

"WATER OFF"

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



May 2022 Vol 27 No 2
Inc/No: A16839F

**GENERAL MEETING FOR
MAY IS ON! PLEASE
COME ALONG.**

**WEDNESDAY 18TH MAY
2022 AT FRV BURNLEY
COMPLEX.**

Index

2	General Meeting
3	President's & Secretary/Treasurer's Report
4	Editorial
5	Phil Griffith Memorial
6	Ian Fagernes
8	Jokes
10	Home Depot Blaze
11	Graham Duncan
14	Southport Luncheon



Eastern Hill Fire Station, c.1893-1914. H2008.105/5, State Library Victoria.

“GENERAL MEETING”

Wednesday, 18th May 2022, Burnley Complex at 10.30am - BBQ Luncheon to follow!

Volunteers Required
The Fire Services Museum needs past fire service members to assist on an occasional basis at the Museum
Please contact
Bryan Robertson
0418 129 252

All Correspondence to:
Phil Cleary
RFAV Secretary
PO Box 93
Numurkah 3636
Phone 0419 778 161
or email at rfavic1@gmail.com

Non financial Members

Members be advised if your newsletter has an expiry date of 2/1/2019 that means you have not paid your subs since 2018 therefore if no remuneration is received by the 2/1/21 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: Sam Capes
Sec./Treasurer: Phil Cleary

General Committee:

Col Harris
Len Manning
Mike McCumisky
Ian Geddes
Kevin Hede

Social Secretary:

Brian Jackson

**“Water Off”
Editorial Staff**
Colin Harris

Valē

Harry Mitchell, Gordon Lumlis,
and SSO Phil Griffith

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

Sick List * In Care Facility

Diary Dates 2021

Next General Meeting Wednesday
18th May 2022

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

Alan Herbert,	Noel Holland,
Bruce Petrie,	Bob Horgan,
Bruce Barrett,	Archie McLachlan,
Ken Bouchard,	Kevin Mottershead,
John Brown*	Michael Phelan,
Stan Cameron, Harold	Dick Prendergast,
Connell,	Trevor Reed,
Tom Driscoll,	Gary Spicer,
Jack Etherington*	Laurie Trewin,
Eddie Gilbertson, John	Robert Weitering,
Hansford,	John Williams.
Ian Hookey*	

PRESIDENT'S REPORT



Hello all, the last few months have seen some normality returning to our lives with more restrictions being lifted. There seems to be more optimism that we won't return to lockdowns and travel restrictions again. It has been great to have Family and Friends around or to visit them again and to just be ourselves once more. The weather has been great but in the last couple of days it's been a return to rain and cold and the next few months will see us in winter, however, we can look forward to better days ahead with more optimism. I hope you have enjoyed being with Family and

Friends again and you are enjoying good health and all your loved ones are also well and happy, if not I hope you and your loved ones get well soon.

I look forward to seeing you at our May meeting! Keep safe and look out for each other.

Alex Shepherd (President)

SECRETARY/TREASURER'S REPORT



Hi all! I hope you all had a great Easter! Plenty of chocolate Easter eggs eaten - I'm sure! Well it's May 2022 and how the time flies. Winter will soon be upon us. Don't forget your flu shot and try to keep fit and healthy. I do know a few people who have Covid and they have had their 3 shots and still caught it and came out on top.

Thank you for all those people who have paid their dues, I know a lot our members usually pay at meetings, however it's difficult when there are no meetings, so thank you for paying them via the RFA bank process.

I hope to see you at our May Meeting. I would like to see more wives and partners come along. Tell them you are taking them out for lunch it's free!!!

Regards, Phil Cleary

**Any enquiries regarding meetings call the Secretary:
Mob. 0419 778 161
Email: rfavic1@gmail.com**

Road named in recognition of Allan Roberts—November 23, 2021

Allan joined Research Rural Brigade in 1962 and was a dedicated CFA member for 59 years until his death earlier this year. In recognition of his legacy, CFA has named Roberts Road at VEMTC Central Highlands in his honour.

Editorial

Well, it's been a terrible 2+ years living with Covid all around us. Some of our members have had Covid, and many have escaped so far. This editor did not escape Covid, and as I write this, the nose is running, the head is aching, the cough is dry and the throat is sore. I have been contacted by Eastern Health each day and have to record my symptoms. It seems to me that the Government is doing a good job of trying to keep Victorians safe and up to date with current Covid information.

The Retired Firefighters Association will hopefully have had the planned BBQ at Edwards Lake on Thursday, 28th of April. We are hoping for a good turn up of retired members. Once again, a time to catch up with old work mates, wives and partners. We are hoping for 60 plus members to turn up, so it'll be interesting to see what eventuates on the day.

I'm always looking for more stories to include in Water Off. The tap has been dry lately for stories, so when you retired members have a few spare hours, jot down your story and send it in. Post: 2 Gowar Avenue, Camberwell, Victoria 3124 or email: retiredfirenews@gmail.com

July up on the Gold Coast for the annual re-union of retired members from both Victoria as well as Queensland members. Contact Gail or Ian Fagernes on (07)5522 4321 – 0431485141

Colin Harris - Editor

“Gee, How Time Flies”

My son just moved into his renovated home a few weeks ago. In the roof space, he found a box containing old newspapers. After having a squizz, I have typed up some interesting segments of the time. The time being, January 12th 1979 (43 years ago). The paper was “The Sun – News Pictorial”. (The paper was very yellow, being exposed to heat in the old roof space)

The front cover featured a pretty young female, 19 years of age, murdered by some deranged male. She was to be married in three weeks' time in Perth.

The Pol Pot regime had been in power in Cambodia for many years and had collapsed. Thousands of innocent men, women and children had been murdered by Pol Pot and his band of cruel followers. Thousands more were forced into labor camps. Education was banned and many professional people were subsequently murdered. (The world sat back and did nothing!)

Britain agreed to remove a half kilogram of highly dangerous plutonium from the Maralinga Nuclear bomb testing facility.

One “freedom fighter” wrote in Fifty/Fifty, that he believed it should be compulsory for all vehicles to have installed seats belts. However, he says, it should be the right of the individual to decide whether to wear them. He goes on to say, police fines for not wearing a seat belt are distasteful. The person fined has not offended against another person. “Freedom above all” (Donvale). Note: I wonder if he ever thought that wearing a seat belt may save his life – Ed.

A large block of land at Surfside (near Ocean Grove), for sale. Asking price is \$7,750!

Bill Patterson Holden advertised a brand new HZ Statesman for \$14, 999

Roger David/London Stores (Melbourne) advertised a 2 x piece suits for \$79.00

Bob Binks Ford, advertised brand new XC Falcon 500, 4.1 litre, auto sedan for \$6,295

“Superman” the movie was being screened at the Dendy – Brighton

“Chicago” (the band), live in concert at the Sidney Myer Music Bowl – Tickets \$10.00

Seven day Mt.Gambier/Adelaide tour \$250 p/p

Cruising on CTC line from Melbourne to London \$1093 – inside cabin, \$2,353 – balcony

Blackburn/Nunawading – 3 x bedroom brick veneer home on large block \$36,000

Heathmont – Weatherboard on large block of land \$27.000

Rental accommodation in Northcote, single fronted cottage - \$55 per week

Fourth Test in Sydney “Poms win the Ashes” – Player of the match, Dereck Randall

Phil Carman, playing for Melbourne is photographed wearing the famous Ron Barassi No.31

Gail Mulhall celebrated last night - broke the Commonwealth Discus record at Olympic Park

“Gone, But Not Forgotten” Operational SSO P. M. Griffith

Phil Griffith, a great firefighter, a great officer
A leader of men, and some would call him “Sir”
A wonderful father of 3 loved children & a loving Jenny, his wife
Griffo was a talker, an adventurer, a biker, yet never was in strife
He loved his job and it paid him a few good bob
He loved his Mustang and ensured it was never in a prang
He loved it that much that when he drove it, he loudly sang
And don’t forget his BMW motorcycle which he loved to ride
On the Monash Freeway, the discourteous motorists he would chide
Phil was bigger than life and he loved his exciting life
The MFB/FRV family was his life for over 40 years
Today at his funeral, there was sadness and lots of tears
All came to pay their respects and later have a few beers
A firefighter’s parade, a guard of honour with the old “Eight Pump”
A wanna-be pilot he didn’t get to achieve
Yet a great community-minded & brave firefighter we would all get to see
His old & best mate was there, other mates near & far & work colleagues
We were proud to be there, including some old retired firies (some short of hair!)
Who had worked with Phil and respected this good bloke
We and the community are now poorer for the loss of this man
Will there be another, who will step up and be so grand?

*R.I.P. Phill Griffith (Griffo), SSO - Station 22. 25/07/57 – 28/02/22
By C.D.H. 21st March, 2022 for “Water Off”*



Deadline for May Water Off Magazine: 25th July 2022

IAN FAGERNES (FAGS) Reg. 2776

Joined the job on the 14/9/1973



Good old National Service was in and my 'lucky' number rolled out and I was off to Puckapunyal, for a holiday at the government's expense!

Before National Service I was working in a bottle shop in Box Hill and also a drummer in a band. The company kept my job open for my return however the band always needs a drummer so I was replaced. However, both jobs were not going to get me a career.

When the Labor Government was seated and good old Gough Whitlam put paid to National service it was fantastic! On the day we were given literally our marching orders, the car park and surrounds looked like Bathurst on a good day including the walls of dust made by the cars heading back home.

Once home my mother nagged me to go to the Commonwealth Bank for a tellers job – yeah right mum. I passed the test for the bank and thanked them very much.

My brother in law to be, Tom Knight was already in the job (31) and told me to get 'my ar-e' in to the Metropolitan Fire Brigade (MFB). So, I did and thankfully I was accepted. Recruits was so much fun – yeah right, but we all survived! Both physically and mentally I think!? Then off to No1. I spent roughly 2 years there. Tony Hyson was going to do the officers course. I did a mutual change with him so I ended up at No.19.

I was on shift with Bob Fowler, Chris Badrock, Kevin Kennedy and Tom Knight. In those days we looked after the Kew Cottages. There was a patient there Ridgeway was his name and he would show us all the BGA's and always had a box of matches in the pocket!!! Always a bit of a concern that one!?

I decided then to do the Senior Firefighters and SO's entrance exam (1978) and would travel into the training college with good old John Rodda. Eddie McMullen was also on the course and we all passed. Then in 1982 I completed the SO's course. Then back to No:1.

I had the pleasure of working with the likes of Bill Bailey, Peter Tracey, Ted Osland & Frank Ward with Jock Pollock (DO) who all demonstrated true old firey skills and common sense. In addition, they passed on their knowledge.

Water fights with the buckets. I remember an altercation between one particular SO with another. PB picked him up and raised him above his head and spun him around like helicopter blades, putting him down onto the floor. PB then left the mess. Mouths dropping to the floor as he went out.

I then swapped with Geoff Robbins who was going to do the SO1 exam, so I then became a reliever from No.1. It was when I discovered Ray Wellard who would send me relieving around the world!!!!

I found that relieving at various stations I would meet lots of great blokes. Some grumpy, some always happy, some with chips on their shoulder, but all in all a very interesting time and a good bunch of men.

One day I was stationed at Ivanhoe and we were out doing road drill. A particular road cut through rock and ran underneath the low bridge which on top ran the railway line. It was a single lane under the bridge. The driver and crew obviously wanted to make sure I enjoyed the day out so down the hill we came very fast and then under the bridge while missing the lights and ladder by bees breathe. Great fun.

I continued being the reliever for many years and I finally became permanent at No: 20 for about 2 years and then finally went to No. 30. It was there that I fell in love with Frank Besanko who would send me all around the world once again.

Some of the more memorable jobs I attended were Butlers Transport, United & the Government Printers – East Melbourne (where the chief walked in wearing only shoes – no boots, through all the waste fluid/chemicals on the floor and then received compensation!)

The day that Coode Island went up, I was flying in from the Cook Islands after having a restful holiday. That night I did a fire duty at Coode.

I think probably some of the worst incidents that I attended were the vehicle accidents, as you never quite knew what to expect.

The other half told me that she was moving to Queensland with or without me (we already had a home waiting for us) so after 32 years I retired and moved up to the Gold Coast.

Mrs Fags did dessert for us on night shift and I was advised that they all lost weight after I left. Although, many have departed this earth, I read the “Water Off” Vale’ with sadness and fondness having worked with many of those now departed.

However, the best month here in QLD has to be July when the old buggers once again get together for a few hours & talk about the “good old days” and all the adventures along the way. The comradely that I experienced will never be forgotten. And having to live and work so closely as do other emergency services was a wonderful experience even with all the ‘farts’, ‘belching’, ‘belly aching’ and, snoring involved.

He was a fine gentlemen was Ian Fagernes. Always had a smile, always was positive, knew his stuff and at calls, he was in charge. He kept you on your toes – a good officer! – (Ed).

An Obituary printed in the London Times.....
Absolutely Dead Brilliant!!

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years.

No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair;
- And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,
-by his parents, Truth and Trust,
-by his wife, Discretion,
-by his daughter, Responsibility,
-and by his son, Reason.

He is survived by his 5 stepchildren;
- I Know My Rights
- I Want It Now
- Someone Else Is To Blame
- I'm A Victim
- Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on. If not, join the majority and do nothing

Irish Jokes:

An Irishman's first drink with his son:

"While reading an article last night about fathers and the sons, memories came flooding back to the time I took me son out for his first pint.

"Off we went to our local pub only two blocks from the cottage.

"I got him a Guinness. He didn't like it, so I drank it.

"Then I got him a Kilkenny's, he didn't like that either, so I drank it. Finally, I thought he might like some Harp Lager?

"He didn't. I drank it.

"I thought maybe he'd like whisky better than beer so we tried a Jameson's; nope!

"In desperation, I had him try that rare Redbreast , Ireland 's finest whisky.

"He wouldn't even smell it.

"What could I do but drink it!

"By the time I realized he just didn't like to drink, I was so shit-faced I could hardly push his stroller back home!"

Irish Confession:

"I went into the confessional box after many years of being away from the Catholic Church.

"Inside I found a fully equipped bar with Guinness on tap. On one wall, there was a row of decanters with fine Irish whiskey and Waterford crystal glasses.

"On the other wall was a dazzling array of the finest cigars and chocolates.

"When the priest came in, I said to him, 'Father, forgive me, for it's been a very long time since I've been to confession, but I must first admit that the confessional box is much more inviting than it used to be.'"

He replied, "You moron, you're on my side."

NOTICE

For all future RFA membership payments, electronic transfers, internet banking etc RFA new banking details are as follows:

**GOULBURN MURRAY
Credit Union
BSB 803 078 - Account No 37460**

**Any queries, contact:
Phil Cleary - Secretary**

Questions Remain in CA Home Depot Blaze—San Jose USA

April 13, 2022

Days after a massive fire in the San Jose Home Depot questions remain about the buildings fire protection system. By Summer Lin, Maggie Angst **Source** Bay Area News Group (TNS).

Two days after a rapidly-moving fire erupted in the lumber section of a South San Jose Home Depot, levelling the giant home improvement store, critical questions remain unanswered about what caused such a catastrophic blaze — and how well the store’s fire suppression systems were working when the flames broke out.

First-hand accounts from customers and employees who were at the store when the fire began have raised doubts about when the store’s fire alarms sounded, and whether the store’s sprinklers ever went off. So far, the San Jose Fire Department has yet to answer any questions from this news organization regarding the store’s sprinkler and alarm systems. Home Depot, meanwhile, has referred all questions to the fire department.

“We’re talking to the alarm company, the people who were there and the witnesses to it. All of that will need to be looked at and that’ll be part of the investigation,” San Jose Fire spokesperson Erica Ray said Monday, adding that it could be “days, weeks or even months” before the agency concludes its investigation.

The five-alarm fire, which was reported at about 5:30 p.m. Saturday, sent a thick black and grey plume of smoke so far into the sky that it could be seen all across the South Bay. The intense heat that it put off — created by a mixture of lumber, chemicals and paint products inside — was so strong that it was detected by orbiting satellites. It took firefighters six hours to get control of the flames.

Josh Thompson, an employee in the lumber section, was in the back near the breakroom when he heard there was a fire and was told to evacuate. He ran over with a fire extinguisher and tried to put out the blaze, but it was already too late. He then went to the back to check if there was anyone still in the building and alerted a co-worker, who had headphones on and was watching something on her phone. They evacuated through an emergency exit at the side of the building.

Thompson said the fire alarms had gone off and a firefighter told employees the sprinklers were working but they weren’t able to keep up with the fire. Thompson said he himself hadn’t witnessed any sprinklers going off.

“I know I didn’t get wet,” he said.

Jeff Baham, 54, of San Jose, was in the store with his wife getting paint mixed when Baham said his wife smelled what she described as a campfire. A cashier then walked down the aisle and informed people that there was a fire and they needed to leave.

“My first comment was to the person behind me — why isn’t there a fire alarm?” he said.

As Baham and his wife were exiting the store, someone on the loudspeaker told everyone to leave. Baham said the alarms finally went off once they were outside, and a giant billow of grey smoke rolled through the front door.

“You could see through the doors, the fire falling from the ceiling — embers and big chunks of flaming red coming down,” he said, adding that they never saw any sprinklers go off. “If you were in the back of the store and for some reason waited until the alarm went off, it would’ve been dangerous or maybe they wouldn’t have made it out.”

More than 100 firefighters responded to the blaze, as well as to the neighbourhood behind store in an attempt to prevent any damage to nearby homes. Evacuations were issued for approximately 15 nearby homes on El Lisa Drive, as well as several nearby stores and businesses.

While there were no reports of injuries or missing people, residents in the area were asked to shelter in place overnight Saturday to avoid exposure to potentially harmful pollution put off by the melting plastics and other hazardous materials inside the store,

Family Man, Firey, Fisherman, Plumber, Volunteer

Graham Duncan is his name and he was born in Moonee Ponds. He and his brother grew up in Moonee Ponds, Ascot vale and Glenroy. After a few stints at various primary schools in the area, Graham started his secondary schooling also having a part time job as a paper boy to earn a few extra bob. The big boys school was Essendon Technical (Oh, and the damn Government of the day, closed that one too! - Ed). At least he learned a few practical skills which helped Graham get an apprenticeship in plumbing and gas fitting. Well, he did that for quite a few years until his uncle who was in the MFB, had a quite word with Graham and convinced his nephew plumber to join the job! Well, what a great piece of advice that was! Graham started off in recruits at Richmond and continued his career for 38 years. He served at various stations including 1, 2, 3, 9, 10, and 35 stations. The first large fire he turned out to was a shoe factory in Brunswick. He mentions that he worked with many great people in the MFB during his time there; too many to mention. After he retired, he continued to be involved in the fire service. Graham became a Senior Fire Educator with MFB/FRV and continues this today serving the community. He also is an avid member of the Fire Services Museum, Victoria, where he conducts visits for members of the public. Graham resides in Lilydale these days and loves to go fishing at Mal-lacoota. Graham and his wife Bev, have travelled Australia and overseas.

A point of interest, that he wanted readers to know about:

Just prior to Graham taking long service leave in 2005, he noticed he was often wiping his right eye as though there was something in it. He spoke to his doctor and was referred to a specialist. The specialist just said it was old age! Bev and he set off on their trip to Central Australia and he was still wiping his eye. On return to Melbourne, Graham made an appointment to see the BMO and was referred to another specialist. After a series of eye examinations, a tumour was found. The specialist said, had he not operated, Graham would have gone blind in that eye. So, Graham's word(s) of advice to us all is:

“IF YOU ARE NOT HAPPY ABOUT A DIAGNOSIS, GET ANOTHER ONE!”

~~~~~

### Allan Roberts

Our old firey mate  
Passed away  
On 5<sup>th</sup> June, 2021  
The time has come around  
To remember that date  
“Gone, But not Forgotten”  
Fondly remembered  
By your family & friends



Allan Roberts with partner Beverley Parry

## Granny and grandad as kitchen slaves? It's for their own good

*Housework and gardening can help protect seniors against falls and heart disease. Photo: Getty*



Got a room that needs painting? Invite your aged mother over and put her to work.

Overwhelmed with laundry, unmade beds and dirty floors? Your dear old dad can sort it out.

Keeping your elderly parents busy with housework, and even with painting and decorating, will sharpen their memory, keep their attention span stronger, and they'll enjoy better leg strength.

The short version, according to two new studies: Mop-and-bucket seniors enjoy better balance, protection from falls, and mobility. And their hearts are more resilient.

When they complain that you're taking advantage, simply explain that you're **keeping them fit**.  
**Science says so**

**A study** from the University of San Diego found that performing routine activities, referred to as 'daily life movement', can significantly benefit cardiovascular health among seniors.

Regular chores and even showering count towards 'daily life movement' and can offset a lack of dedicated exercise in protecting the heart.

Researchers used a machine-learning algorithm "to classify each minute spent while awake into one of five behaviours: Sitting, sitting in a vehicle, standing still, daily life movement, or walking or running". Daily life movement included "walking within a room or patio, getting dressed, preparing meals or gardening".

Participants wore a research-grade accelerometer for up to seven days to get accurate measures of how much time they spent moving and, importantly, the smaller types of movement such as cooking.

**This was a long-term study** These measurements were taken from May 2012 to April 2014.

There was a follow-up, through to February 2020, to see who had developed cardiovascular disease (CVD), who had suffered a stroke and who had died from CVD.

Compared to women with less than two hours per day of daily life movement, those women with at least four hours of daily life movement had a 43 per cent lower risk of cardiovascular disease, 43 per cent lower risk of coronary heart disease, 30 per cent lower risk of stroke and notably, a 62 per cent lower risk of cardiovascular disease death.

The message here was a simple one: All movement counts towards disease prevention.

### **The second study**

Researchers at the Geriatric Education & Research Institute, Singapore, recruited 489 randomly selected adults, aged between 21 and 90, "with fewer than five underlying conditions and no cognitive issues".

All were living independently and "able to carry out routine daily tasks".

Participants were divided into two age bands: those aged 21 to 64 (average age 44), classified as 'younger'; and seniors, aged 65 to 90 (average age 75), classified as 'older.'

Both groups were assessed for physical stamina in tests that included walking speed and sit-to-stand speed from a chair. These indicate leg strength and the risk of falls. Tests were used to assess mental agility, including short and delayed memory, and language and attention span.

Participants were “quizzed about the intensity and frequency of household chores they regularly did, as well as how many other types of physical activity they engaged in”. Light housework included washing up, dusting, making the bed, hanging out the washing, ironing, tidying up, and cooking.

Heavy housework was defined as window cleaning, changing the bed, vacuuming, washing the floor, and activities such as painting/decorating.

Housework intensity was measured in what’s known as metabolic equivalent of task (METs). These are roughly equivalent to the number of calories expended per minute of physical activity.

After adjusting for other types of regular physical activity, “the results showed that housework was associated with sharper mental abilities and better physical capacity”.

But only among the older age group.

### Why was that?

According to the researchers, those in the younger age group had five more years of education on average than the group of seniors. And, they argue, “since education level is positively associated with baseline mental agility and slower cognitive decline, this might explain the observed differences in the impact of housework between the two age groups”.

The limitations of the research: Being an observational study, it can’t establish cause, and the study relied “on subjective reporting of physical activity levels and the volume and intensity of household chores”.

But the authors point to previous research indicating a link between aerobic exercise and improved cognitive function, “so the sharper mental agility associated with housework might occur through similar mechanisms”.

Their conclusion is a qualified one: “These results collectively suggest that the higher cognitive, physical and sensorimotor functions related to heavy housework activities might plausibly be associated with lower physiological fall risk among community-dwelling older adults.”

## *Geelong Firey's Muster*

*C.F.A. – M.F.B. – VIVA - AVALON  
Serving & Retired – Staff & Volunteers  
Smorgasbord Lunch  
On the 4th Tuesday of March & October  
@ 1130 hrs*

*GATEWAY HOTEL  
218-230 Princess Highway – CORIO  
Members, Wives, Partners,  
Family & Friends*

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



### **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 Colin Harris. "Water Off" will be sent out in a PDF format.

**[retiredfirenews@gmail.com](mailto:retiredfirenews@gmail.com)**

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

#### **FRV**

**Employee Assistance Coordinator**

**Irina Tchernitskaia – PH: 0407 665 174**

**Email:- [irina.tchernitskaia@frv.vic.gov.au](mailto:irina.tchernitskaia@frv.vic.gov.au)**

**Peer Coordinators**

**Chloe Henderson PH: 0417 538 289**

**Scott Darcy PH: 0429 771 849**

**Email:- [sdarcy@frv.vic.gov.au](mailto:sdarcy@frv.vic.gov.au)**

**Retirees**

**John Howe PH: 9729 0984**

#### **CFA**

**Career Peer Coordinator Trent Egan**

**PH: 0448 071 299**

**Email:- [Careerpeercoordinator@frv.vic.gov.au](mailto:Careerpeercoordinator@frv.vic.gov.au)**



28<sup>TH</sup> JULY 2022

CSI CLUB SOUTHPORT

154 SCARBOROUGH STREET

SOUTHPORT

(07 5532 - 9944)

Please arrive between 10.30am - 11.00am



**COME AND MEET UP WITH 'OLD' MATES  
AND 'OLD' WORK COLLEAGUES.**

Ian & Gail Fagernes contact details:

Home: 07 5522 4321

Gail Mobile: 0431 485 141

Ian Mobile: 0417 382 935

Email: [fagernes@bigpond.com](mailto:fagernes@bigpond.com)

Facebook: Retired Fire Fighters Queensland





## Bells By The Beach Holiday House, Ocean Grove

Pet friendly accommodation for everyone



Hello to everyone,

We're contacting you as past, present or future guests at our pet-friendly holiday house. It's been a while since our last newsletter, we know you'll enjoy this edition.

We are so grateful for your on-going support and encouragement during the crisis. We're grateful our regional Victorian guests can now enjoy a well-earned holiday and we'll be even more grateful when metro Melbourne residents can enjoy their holidays, too.

Do you know our cancellation policy? Here it is... 'if bookings are cancelled due to COVID-19 we suggest you re-schedule to another date or we will refund any payments'. That's our policy.

Bells By The Beach has a Service Victoria QR Code for easy check-in. Our team members are fully vaccinated, ensuring a safe holiday experience at our property.

Families with fur-kids (all sizes & breeds) love our 'home away from home'. Everyone can relax and enjoy spotlessly clean surroundings in a serene garden environment.

Guests can be confident our safe and secure property is dog-friendly and escape-proof. Start planning your next holiday now, it's a great distraction!

We suggest you visit [www.bellsbythebeach.com.au](http://www.bellsbythebeach.com.au) for availability details or call 0403 221 737. We still have a few vacancies between now and mid-December.

Thank you for considering our holiday accommodation

*Jan & Lin Bell, local owners, Bells By The Beach Ocean Grove*



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