives Resort – 07 5557 7500 – they have 1 bedroom apartments**

**The Crest – 07 5552 6200 – they also have 1 bedroom apartments**

I have looked these up on line and they all appear to be very nice looking apartments so I will leave it up to you. Thanks again for coming for those that made it last year.



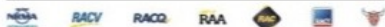


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***Members, Wives, Partners,***  
***Family & Friends***

***Contact:***  
***Peter Lang 5275 6039***  
***To receive Mail out notification***

## **It's Happening on the Bellarine Peninsular!**

**H**ello family and friends, we would like to tell you about three exciting projects happening at Portarlington on the Bellarine Peninsular.

- Docklands to Portarlington Ferry Service, operating 7 days a week and now an integral part of "life on the Bellarine".
- Portarlington Safe Harbour project, almost complete and already successful as a sheltered boating/aquaculture harbour.
- The Portarlington Community Information Booth, Just up the hill from where the Bellarine Ferry "Capricornian Dancer" berths every day.

We encourage you to take a ferry day trip from Docklands to Portarlington, wander along the local shopping strip, visit the bakeries and enjoy lunch at the Grand Hotel - anything really, that takes your fancy.

May we suggest you consider a holiday at our accommodation in Ocean Grove - Plenty of vacancies weekdays in May or anytime during the rest of the year. Bells By The Beach is a pleasant 30 minute drive across country from Ocean Grove to Portarlington.

**kindest Regards**  
**Jan and Lin Bell**

# **UFU RETIRED MEMBERS ANNUAL CHRISTMAS LUNCHEON**

**Pier 14, Central Pier - Docklands**

**Saturday, November 11th 2017**

**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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