

# "WATER OFF"

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



August 2021 / Vol 26 No 3  
Inc/No: A16839F

## GENERAL MEETING:

Wednesday 18th August 2021

FRV Burnley Complex

10:30 am

**\*Dependent on Covid Restrictions**

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The Planned Queensland get together at CSI Club Southport is still on at the time this newsletter goes to print. Please contact Ian or Gail Fagernes closer to the date to confirm that the luncheon is on!

Ph: 07 5522 4321 — M: 0431 485 141

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



Senior Firefighter  
*Allan Roberts*  
1968 - 1988

Allan Roberts with Deputy Commissioner David Bruce, North-West Operations.

New Rescue 7 (Thomastown) named after Senior Firefighter Allan Roberts Reg. 2446.

# “GENERAL MEETING”

**Wednesday 18th August 2021**  
**FRV Burnley Complex**  
**10:30 am**

## AGENDA ITEMS:

**Minutes of last General Meeting**  
**President’s Report**  
**Secretary / Treasurer’s Report**  
**Guest Speaker**  
**General Business**

### **All Correspondence to:**

Phil Cleary  
RFAV Secretary  
PO Box 93  
Numurkah 3636  
Phone 0419 778 161  
or email at [rfavic1@gmail.com](mailto: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

### **“Water Off” Editorial Staff**

Colin Harris

## **Valē**

S/Fm Graeme Cooper  
S/Fm Allan Roberts  
S/Fm Tom Wilson

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

## **Sick List \* In Care Facility**

Neil Anderson  
John Brown\*  
Bob Brunning  
Stan Cameron  
Harold Connell  
Tom Driscoll  
Jack Etherton\*  
Eddie Gilbertson  
John Hansford  
Noel (Dutchy) Holland  
Bob Horgan  
Archie McLachlan

Harry Mitchell  
Kevin Mottershead  
Michael Phelan  
Dick Prendergast  
Trevor Reed  
Gary Spicer  
Graeme Taylor  
Graham Thomson  
Laurie Trewin  
Robert Weitering  
Ray Wellard  
John Williams

## Diary Dates 2021

**August 18, General Meeting**

**November 17, AGM**

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

“Water Off” is edited by Colin Harris, 2 Gowar Avenue, Camberwell 3124. Phone 0432 302 414. Email: [retiredfirenews@gmail.com](mailto:retiredfirenews@gmail.com)  
All articles accepted for publication by the editor are done so in good faith and no responsibility is accepted for any inaccuracies that may occur.  
Signed; Colin D. Harris (The views expressed by the editor of this newsletter are not necessarily those of the Victorian branch of the RFA and Fire Rescue Victoria.

## PRESIDENT'S REPORT



I wish to acknowledge the passing of our former Secretary Allan Roberts after a long illness. My condolences and that of the Retired Firefighters Association goes out to Bev and Family. Allan had a great nature and his wit will be missed. And to all who have experienced the passing of loved ones and friends our thoughts go out to you.

We have again gone through another lockdown which seems to me the only way the powers to be can handle the virus and treat us like little children. Too many so called experts getting paid to sprout their so called expertise. Anyway I hope all members, families and friends have been well, kept safe and have retained your sense of humour. If we are able to get together at our next meeting and I hope it's a well-attended, roll up, keep well and keep connected with family and friends and be happy!

**Alex Shepherd (President)**

## SECRETARY/TREASURER'S REPORT



Welcome to the August edition of Water Off!

What a change in Victoria in the last few weeks! Let's hope it doesn't continue, so that we can all meet together at the Burnley Complex for our August 18<sup>th</sup> meeting. I hope everyone is ok and coping with these lockdowns we have to have. If any member requires assistance, please contact the secretary.

At our next meeting, (we hope no Covid restrictions) our guest speaker will be talking about the Aged Care system. A presentation has been put together for our members and there will be time for questions and answers. There will also be some hand-outs for the attendees. BBQ to follow meeting.

An important message I want to get out there is that if you change your address or phone numbers, please inform me (**Phil Cleary – Ph: 0419 778 161**) to update your information. It's important that I have correct and accurate information of our members. Ensure your subscriptions are up to date!

Well, that's all from me. I hope to see you at the next meeting August 18<sup>th</sup> Burnley Complex 10.30am.

**NOTE: If Covid restrictions are still in place, there will NOT be a meeting on this date!**

**Phil Cleary (Secretary)**

**Any enquiries regarding meetings call the Secretary:**

**Mob. 0419 778 161**  
**Email: rfavic1@gmail.com**

**Deadline for November Water Off Magazine: 7th October 2021**



## A Brave Champion to the End!

### Allan David John Roberts.

#### **What a man! What a life in serving his community!**

Allan was born in Williamstown in 1941. He grew up there and spent his junior high school years at Williamstown. Allan's father worked for the RAAF at this time. I gather he wanted out from school at the young age of 14. His mum said "No"! A little later when he was almost 15, he went to work at a radio station called 3KZ, which was broadcasting from Trades Hall Council in Lygon Street, Carlton. His job was to relay by foot the heavy disc carrying cases to be used by that radio station. Later, he moved to 3UZ (AM dial) and worked here until he was 20 y.o.

Allan loved vehicles and tinkering with them. He also was looking for another job and thought of the police force. Sadly, being a short arse, he missed the cut-off and was found to be one full half an inch too short! Bugger he thought! He started driving taxis, and one day happen to pull up outside Eastern Hill Fire station. He checked out the situation and organized a few days later for an interview with Fire Chief Tueno. Mr. Tueno wasn't around when Allan turned up for the said interview. As is his habit, he blew a gasket and gave the 4<sup>th</sup> Class firefighter a blast from the past. With that, he said "stick the job up your arse" and walked out. He did return on another occasion in his taxi for yet another shot at getting into the best job in the world. After speaking to Superintendent Sixsmith (taxi illegally parked outside in Victoria Street), he was requested to see the BMO (Dr. John Upjohn) and duly went and had a quick medical. He passed the medical and then was asked if he could start in 2 days' time (recruits). No he said! Can he start a week later on the Friday? He was granted this request, dumped the taxi job and had a week off before his journey into the MFB. Recruits was No.10 Stn; Church St, Richmond for the next 12 weeks. He remembers fellow recruits Bruce & John Barrett at Richmond.

It was now 1968 and Allan was dressed in his proud MFB uniform learning the tricks of the trade to become a professional firefighter. It must be noted here, that Allan became a volunteer firefighter with the CFA in the Eltham/Research area in 1962, and has been a volunteer with the CFA for 59 years. The firefighting spirit has been in his veins for a very long time!

After recruits, he was stationed at various stations including No.1, 10, 11, 15 and a few other Northern District stations. When Allan went to No.1 Stn after recruits, he had to use the Combination Ladder. He hated using the "Comb". So, he decided he had better learn how to get this thing erected. He practiced and practiced until he could put the thing up anywhere. In the end, he loved the "Comb"! At 15 station, the O.I.C. was John Berry. Well, John had Allan "shit scared" as John did to most of us young firefighters in the day. Allan was in tears one day when after compiling a list of all the jobs that needed to be done around the station, he sought permission to speak to Mr. Berry. "Dear Sir, I have my list of all the jobs you want me to do and I've realized that I just can't fulfill your request. The shift changes at 3.00 pm and I will run out of time"! (John walked back to his office and left Allan to mop up his tears).

During his time at No.1 Stn and now a Senior Fireman, the Victorian Government provided funds for a Ford 250 V8 cab/chassis. This was to become a fast responding 2 person rescue vehicle as opposed to the old "meat wagon" at No.3 Stn. When construction was completed, Allan and SO Tony Hynson trained operators with the new and updated equipment – B platoon, No.1 Station. SO John Rodda became involved soon after with responding & training.

Later, Allan applied to become an MFB driving instructor, based at the Training College. Many firefighting personnel at this time may remember Allan as one of the driving instructors at the Abbotsford Training College. Allan was a wonderful teacher. Strict and fair. He spent 4 years in this department and later retired.



Allan Roberts with Dave Bruce, Len Manning & John Berry

After 20 good years in “the MFB job”, Allan left and went on to do other things. He and his great partner Bev, have been together for 22 years. He loved holidaying in places like Queenscliffe, Point Lonsdale and a house boat in Mildura.

It was about 7 years ago that Allan put up his hand to take over from John Berry as the RFA Secretary. This is a time-consuming job of keeping in contact with members, accounting for subscriptions paid, helping to organize BBQ’s to raise funds for various charities. It also involved organizing the committee and their wives to come along to the Fire Museum to fold our Water Off magazine. A thankless task, but a necessary one. And, Mike McCumisky was the postie and was unlike our Australia Post posties – this postie, was always on time with Water Off!



Allan Roberts with partner Beverley Parry

Allan became unwell late 2020 and ex-MFB firefighter Phil Cleary put up his hand to take over. On the 26<sup>th</sup> of May 2021, Deputy Commissioner of Fire Rescue Victoria Mr. David Bruce, presented Allan with his Life Membership badge and a plaque, representing many years of dedication to the Retired Firefighters Association, during which time Allan has been the secretary and assisting many of his current and former colleagues. Through Allan and the various committee members and helpers associated with the RFA.

On 31<sup>st</sup> May, there was a further presentation made to Allan. This was showing Allan and the new Fire/Rescue vehicle which is stationed at Thomastown. This vehicle has been named after Allan with due consideration from the Honours & Awards Committee. In the past, it’s usually been Chief Officers who have had their names proudly placed on Fire Brigade vehicles. Allan was chuffed, proud and thanked Assistant Commissioner David Bruce and Commander Frank Besanko for their kind words. In the past Allan had contributed to designing and improving equipment placed on Rescue Units.

Allan has been unwell for some time now, and his journey will take him to another place. Take care Senior “Firey” Allan (dear friend of many) and thanks for the good times and the wonderful memories. Allan was presented with his RFA life membership badge two weeks before he passed away.

**Colin Harris**

### “CURLY” The Grumpy Bastard! (With due Affection!)

He comes across as a grumpy bastard!  
 And then a cheeky smirk – it never lasted  
 A clever and considerate man who had to have the final word  
 He was community minded  
 A firefighter for the MFB and the CFA  
 Over 59 years he did his best, one would say  
 And will keep on until he is laid to rest  
 A brave and diligent man, his driving skills often put to the test  
 He always passed with flying colours  
 Never taking a backward step  
 He said it as it was – right or wrong  
 He had your back in a smokey house fire  
 He had your back if you were ever in trouble  
 Always in charge yet avoiding an officer’s charge  
 He found solace tinkering with a car in the garage  
 From Williamstown to Queensland this boy would come  
 His dad a RAAF man, his mother a hard working Mum  
 Allan enjoyed a simple life and later his body was in strife  
 He bared the pain until he could take no more  
 And now so sadly, his pain is so raw  
 He will take his last breath with loved ones around  
 He has served his family, community and others  
 I know he will miss his firefighting brothers  
 He’s had enough, time to go, don’t shed your tears on the floor.  
 RIP Allan David John Roberts! – We loved you “Mr. FIREY” man!



Allan with Frank Ward

## The Trickey Family in the Fire Service

Here is a brief snap-shot of the Trickey Family story by Stephen Trickey: (Part one).

My grandfather, Joseph McKinlay Trickey worked on the docks of Port Melbourne and back in around 1911 saw an ad for able-bodied men to join the Melbourne Metropolitan Fire Brigades Board as recruit firefighters. This was the beginning of a 44 year career out of the old Eastern Hill Fire Station, No.1.

Following promotion to Sub-Station Officer (today's Station Officer rank), he was transferred to Hoddle Street Richmond as OIC. His career saw him stationed at various other stations including Collingwood, North Fitzroy, Windsor and St. Kilda, before taking a permanent out station position at the newly opened Cheltenham station, Station No.34. Cheltenham was a one man station with residential quarters for Officers, above the engine room. My Grandmother would book on watch-room duty and be paid one shilling for such duties. These residential quarters were to become my home for about a year when Nana and Pop were called upon for baby-sitting duties.

In the early 1950's, my father Ernest and his eldest brother Joseph also were successful in becoming inducted into the MFB. After a few years, the youngest of the three sons, Harold also joined the fire brigade.

Uncle Joseph served 14 years with MFB, before moving to Gold Coast, Queensland and taking a position as OIC Woodridge fire brigade, which at that time was a Gold Coast station before amalgamation with the Brisbane brigades. Don't think that fire reform is solely the premise of Victoria. Station Officer Joseph Trickey served Queensland Fire and rescue for a further 30 years. His son Bruce is now a Commander working out of Brisbane. Cousin Bruce was instrumental in setting up Training regime's for Gold Coast Fire Brigades.

Senior Station Officer Harold Trickey served MFB for 30 years, taking up a redundancy package after MFB went through a strategic boundary re-alignment and closed many stations due to shifting populations and

demographics. For example, dad's station at Sandringham, station No.36, had half of its response area in Port Phillip Bay! Obviously, stations and people had to move.

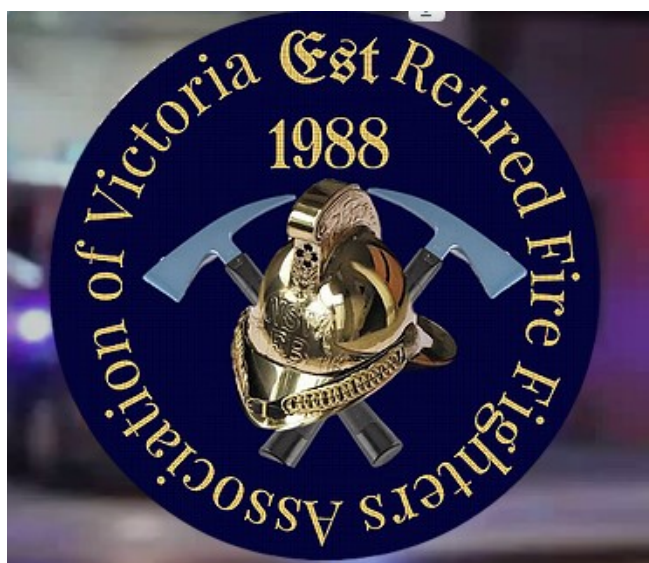
Ernest William Trickey served 30 years and finished at Sandringham, where I was born and lived for a short time.

My time with MFB finished at Somerton, after 30 years and 9 months before taking the Instructor position with CFA in 2009.

How the wheel has turned. My old employer, MFB had the registered HQ address of 456 Albert Street, East Melbourne 3001. Today, my new employer, Fire Rescue Victoria has the same registered address, 456 Albert Street, East Melbourne.

Today, the only remaining Trickey's currently serving are: Commander Bruce Trickey and Instructor Stephen Trickey, I am unsure of the exact years of service by our family, but it must be knocking on the door of some 200 years!

A Trickey Story from Stephen! (To be continued - Editor)



**A new RFA badge designed  
by Secretary Phil Cleary**



## What a Year! – Editorial and other Bit's and Pieces

What a year! Covid is playing havoc with so many people here and overseas. Yes, we can complain and damn the Governments here for what they have and haven't done and yet our death rate is so low compared to countries overseas. Yes, we have people in ICU, however, they are being looked after by our medical professionals under a great health care system. My Asian heart specialist said that if Covid can be slowed by most of the population by isolating at home, then there will be beds for heart attack victims, car accident victims and all the other hospital related surgeries which occur continually almost 24 hours a day 7 days per week. If those same hospital beds are filled with Covid patients, those other surgeries are put on hold or don't happen. I'm up for my 2<sup>nd</sup> Astra Zenika shot in August and looking forward to that. Hopefully most of our members have had the vaccination or are in the process of getting them. The specialists, the doctors are saying that the only way we will get through this pandemic, is for 80+% of the population must be vaccinated. My USA ex-friend who (up until I dumped him), thinks Covid is a hoax and that Donald Trump was a great president! (Well I'll be.#\$!?).

**Ooops! Retired RFA editor John Laverick, told me not to be political! (Sorry John!) – Ed.**

Our former RFA Secretary Allan Roberts died recently after accepting and being part of “dying with dignity” via the Victorian Governments Legislation of assisted dying. Allan was in pain, he was a brave person to go through with this process, lots of paperwork and procedures involved to get there. His partner Bev Parry was a rock beside him all the way! Allan will be sadly missed by family, friends and fellow firefighters who knew him! R.I.P. mate!

As part of this issue of “Water Off” there is a proforma (sheet) to be completed by all RFA members as a way of updating information. It would be appreciated by the Secretary if this form be completed copied or cut out and returned to him please! **Phil Cleary, PO Box 93, Numurkah Victoria, 3636**

Another vaccination to consider is the “SHINGLES” shot. These free vaccinations are for people aged 71-79 end this year.

(Those aged 70 can get a free Zostavax shingles vaccine from their GP). However the 5 year catch-up program, which began in November 2016 and allowed those aged 71-79 to get a free vaccination, will expire in October 2021. \*\*My mate Alex, aged 69 at the time, had shingles two years ago and was in pain and discomfort for 3-5 weeks after he contracted the shingles virus.

**How to avoid trips and serious injury: (THE SENIOR – Vic newspaper)**

Falls are the leading cause of injury – related hospitalisation for Aussies aged over 65, with around a third falling at least once a year. Personal injury law expert Henry Carus said while many outside factors can contribute to the likelihood of suffering a fall, scientists have liked several personal risk factors. These can include muscle weakness, problems with your gait and balance, and postural hypertension – when blood pressure drops too much when you stand after sitting or lying down. Mr Carus said other risk factors can include confusion – which can be caused by wearing glasses, hearing devices or taking new medications and also foot problems such as wearing unsafe shoes. To counter these risk factors, he offers the following tips to help avoid falls and serious injury:

Stay active – regular exercise, Check your eyes and ears – even small changes in sight and hearing may cause you to fall. Medications – new medications often carry side-effects like dizziness or confusion. Stand up slowly – postural hypertension is common in those over 65 and over. Stand up slowly after you have been seated or lying down. Keep your bones strong! Eg it may help prevent a hip injury if you fall or other bone injuries. Always tell your doctor if you have had a fell since last visit.

**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**

## Estia Presentation – R.F.A. August Meeting

- About Estia health
- Aged Care Gateway- how to accessing care when needed
- Respite Care- planned and emergency
- Finding the provider right for you – process and what to look for
- Life, care and services in residential aged care

What does it cost

Mr. Jeff Butler – Client Services Manager, will be speaking about the age care system, the pitfalls, and many other aspects of going into an age care facility. There will be an opportunity for members to ask many questions of Mr. Butler.

## RETIREMENTS:

Lindsay (Butch)  
Bellinger  
Alan McLean  
Matt Burke  
John (Frosty) Fraser  
Rob McKie  
Paul Scott  
Steve Harper



**In retirement are your kids still at home?**

**A two in one operation!**

This appears to be one of the problems with lockdowns (the toilet paper rush)!







## **First Pierce Electric Fire Truck:**

**Peter Matthews – Firehouse.com News**

U.S.A. Madison Fire Department Engine 8 has been responding for 3 weeks with a Volterra pumper built on - Pierce's Enforcer cab and chassis featuring zero emissions.

"This is what every fire chief dreams about, right?" Madison, WI, Fire Chief Steven Davis said. "Being on the cutting edge of change like this." Davis, talking outside Fire Station 8 on Madison's east side, was reflecting on the event where they unveiled the first zero-emissions fire truck—built by Pierce Manufacturing—to hit the streets in North America. The pumper, assigned to Engine 8, is built on a Pierce Enforcer cab and chassis and built with Pierce's new Volterra technology in collaboration with parent company Oshkosh. For more than 25 years, Oshkosh has manufactured electric drives for military and various industries and has refined them for emergency vehicles, Pierce President Jim Johnson said. "This vehicle is designed around the firefighter," Johnson said. "They don't have to compromise on the leading edge of operational performance that they are used to, the functional, the safety attributes which are so important, the customization, and, let's face it, the traditional style that they are used to."

**Development of Volterra in Madison's fleet** Chief Davis first approached Pierce in 2018 with the concept of getting an electric fire truck as the city pushed the need for green vehicles with their goal of reaching sustainability by 2030. Pierce, the fire department, and Madison Gas and Electric collaborated to retrofit the station with an all-encompassing vehicle charging infrastructure to power the vehicle. Since the 2018 directive for Madison's fleet to be green by

2030, the city has placed 60 zero-emissions vehicles on the streets, adding that Engine 8 was number 61. The city also uses solar power grids and biodiesel to provide power for the vehicles in the city's fleet. Developed by Oshkosh, the parallel-electric drivetrain features an electro-mechanical infinitely variable transmission that allows for zero-emissions using the integrated on-board batteries. The rig also features an internal combustion engine that provides uninterrupted power for extended operations. The electric power comes from a 155 kW hour lithium-ion battery pack capable of powering the rig for 37 miles. Should there be a major fire where the rig will be pumping for an extended period of time, the truck will monitor the battery level and automatically transfer over to the internal combustion engine. The smaller engine allows for a more spacious cab, Linsmeier said, adding that the lower profile engine tunnel improves visibility and provides the driver and officer with more room inside the six-person cab. Davis said the first day the rig was in service they had 11 runs and the battery capacity never dropped below 74 percent with charging between runs. **Volterra hit the streets in May** Firefighters assigned to Engine 8 needed about three hours of additional training from Pierce on the electrical system, beyond the traditional in-service training they receive with the delivery of new apparatus. The training covered how to disconnect the system should there be an emergency, or how to manually switch over to the internal combustion system if the need arose. Johnson said the rig had been tested in and around the Pierce plant in Appleton, WI, and even during 200 responses in Madison, nobody noticed that it was an electric rig instead of a diesel-powered apparatus.

## **Government Decision Generates RFA development**

On the 1<sup>st</sup> of January 1987, all Victorian Emergency Services Personnel became members of the Emergency Services Superannuation Scheme ESSS. With benefits of 8.4 times retirement salary after 30 years' service, creating the opportunity amongst other benefits, was to take up early retirement. This benefit generated great interest. In fact it showed much greater response than expected in all services. The members from the MFB did not want to lose the mateship with like members from all sections of the service. The idea was broached in early 88, to invite all retirees to a social meeting to explore ways of maintaining the interaction they enjoyed as part of the MFB family. It was during said meeting that they nominate people who were interested by a show of hands to explore the various options that were available and report said findings to a further meeting. (One should be aware that amongst the ones in attendance were not only recently retired Senior Officers, retired UFU Secretary's & branch committee members, department heads and other ranks of operational & non-operational personnel).

The investigating members were retired UFU secretary Bill Webber, DCO Tom Williamson with the help of the UFU Secretary Terry Murray, set up a meeting with Slater & Gordon where many ideas were explored. The one idea they believed that would meet the needs of the members, was an Incorporated Social Club, owned and operated by the members in accordance with the Model Rules for an Incorporated Association with amendments as required by said Association.

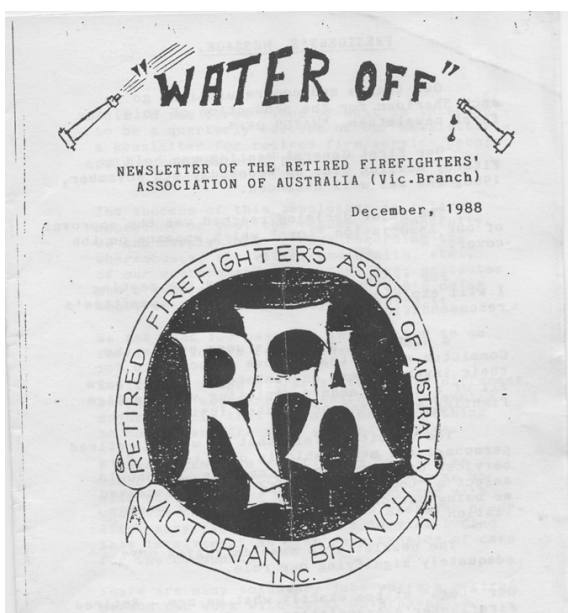
A further meeting was called to report same to the members. They must first elect the foundation committee. The following were elected as the foundation committee are as follows. President Tom Williamson was nominated and elected, other members were Vice President Jack Sheridan, Peter Holtan Secretary, Treasurer Jack Gallop, Committee members Harry Plant, Ern Tamme & Don Cameron. The first General meeting of the RFA occurred on Wednesday the 9<sup>th</sup> of November 1988, at the Fitzroy Bowling Club.

The UFU allowed the RFA to use their photocopier to print the A5 newsletter ready for posting for many years. The following is an extract from the very first newsletter (see below), in the President's report that is relevant in relation to the RFA charter.

**Our logo states exactly what we are - Retired Firefighter's Association -and we hope it will encourage all eligible retirees to join us as a non-parochial, non-political body whose aims are to assist and maintain links with its members.**

May of 1997, the RFA newsletter went from A5 to A4 size and the UFU still allowed us to use their photocopier and also paid for the Public Liability insurance in support of the members.

**This information is from former Secretary/Treasurer John Berry re: the beginning of the R.F.A.**



**Missing in Action!**

**Andrew Brown**

**Circa 1980's**

**Where are you?**

**Frank Ward wants to know!**



## Victorian Police & Emergency Service Games 2021

The Victorian Police and Emergency Services Games celebrated 40 years this year and features 43 sports ranging from archery to touch football and is open to all emergency workers e.g. SES, CFA Corrections Service and the Sheriffs Dep't to name a few. The games were cancelled last year due to the Covid lock downs, but bounced back strong as ever. I tried mountain biking a few years ago until I became too fragile so I switched to darts.

The darts competition is run by retired SSO J. Garvin and retired Leading Firefighter Mark Ballantyne and was held at the Geelong Darts Club. John and Mark have organised this event for the past 10 years and it is a great event to attend. This year about 40 players attended; among them Tony Birtwistle, Chris Trevean, David Garvin (John's son), and Donna Jevric. We had a great day catching up with people we have played with over the years and last year's cancellation didn't seem to matter as the bonds between the services and friends only served to make our day. My first overseas trip was to the World Police and Fire Games in 2009 held in Vancouver. There I was paired in the darts doubles with a Police Sergeant Phil Dower from Victoria, who I haven't seen since 2009 (12 years ago) and he turned up this year and it was like yesterday, catching up and chatting about old times. I think the games are like that, the best of times! There were some winners and grinders in the **A grade Singles**, Silver went to John Garvin and Bronze went to Tony Birtwistle. In the **B grade Singles** Gold went to David Garvin and Silver to Alex Shepherd. In the **A grade doubles**, Gold went to John Garvin and Mark Ballantyne and Silver

went to Tony Birtwistle and Alan Howden. I might add John and Mark have won this event for the past 7 years, a great effort.

In the **B Grade doubles** Bronze went to another great pair in Chris Trevean and Alex Shepherd. In the **Mixed pairs** Gold went to Donna Jevric and John Garvin. The **Teams** event was the last event of the day and the **Firies** received Bronze. All in all a great event and really enjoyed by all those who attended. We will be back next year! Many thanks goes to John and Mark who did a wonderful job in organising the event and a REALLY big thanks goes to the **Geelong Darts Club** for hosting the games and it must be said that the club is run entirely by Volunteers and they are great people. Tony Birtwistle donated one of his portable darts stands for the raffle and all proceeds went to the club.

Some results from other sports were Robert Foote, two gold in the **500 and 1000 metres indoor rowing**.

Tony Birtwistle, Bronze in the **Archery Target** and Silver in the **Archery Field**.

Ron Darby, Alan Drury and John Garvin won medals in the **Bowls**.

If you are interested in doing something next year just go to the website and have a look for something, you never know I might see you at the GAMES!

**Alex Shepherd**





## **Be S.M.A.R.T. to be Healthy and Fit.**

If you want to set healthy and fitness goals, such as losing weight, you have to follow the S.M.A.R.T. way of doing so:

**S is for Specific:** Be specific on what you need to accomplish, like wanting to lose 10 kilos naturally and permanently.

**M is for Measurable:** Put out quantifiable objectives that you can track and monitor for progress.

**A is for Achievable:** The journey of a thousand kilometres begins with the first step. Break up your goals into smaller achievable steps. Each successful step brings you one step closer to your ultimate goal and also gives you a confidence boost along the way. Huge advances, like attempting to shed 30 kilos in weeks, is not going to end well.

**R is Relevance:** Your goals should be something that has importance for you, like walking 5 kilometres out of appreciation for somebody you know with a illness. When you accomplish something you appreciate, regardless of what it is, you begin to feel much improved.

**T is for the Time limit:** Setting a reasonable time-frame for your goals will give you viable targets to aim for, and cause for celebration as each sub-target is achieved. For example, you can target to achieve a 10,000-a-day step by the end of 30 days, by starting with a 3000-a-day step for the first week and increasing the targets progressively to your desired 10,000-a-day step.



**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**

## **Retired Members Information Required!**

Dear Member,

It appears that the FRV can no longer provide personnel service information regarding past employees due to privacy issues. The result is, the RFA newsletter "Water Off" does not have accurate employee information to place in our magazine when an RFA member passes away. IE Registered No, when the firefighter joined the service, stations where the person worked etc.

I have put together some brief questions regarding the information that we would like to have a record of, so that when the inevitable occurs (passing away), that we may use this information (with permission from the family), to place in our magazine and for family contact regarding their spouse, partner & families.

### **Information required please:**

Name:

MFB/CFA/FRV No:

Address:

Spouse/Partner's name:

Date of Birth:

Where were you born?

Where did you grow up?

First Occupation?

When did you join the fire service?

How old when you joined the fire service?

Stations/Departments worked at?

Last station/Department you worked in?

When did you retire or leave the fire service?

Any other information which you may want to share (hobbies/interests/travel?)

**Note: This information is confidential and will not be shared without your family's consent.**

PLEASE COMPLETE FORM, CUT OUT AND RETURN TO  
PHIL CLEARY RFAV Secretary PO Box 93 Numurkah 3636

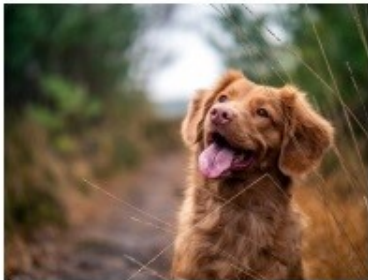


## Enjoy a pet-friendly holiday all year round

COVID-Clean house, 24 Roditis Drive, Ocean Grove

Close to dog beach - 500m by car, 10 minutes walk.

Pets always stay free, pet treat. Pets can stay & sleep inside,



**Lin & Jan Bell,  
your hosts since 2006**

**Personal service  
at all times**

**M: 0403 221 737**



- Warm outdoor dog shower, fully fenced safe garden. Grass and shade areas.
- Modern kitchen, microwave, dishwasher, cooking & eating equipment.
- Central heating, reverse cycle air-con, gas log fire.
- Living/dining areas, 6 seat lounge, recliners, CD player, TV.
- Double walk-in shower, vanity, toilet - extra toilet off laundry.
- Three bedrooms, Queen & single beds with doonas, covered pillows. Extra blankets provided. Linen and towels available for hire or bring from home.
- BBQ & outdoor settings. Laundry, outdoor line, drying racks. Local supermarket shopping, hotels/bistros, AusPost, banks, medical centres, cafes & restaurants.

### 2021-2022 nightly rates - 2-6 guests.

Summer \$290, Autumn \$260, Winter \$220, Spring \$260.  
Public holiday weekends - \$290 per night, min stays apply.

**Contact us: [bellsbythebeach.com.au](http://bellsbythebeach.com.au)**

**'Find us on Facebook'**

## 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)



# “NEVER FORGET”

## **I HAVEN'T FORGOTTEN**

THE THRILL OF THAT FIRST FIRE.....A FURTHER ASSISTANCE.....BRASS HELMETS.... BELLS RINGING AND LIGHTS FLASHING....THE SATISFACTION OF HAVING MADE A “GOOD SAVE” .....

## **I HAVEN'T FORGOTTEN**

THE RETURN TO STATION.... WET AND FREEZING ON OPEN APPLIANCES.....FIGHTING GRASS FIRES WITH KNAPSACKS AND BEATERS....LIT BY SOME KID PLAYING WITH MATCHES' ON TOTAL FIRE BAN DAYS!

## **I HAVEN'T FORGOTTEN**

BEING LOST IN A SMOKE FILLED BASEMENT..... THE ROAR OF THOSE WALLS COLLAPSING..... HEAT SCORCHING MY EARS..... AND AFTER THE FIRE..... MESS ROOM CHATS WITH THE SHIFT MATES..... THEY CALL IT COUNSELLING NOW

## **I HAVEN'T FORGOTTEN**

THE CUTS AND BURNS..... STICHES AND SCARS..... LIMBS IN PLASTER..... BRIGADE MEDICAL OFFICER.....LIGHT DUTIES..... 24 HOUR SHIFTS THAT TOOK 48 HOURS TO RECOVER.

## **I HAVEN'T FORGOTTEN**

THE BOURKE STREET MARCH..... FOR WIDOWS AND ORPHAN'S BENEFITS.... SUPERANNUATION AND SECURITY THAT YOU ALL NOW ENJOY.... THE 8 HOUR SHIFTS.... SUBSISTENCE WAGES...WORKING ON DAYS OFF TO SURVIVE

## **I HAVEN'T FORGOTTEN**

CHRISTMAS DAY AT THE CHILDRENS HOSPITAL..... MUSICIANS.... CLOWNS..... GYM TEAM.....THE CHILDREN'S FACES..... THE FRIDAY DISPLAYS..... SECOND FLOOR JUMPS..... MCKIMM'S BRASS BAND BOOGIE'..... POMPIER LADDERS!!

## **I HAVEN'T FORGOTTEN**

THE FEELING WHEN AFTER MANY YEARS..... I WALKED INTO MY OLD STATION..... FILLED WITH STRANGERS WHO DID NOT KNOW ME.... NOR BOTHERED TO LOOK UP AND ASK..... ‘WERE YOU EVER IN THE JOB MATE?’

## **I HAVEN'T FORGOTTEN!**

I DONT WALK AS FAST..... NOR STAND AS STRAIGHT AS YOU..... MY HAIR MAY BE THIN AND GREY..... EYES AND HEARING DIMMED BUT I KNOW I WILL NEVER FORGET THAT WE PAID THE PRICE..... EARNED THE RIGHT..... TO PROCLAIM FIERCELY.....AND PROUDLY TO ALL

## **“I AM A RETIRED FIREFIGHTER!”**

**Bill Bayley retired MFB Superintendent - (R.I.P.  
Bill! – great man!)**



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**PRINT POST No. 100002647**

**RFA Newsletter**  
If undelivered return to;  
**The Secretary**  
Phil Cleary  
RFAV Secretary  
PO Box 93  
Numurkah 3636

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MAIL**

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