

# "WATER OFF"

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



Aug 2023 Vol 28 No 3  
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**RFA Annual General  
Meeting  
Old Eastern Hill  
Fire Station  
Wed 16th August 2023  
at 10:30am**

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**Old French Fire Bicycle.**

## 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)**



**Who are these two lads are from the past on top of Richmond Fire Station?**

# “ANNUAL GENERAL MEETING”

**Old Eastern Hill Fire Station. Cnr. Gisborne & Victoria Pde  
Wed 16th August 2023 at 10:30am.**

**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](mailto:rfavic1@gmail.com)

**Non financial Members**  
Members be advised if your newsletter has an expiry date of 2/1/2020 that means you have not paid your subs since 2019 therefore if no remuneration is received by the 2/1/22 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  
James Harris

## **Valē**

Robert Fowler, Geoff Annal, Colin Sinclair, Peter Taylor, Stephen Greene, Neil Hendry, Keith Wharf,	Brian Boldt, John Lyons, John Brown, Paul Shannon. Barry Wellington, William Batty, Robert Horne.
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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**  
**“ANNUAL GENERAL MEETING”**  
**Old Eastern Hill Fire Station.**  
**Cnr. Gisborne & Victoria Pde**  
**Wed 16th August 2023 at 10:30am.**  
  
**NOTE: FOR CATERING  
PURPOSES RSVP IF YOU ARE  
ATTENDING MEETING.**

Bruce Petrie, Stan Cameron, Geff Cuzac, Jack Etherington *Ian Hookey, Archie McLachlan, Bob Burrows,	Trevor Reed, Gary Spicer, John Williams, Len Lette.
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**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



**H**ello all. It's that time of the year when we put up all positions vacant on our Committee, so have some consideration of having an involvement into the running of our Association. We need a strong committee to carry on our strong connections to our members and their families, so give some thought to put your hand up for a position.

My appreciation goes to our hardworking Secretary/Treasurer Phil Cleary for all his work in keeping us up to date with all news, good or bad, good on you Phil.

A shout out to our Bulletin Editor Colin Harris who puts together a great informative read who relies heavily on us to send him articles to print so keep on sending him tid-bits on past and present goings on.

Also to our present Committee members just keep on doing what you do. It makes all the difference just you being there.

The year has passed very quickly, and during that time we have lost well remembered past members of the Metropolitan Fire Brigade and The Victorian Fire Services, we will always remember them with fond recollections of their involvement in our lives. To our R.F.A. members who have lost family members, we also acknowledge your loss and hope all's well with you. Our members and families who are sick or not getting around that much, again we are hoping all's well with you. I'm sitting out the back yard jotting this down and the winter sun is out and all's well with the world and I hope it stays this way in the coming year. All the best in what you do, keep on smiling and say hello to the person you may have not seen for a while.

**Alex Shepherd**

## SECRETARY/TREASURER'S REPORT



**H**i all,

I hope everyone is well!

Over the last 3 months I have been busy looking for a location to have our meetings on a permanent basis.

The Fire Service Museum committee has allowed us have our meetings in the front station. This is great because it is in a central location for all RFA Members. It has a tram stop at the front door. You can catch the train to Parliament Station and there are car parks next door ie Wilsons Car Park. Over the road, St Vincent's Car Park and Exhibition Buildings car park. Also we will supply a light lunch, drinks, coffee and tea together with lots of talking about what we used to do at the old station, where we learnt to be firefighters, back in the day.

**I hope to see you all on the 16th of August at 10.30am.**

**NOTE: This is also the Annual Meeting for 2023.**

Could you please notify the Secretary if you are coming for catering purposes!

Regards, Phil Cleary RFA Secretary

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

## Back to where it all started - Old No.1 Stn.

Our next R.F.A. Meeting will be at the old Eastern Hill Fire Station  
Entrance via Fire Services of Victoria Museum

**O**ur next R.F.A. Meeting on Wednesday 16th August, 2023 will be held at Eastern Hill (old station), cnr Victoria Parade and Gisbourne Street, East Melbourne. Come by train, tram or car. Parking next door in Victoria Pde is available cost \$17 for 3 hours parking. If coming by train, Parliament Station is where you will hop off the train. Walk to Eastern Hill (5 mins). There will be lunch provided – **NO CHARGE!** The RFA committee would love to see you all.

**D**o you remember your first day on shift as a recruit firefighter at No.1 Station? Well, I certainly do! After finishing recruits at the Abbotsford training College 49 years ago, I was rostered to “C” at No.1 Station. (My first platoon and also my last platoon after 40.5 years).

This scribe missed catching the fire truck on his first shift, at 0805 hours during muster! His gear was upstairs in the locker room when it should have been in the engine room, ready to go! Oh well, kick in the bum by the District Officer after he returned from the call. Reg Carey was the D.O. (lesson learnt!). The muster at No.1 was carried out with about 40 firefighters and officers. There was Brian Waterhouse and Bill Brady (not to be messed with). Both were tough, fair and great officers. I was destined for the “dog box” in the engine room. We all took turns and we saw the big chiefs, the little chiefs and looked after the public when they ventured into the station. We answered phones from the D.O.’s office, The Chief’s Office and many others who worked in the vicinity of the dog box. There was an occurrence book where all goings-on at the station were recorded. For the “newby” firefighters, we wanted action! Not being in the dog box or rostered to the slow gear. After muster, the gear and B.A. on the trucks was checked. After that, it was mops and buckets, to the gym, the toilets, hallways, bedrooms and station floors. Around 10.00 hours, it was time for “smoko”. Up the iron stairs to the big mess room with brown linoleum floors. There was the senior firey’s table and other tables for the less senior and less important plebs. As a recruit, you never, ever sat at the Magic Circle Club table!

Some of the characters I came across were: Col Campbell (B.A. Room), Clarrie Hart, Dave Anderson, David Griffiths (died in a flooded drain 6 months into the job), Eddie McMullen, Phil Cleary, Brian Morrissey, Vince Cavallo, John Rhodda, John Barrett, Barry Langley, George McLennan and Graham Hepburn, John Lyons, Peter Andrews, Harry Drew & many others.

Still in the front station engine room, the three fire appliances were: An International Rotary Hose Carriage, an International Combination Ladder and the Dennis Pump. The office next to the Dennis Pump, was the Chief’s domain. Beyond that was the General Office. On the other side of the engine room, was where the Deputy Chief and Third Officer were located. Up the stairs was the watch-room and the Control Centre. The watch-room during the week was often hectic. The junior lad never sat down! There were fire alarm tests, sprinkler tests and street fire alarm tests being carried out all over the CBD. (The time went quickly when you were on watch-room duty). On weekends, it was a quiet and relaxing time. Read a newspaper or 2 or 3.

The Superintendent on duty at this time was Gordon Geddes, father of Ian and Peter. The Chief was Frank Tueno and the Deputy Chief was Neville Van Every. Now, who was the third officer?

I rarely slept on night shift. I was always waiting for the “bells” to go on! And when they did, it was heart attack material. Forty blokes of all ranks, leaping out of bed, pulling on their trousers and slipping into those uncomfortable, leather top boots. Racing down the stairs or sliding down the pole. Those on the hose carriage and the comb ladder would be first down the pole and within 60 seconds, they were out the doors and hurtling down Victoria Parade east or west (usually west and then left down Nicholson Street, into Spring Street and into the city).

Under the old fire tower at Eastern Hill, there was a phone box, where you could phone your wife or girlfriend or both. The officers slept in “quarters” down the alleyway and beyond that alleyway was an area they called the “paddock”. Here was kept old appliances, trailer monitors and a few station cars. The back gates led to Albert Street, East Melbourne.

Saturday and Sunday day shifts were often slow and you could take things a little easier. No chiefs and other high ranking officers about the place. On the top floor of the building was the “flat roof”. Here we played volleyball and often watched the world go by. A little bit of sunbaking in summer was fine, only interrupted by the odd water fight, where sometimes things got a little heated & fists were clenched & battle-ready firemen sometimes threw a punch! You had to have a thick skin in those days, yet we all survived to fight another fire or false alarm—(Editor)



## A Letter from Margaret Forde about Jack (“Darky”) Forde

May, 2023

Dear Phil Cleary,

I am writing for my husband, Jack “Darky” Forde, who after hospitalisation with a bad bout of pneumonia has now, at the age of 95, been moved to Arcare (aged care) at Knox. He is 9/10 blind, due to glaucoma, has hearing loss and various other medical problems, but is still mentally alert and still likes me to read “Water Off” to him. Sorry we are late with our dues, but as you may know, our time was taken up with family, our doctor and Jack and I to make the decision to have Jack go into care and it’s been an emotional time too.

Jack was a fireman for 34 years, the last 14 or more as an officer, mainly at St. Kilda (37 Stn). He spent his first years at Glenhuntly (29 Stn), riding his bike to work, hail, rain or shine – day and night for many years during which time, he attended many fires, saved kittens stranded high up in trees and generally increased his knowledge dealing with chemical, house and factory fires all without the modern equipment that’s available today.

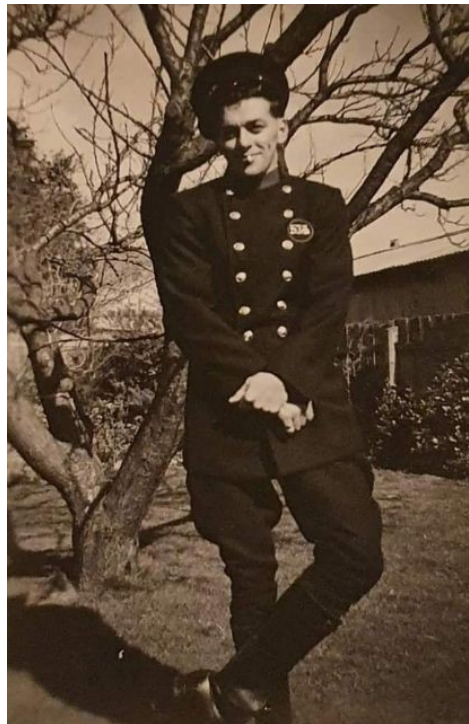
After much additional training, Jack sat for the officer’s exam, passed and became a relieving officer at many metropolitan fire stations before being made station officer at St. Kilda, where he helped many a young fireman gain knowledge in firefighting. He stayed at St. Kilda until retirement.

We brought our family of 4 (son, daughter and then twin daughters) up in East Bentleigh for 45 years, before moving to Balmoral Retirement Village, Wantirna South, where we have resided for the last 20 years (I am still there).

Jack was a Scout Group Leader when son John, joined Cubs and Scouts. Jack played a mean game of tennis, was a volunteer driver for East Bentleigh Community Center for many years. As his body was getting older, he joined Bentleigh Lawn Bowling Club, was soon coerced into being on the committee, then junior Vice- President, Senior Vice-President, then President. One of the highlights of his bowling career was to be part of a winning pennant team.

Our family are all kind loving people and we now have 11 grandchildren. Jack’s one sorrow is that he cannot see them due to his glaucoma, but we are all close enough to visit him in his care place. By the way, I am nearly 92, still driving – locally though!

Yours Sincerely,  
Margaret Forde



# Frank Scott: Hero fireman – a man of iron!

(An article from Herald Sun, June 14<sup>th</sup> 2007)

Frank Scott was just one of just six firemen (firefighters) in the Metropolitan Fire Brigade's 116-year history to be awarded its Medal of Valour. No medal has been awarded in the past 48 years. Frank received the rare distinction, as well as a Royal Humane Society medal, in 1958 for the rescue of young Joan Wood aged 5.

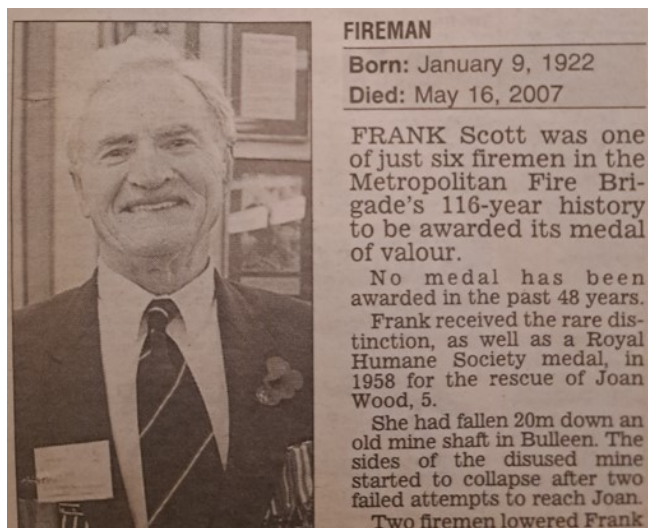
She had fallen 20 metres down an old mine shaft in Bulleen. The sides of the disused mine shaft started to collapse after two failed attempts to reach Joan. Two firemen lowered Frank through a narrow hole to the bottom of the shaft. In stinking, cold murky water up to his shoulders, he began a frantic search. After ducking his head into the water a few times and feeling for Joan gently with his feet, Frank found her "as cold as ice" and covered in weeds, even in her mouth. He wept as he held her face down, trying to drain water from her limp body. Fellow firemen heaved on the rope, hauling Frank and Joan to the surface. A few minutes later, medical staff detected a feeble pulse. While Joan was taken to Box Hill Hospital, Frank crawled under a fire pump and cried uncontrollably. Understandably, Frank and Joan became very close after the ordeal. Joan grew up and became a mother of two boys, however, she died in her late forties of breast cancer.

Frank Walter Scott, one of nine children, was born into a poor but close community in Swansea, Wales - United Kingdom. A wild boy, he often stowed away on boats to Devon. At 15 he ran away to sea on a ship bound for Canada, pretending to be an experienced deckhand. On his return, his father, a steam engine driver, told Frank "you are a wooden boy in an iron ship. Come back when you are an iron man in a wooden ship." Frank's seafaring days took him all over the globe. Along the way he had many adventures, including once joining a circus in Vancouver. The wooden boy was transformed into an iron man in the merchant navy during World War II. He sailed 22 trips, crossing the Atlantic and Pacific oceans and doing the perilous run to Murmansk, a city in the far northwest of Russia. Honouring the memory of more than 30 per cent of merchant seamen who lost their lives during the war was a sacred duty for Frank.

He arrived in Melbourne in 1949, joined the MFB, and bought a block of land in Glen Waverley. Even though he had no formal qualifications as a builder, Frank constructed his own house. His only guide was the "*The Australian Carpenter*". Although Frank had been a hero and never complained, war scenes and horrific accidents haunted him.

Frank, who married Irene Kew in 1961, lived simply, using little water or electricity. He drove his car only when essential. Eventually sailing in a wooden ship, he was a volunteer for 500 days on the three-masted schooner "Alma Doepel, a former merchant ship that worked Australia's east coast in the early 20<sup>th</sup> Century, crossing Bass Strait more than 560 times.

At 76, Frank qualified at RMIT, as a master mariner Class V. Survivors include two brothers and three sisters. Irene died in 1996. (What a man! – Ed.)



## 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)

# Tales from the Rails

“Love won’t run out of steam for Warren”

(This is Warren Doubleday ex-MFB Building Dep’t Civil Engineer)

(Ballarat Tramway Museum – By Simon Garner)

Warren Doubleday’s interest in heritage rail goes back to when he was 16 after he first went to ride on Puffing Billy. He became excited about heritage rail and began volunteering at Puffing Billy in 1968. Three years later when trams stopped running in Ballarat, he became involved with the newly-founded Ballarat Tramway Museum.

Wind the clock forward 51 years and Warren is still there serving as collection manager. The 74-year-old’s long service was recognized when he received the Victoria Life-time Achieve Award at the Victorian Museums and Galleries awards. “I was a civil engineer in my working life and I’ve done a lot on the technical design side of things and track work over the years at the museum,” he said. About 12 months ago, the museum expanded into a new building alongside its existing buildings. Warren contributed to the new building’s design and fit-out, and now spends time overseeing a significant collection. “I’m part of a team that looks after quite a vast collection of photos, videos and memorabilia. I do similar work with the Melbourne Tram Museum. “The difference is you can ride the trams at Ballarat but the Melbourne museum can’t operate its trams on tracks. “I think what draws people to trams is the community feel when you’re on one. We have conductors on our trams and paper tickets. Many of the trams at Ballarat are 100 years old; the youngest one is from 1956.” The collection includes a Ballarat Horse Tram from 1887 and a 1905 Electric Supply Company of Victoria tramcar (under reconstruction). Many of the operating fleet are Melbourne tram-cars from around the time of World War I that were sold for use in Ballarat. While his interest and passion for heritage rail goes back half a century or more, Warren said one of the key things about his work with the museum is the sense of being part of the community.



Warren Doubleday at Ballarat Tramway Museum

Ballarat Tramway Museum Tram.





## FRV Deputy Commissioners' Retirement

Today FRV farewelled three giants of the fire services – Deputy Commissioner Kenneth Brown AFSM, Deputy Commissioner David Bruce AFSM, Deputy Commissioner Brendan Angwin AFSM.

The respected Deputy Commissioners are retiring following exemplary careers spanning approximately 120 years of service to the Victorian people.

They were honoured during a ceremony at the Fire Services Museum this morning.

The event was attended by members of FRV's Executive Leadership Team, representatives of the United Firefighters' Union, Emergency Management Commissioner Andrew Crisp, Queensland Fire and Emergency Services Commissioner Greg Leach, and senior representatives of EMV, Ambulance Victoria, Forest Fire Management, Vic SES, ESTA, the Australian Army and the Retired Firefighters' Association Phil Cleary.

The retiring Deputy Commissioners were presented with lifetime membership medals, an axe and key plaque, brass helmets, and certificates of appreciation to honour their decades of commitment and dedication to FRV and the former MFB.

**Congratulations to DCs Angwin, Brown & Bruce. All the best for your retirement.**

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### Editorial

Colin Harris

It was about 18 or so years ago, that I came in contact with David Bruce and Ken Brown that I deduced, these two clever blokes were going places. It was on a commander's course, back in the early 2000's. Dave was a quiet bloke, Ken was a louder bloke. They both knew their stuff and as newly promoted commanders they were stationed out west where it all happens. They were commanders who visited stations, knew their officers and firefighters in their district, zone, district or whatever it is today. It was about knowing your people. It was about having your station crews competent, doing drills, knowing what they needed to know as professional firefighters. The firefighters under their command, knew where they stood and what was expected of them when the "bells came on". Whether it was a false alarm, a grass fire, a house fire, a factory fire, a chemical incident, an EMR call, a public display, a Fire-Ed at a primary school - whatever it was, the firefighters were "on song" to do what they had to do in a collaborative & professional way. Dave and Ken have now done their time and it's time to enjoy the fruits of their labour. Congratulations and thankyou to you both, for serving the people of Metropolitan Melbourne, and the State of Victoria in a most professional way - "Happy Retirement".

Ken will be out in his boat, chasing the snapper, the flathead, maybe a small bay shark. He's not a golfer, however, He's a "Demon's Supporter" after giving up the Magpie Army many years ago! Was it his wife who twisted his arm, or was it the other thing?

He's now a Rosebud man, about to live the dream after a long career in the old MFB and the new FRV. I can't work out why he would retire now (winter in Rosebud??). Anyhow, he and his wife will probably head to Queensland for a week or four and come home to Rosebud when the chilly wind of Melbourne have debated and spring is in the air. I hope he and his wife get to the Queensland Retired Firefighter's Luncheon that Gail & Ian Fagernes organise each year at the CSI Club, Southport in sunny, warm Queensland! (Beats Melb Winters).

As for Dave! Well, he was on "A" platoon and he would follow me after my shift was about to finish on "D" platoon. Dave was timely, always on time! He would come into the office, we'd have a chat, talk about the events of the day, if there were any and carry-on with the change-over of the shift etc. Now David, from memory used to holiday down the Surf Coast, so time down that way will be had. There are plenty of retired furies who live down that way, so David will probably bump into many while he's sunning himself on the beach or doing some shopping at the local supermarket? David will travel to overseas destinations and catch-up with more family dinners and lunches. I don't think he's a fisherman? He has been heavily involved with the Variety Club, a charity where vehicles of all shapes and sizes, travel from here to there (distances) to raise money for charities.

NOTE: The Variety Bash is Australia's longest running and most iconic charity motoring event. Each year, the Variety Bash sees hundreds fundraise and hit the road for kids in need. Known for its flare and fanfare, it's always a sight to behold when the Variety Bash comes to town! The Variety Bash is typically a 10-12 day event that takes participants across the country in a colourful convoy. The route is always jam-packed with iconic Aussie tourist destinations, off road adventures and includes stops at schools and small towns to show some love along the way. In addition to the grants presented en route, the Variety Bash is welcomed by regional communities as the spending on fuel, food and tourism often results in their biggest trading days of the year. Sometimes, our outrageous crew even outnumber the locals for a night.

## **Ray Thornburgh (Rippon) – His Career C.F.A. Story!**

I joined the Dandenong Fire Brigade as a Volunteer in 1956 – aged 18. I thought about joining the MFB – I spoke to a guy who had just joined and he said the entrance exam wasn't all that hard except you had to jump out of a 2<sup>nd</sup> story building into a net – so that was me done!!

I went on to join the CFA Permanent Staff in March 1960. That was one of the best days of my life when I walked into the Geelong City Fire Station. The guys that worked there welcomed me with open arms. So I spent the next 30 years at Geelong City and my last 8 years at Belmont.

The biggest fire I attended was at Shell Refinery Geelong in 1979. We turned out in a new ladder pumper that had just come on Station. After we had set up pumping, one of the Engineers from Shell came to me and said – People will say the guys in the cage are not hitting the fire, they are hitting the tank next door, don't tell a lot of people this because that is the hydrogen tank. If that goes, we all go!!! I don't talk to God much but I did after he left.

I didn't physically attend the Ash Wednesday Fires in 1983 but I manned the watch-room which was flat chat all day. People wanting to know if holiday homes in Lorne had burnt down etc – those sort of calls went on for hours.

Some years later we received a new Bedford Tanker at Geelong Station. We received a call to assist the MFB at a running grass fire in Laverton. When we arrived the MFB guys were chasing it with a Denis Pumper and tree branches so we were able to round it up with the help of a couple of private tankers. After the fire was out and all was mopped up I was talking to the guys on the MFB Pumper and admiring this beautiful open cab fire truck – so they came to have a look at our Bedford Tanker and then along came the MFB Officer and said righto you blokes get on the truck we are going – I just stood there and he walked up to me and said, are you deaf? I told you to get on the truck – and I said to him, Sir if I get on that truck who's going to drive this one back to Geelong? He took a step closer to me squinted looked at the buttons on my tunic and grunted and said Ohh, the boys on the back of the Denis Pumper were pissing themselves laughing and calling out we'll see you next time.

I was also a member of the Geelong Search and Rescue Squad – those in the squad had a direct line from the Station to their homes. At 1pm on a Sunday afternoon I got a call from the station to attend a lady in distress a few block from home. When I arrived 2 cops were leaving and they just said to me good luck mate. On entering the house there was this very bad smell. Also a lady with very long hair which was caught up in the rollers of the washing machine – she was also about 8 months pregnant. The release mechanism was broken, I said to her I will have to cut your hair – she said cut away!! So I took out my trusty pocket knife which all good firies have and started to cut. Her hair was so badly caught that I was cutting scalp as well as hair. She didn't care she had been there since 8.30am that morning. I just finished the hair cut as the boys walked through the door. The bad smell was coming from her toddler who was wearing a very dirty nappy. One of our boys found some clean nappies and done the good deed. (The things we do!!)

The last night before I retired she rang me up to wish me a long and happy retirement and the little boy she was pregnant with was now 19.

I read in the paper years after this incident of a lady in South Australia who had a bikini top on while operating her washing machine and the ties on the back of her bikini got caught in the rollers and her boob went through the rollers – thank god I didn't get called out to that – I don't think my pocket knife would have been appreciated that day.

My time in the Fire Brigade were the best years of my life. I've made life-long friends whom many I consider family. I have been retired for 25 years and I have travelled every Victorian winter to Qld and around Australia.

Regards  
Ray Thornburgh  
LFF



## “After 58 Years of Dedicated Service”

Afternoon all,

Please find below a farewell message from SO IAN GRINDLAY completing his final shift this afternoon from FS 16A platoon.

Almost 58 years operational duty, most members are not that young (old) let alone have a service record such as this.

All of Northern “A” Platoon, wish Ian good health, well-being and a long relaxing retirement.

Sincerely sir, thank you for your service (**from: Commander Steve Dorman**).

### **Message from: S.O. Ian Grindlay – Wednesday, 21<sup>st</sup> June**

Good afternoon all,

Today is my last day on Duty and I take this opportunity to say take you to all, especially the colleagues I did many rosters with at F.S.12, 13 &16 over the later part of the journey, part of the reason why I didn't go sooner was that I was enjoying what I was doing which was made easy by the company I was with.

Whenever I'm reminded of the era I joined the M.F.B., I immediately recall the names of the three (dec) Senior Ranking Officers of that time.

**Mr. J. Paterson - C.F.O**  
**Mr. F. Tuono - D.C.F.O**  
**Mr. B. Young - 3<sup>Rd</sup> Officer**

Many times, each year I recall and thank them, and I will continue to do so for had I not received the endorsement of all three my brigade service would have finished on Friday September 23, 1966 as Reg.No.2108.

Since that time there has been major advancement in our Staff Award, safety equipment and procedures and I acknowledge all personnel from management and the United Firefighter's Union who were involved in the acquiring and the implementation of those items and procedures.

I thank my Parents (deceased), my wife and family for their support and assistance for without that from them, today would have been years ago. Finally, to each one of you, I wish you good health and happiness.

Regards &  
all the best.

**Ian S.C. Grindlay.**

## Loneliness – A Way Forward

**Australians over 75 years of age are more likely to be lonely (more than any other age group). If you have elderly loved ones in your family, its likely loneliness will come knocking. KENDALL MORTON explores the health implications and suggests some ways to move past loneliness.**

Many people find alone time beneficial. It's when you are alone that you can write that poem, daydream about the past or speak with your God.

Solitude helps you process memories and lock them in. You can recharge for the social times ahead. Artists would not complete their masterpieces if they were always looking over their shoulders for comments and approval.

However, too much time alone can be damaging. Studies by Psychologist John Cacioppo from the University of Chicago have shown isolated people react more strongly to stress than social people. They saw the stress as more serious and their body's stress responses were heightened too. Stress causes the release of cortisol which in turn tresses the heart, lungs, digestive system and suppresses the immune system.

Loneliness can lead to depression and anxiety. These in turn make it harder for someone to break their isolation. The suicide risk is higher for people who live alone and spend time alone. On the flip side, having social relationships has many benefits. It is good for your brain health. In the study of breast cancer recovery, women who had one good friend recovered better than women who had no friends.

There are many reasons older people become isolated in our western society. Much of our social world is constructed around schools and workplaces. Once an older person has no contact with these, keeping up a social life is harder. It requires planning and effort.

There are many factors that lead to social isolation and loneliness. For instance, the death of a spouse or close friend, having a disability, not being able to drive, poor health or reduced mobility.

According to Relationships Australia, there are common signals that someone is lonely. You may notice your loved one spends more money or visits the doctor more often. This can be a way to fill their time and connect with people. Sometimes they may stop phoning you.

Here are some ways to address loneliness. First up, try to talk about the problem. However, some people don't want to be seen as a burden or as weak and will not acknowledge it. Instead, make a suggestion or two. Perhaps suggest hosting an afternoon tea at your or their home with a few neighbours. This could become a monthly arrangement if it goes well.

Try getting (your lonely friend/relation) to attend a hobby class that may interest them. Start by "just having a look". There is no need to make a long-term commitment. If the group and the activity are interesting, that's great!

Brainstorm with your friend/relation about what they could share with neighbours. Do they have a passionfruit vine or lemon tree bursting with fruit? Do they have an empty garage (space) someone could use for a hobby? Perhaps there's room for a veggie patch.

Plan ahead. For some people, there's nothing worse than an empty diary. Help relations/friends put a few ideas into practice on a weekly basis. They can enjoy the anticipation as well as the experience.

***Kendall Morton is Director of Home Care Assistance – email: [kmorton@homecareassistance.com](mailto:kmorton@homecareassistance.com)***

## **3M Agrees to \$10.3B Settlement in 'Forever Chemicals' Suit**

June 27, 2023

Company officials said it is 'not an admission of liability' and will also continue to address other pending PFAS litigation. **By: Isabella Breda**

### **Firefighting foams have emerged as a major source of PFAS contamination The Seattle Times, U.S.A.**

Jun. 27—Hundreds of Washington state drinking-water utilities could be eligible for a piece of more than \$10 billion as part of a tentative settlement with chemical and manufacturing giant 3M for its role in "forever chemicals" *contaminating drinking water across the nation*.

In the state, the chemicals, per- and polyfluoroalkyl substances, or PFAS, have been found in fish tissue, human breast milk and just over 200 water sources so far, as new statewide drinking-water testing requirements roll out. PFAS have been linked to several health problems, including cancer, and are emerging as one of the most pervasive sources of pollution on the planet.

Under the proposed settlement, 3M agreed to contribute up to \$12.5 billion, said Ken Sansone, an attorney representing utilities with contamination claims. According to a statement provided by the company, the agreement will benefit utilities "nationwide that provide drinking water to a vast majority of Americans," payable over the next 13 years.

The settlement, if approved by the court, would be broken into two phases, addressing both current and future drinking-water claims brought by various public utilities.

The company argues the agreement "is not an admission of liability." If it is not approved by the court, "3M is prepared to continue to defend itself in the litigation." The company said it will also continue to address other PFAS litigation "by defending itself in court or through negotiated resolutions."

Firefighting foams have emerged as a major source of PFAS contamination across the country and in Washington. They were first developed by 3M in the 1950s, in collaboration with the Navy. Lawsuits filed by local governments, including at least five filed by Washington public water utilities, allege 3M failed to disclose internal studies dating back decades documenting the persistence of these chemicals in the environment, their toxicity and their widespread presence in human blood. In 1998, 3M finally shared over 1,200 studies with the Environmental Protection Agency, drawing a \$1.5 million fine for failing to report them earlier.

The tentative settlement comes on the heels of Chemours, DuPont and Corteva's agreement to pay about \$1.2 billion to settle claims regarding their role in PFAS contamination.

### **A SENIOR TRYING TO RESET A PASSWORD — JOKE!**

WINDOWS: Please enter your new password

USER: cabbage

WINDOWS: Sorry, the password must be more than 8 characters

USER: boiled cabbage

WINDOWS: Sorry, the password must contain one numerical character

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have spaces

USER: 50damnboiledcabbages

WINDOWS: Sorry, the password must contain at least one uppercase character

USER: 50DAMNboiledcabbages

WINDOWS: Sorry, password cannot use more than one upper case character consecutively

USER: 50damnBoiledCabbagesShovedupYourA%#\$IfYouDon'tGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation

USER: Peedoff50DamncabbagesShovedUpYourA%#\$IFYouDon'tGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.

## The Firefighter's Prayer

When I'm called to duty God  
Whenever flames may rage  
Give me strength to save a life  
Whatever be its age  
Help me to embrace a little child  
Before it is too late  
Or save an older person from  
The horror of that fate  
Enable me to be alert  
To hear the weakest shout  
And quickly and efficiently  
To put the fire out  
I want to fill my calling, and  
To give the best in me  
To guard my neighbour and  
Protect his property  
And, if according to your will  
I have to lose my life  
Bless with your protecting hand  
My children and my wife.



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