

## GET YOUR FLU SHOT NOW!!!

*This year for the first time, people aged over 65 are being offered one of two influenza vaccines whose effectiveness has been significantly boosted.*

All up, there will be six different types of vaccines but the two being recommended for older Australians protect against three viruses and are known as trivalents – they are Fluzone High Dose by Sanofi-Aventis and Fludax by Seqirus. The Therapeutics Goods Administration says they are available now.

In 2017, visits to hospital by patients suffering with flu soared 50 per cent. More than 221,000 flu infections were recorded around the nation – the highest ever – and many who fell sick had had a flu shot.

Last year's nasty flu season rang alarm bells for health authorities, who determined that standard vaccines were probably not particularly effective in the elderly.

As a result, two vaccines have been developed for this year's flu season and both are designed to enhance immunity. One is a high-dose vaccine with four times the strength of the standard vaccine, and the other is an "adjuvanted" shot that has a separate compound which also boosts immunity, according to Professor Kanta Subbarao of the Peter Doherty Institute for Infection and Immunity.

Spource: Your Life Choices

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**Do you remember this man above?**

Image: Fire Services Museum Vic.

# “GENERAL MEETING”

Notice is hereby given that the next General Meeting will be held at the Burnley Complex 450  
Burnley Street Richmond  
**1030 Hours, Wednesday 16th May 2018**

## AGENDA ITEMS.

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

**Allan Roberts**  
**SECRETARY/TREASURER**  
**Address all correspondence to:**  
**Allan Roberts**  
**Unit 158 Mernda Retirement Village**  
**89 Galloway Drive**  
**Mernda Vic 3754**  
**Telephone: Mob: 0433 007 720**  
**Home: 9216 1658**

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

**Lunch available.**  
**All wives and partners welcome**  
**Please join us!**

### **Non financial Members**

Members be advised if your newsletter has an expiry date of 2/1/2017 that means you have not paid your subs since 2016 therefore if no remuneration is received by the 2/1/19 your name will be automatically removed from the mailing list. If, for whatever reason any member is unable to meet this request please do not hesitate to call the secretary, (confidentiality is assured)

## **OFFICE BEARERS**

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

**General Committee:**  
Arthur (Sam) Capes  
Mike McCumisky  
Ian Geddes  
Kevin Hede

**Auditor:**  
Mike Enticott

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

## **Diary Dates 2018**

**May 16, General Meeting**  
**August 15, General Meeting (CFA Corio)**  
**November (?) Christmas Luncheon**  
**Wed. 21st November; Annual General Meeting**

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

Don Brennan*	Alan James*
John Brown	Lindsay McCurdy
Bob Brunning	Archie McLachlan
Stan Cameron	Harry Mitchell
Huew Campbell*	Brian Morrissey
Harold Connell	Dick Prendergast
Stan Devlin	Ron Shaw*
Tom Driscoll	Jack Shelley
Col Dyos	Gary Spicer
Ian Fowler	John Schintler
Barry Gavin	Alan Sugg
Jim Gibson	Bob Tottle
Eddie Gilbertson	Laurie Trewin
Bob Horgan	John Williams
Jack Hookey	Tom Williamson*

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

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



## PRESIDENT'S REPORT

Another April brings around ANZAC DAY, a day that brings memories of loved ones lost, of Men and Women who gave up their lives for the way of life we cherish and live with our families who they left behind. We have grown blaze with our way of life and have forgotten some of the values they fought for to keep us safe from harm. It seems these values over time get eroded away like the freedom of speech is one that keeps get battered around. To our Members who served our Country in War and Peace to your Families Thank you for this wonderful life and Country.

LEST WE FORGET.

**Alex Shepherd**

## SECRETARY/TREASURER'S REPORT

### SECRETARIES/ TREASURERS REPORT. FOR MEETING 23<sup>rd</sup> May 2018.

Please give your family and friends details on contacting the RFA so we may be able to help you or your family members with support if required.

### HELPERS NEEDED.

We have organised a fund raiser BBQ at Bunnings.

MILL PARK on the 4<sup>th</sup> AUGUST 2018.

Also a BBQ at Bunnings.

HOPPERS CROSSING on

SATURDAY 15<sup>th</sup> SEPTEMBER 2018.

### SPECIAL GUEST.

THIS MEETING IS ALL ABOUT YOU THE MEMBERS SO BRING YOUR PARTNERS AND JOIN IN THE DAY.

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

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

**Please make sure that your family knows how to get in touch with the RFA for any assistance.**

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

Allan Roberts Secretary

### TRESURERS REPORT.

Closing Balance: 31<sup>st</sup> MARCH 2018

Running account S1 = \$4,676.95.

Fix Term 6 Months L1 Account: = \$7,107.29.

Allan Roberts Treasurer.

### Retirements:

Phil Smith, John Gribble, Robert (Noddy) Ireland, Paul Koch, Len (Dusty) Rhodes & Wayne Brown.

## **Dr. Geezer**

An old geezer became very bored in retirement and decided to open a medical clinic.

He put a sign up outside that said: "Dr. Geezer's clinic. Get your treatment for \$500, if not cured, get back \$1,000."

Doctor "Young," who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to Dr. Geezer's clinic.

Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: Aaagh ! -- "This is Petrol!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500.00

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory, I cannot remember anything." Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't, -- that is Petrol!" Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak --- I can hardly see anything!!!!"

Dr. Geezer: "Well, I don't have any medicine for that so, here's your \$1000 back." (giving him a \$10 bill)

Dr. Young: "But this is only \$10!" Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer".

## GENERAL MEETING: Minutes of Meeting 21<sup>st</sup> February 2018

Meeting was opened by President Alex Shepherd at 10.35am whereupon the President welcomed all members, ladies and visitors.

### **Apologies:**

As per Attendance Book.

Secretary Allan Roberts: All new members were welcomed. Mentioned that new members included Richard Albert, Michelle Field and Alan Quinton.

Guest Speaker: Senior Station Officer Cameron Rees from MFB – Emergency Medical Response team.

Congratulations to Don Brennan for being one of the many participants in the Commonwealth Games relay whereupon Don took the baton and in his wheelchair performed his part of the relay and handed the baton to the next participant.

**Treasurers Report:** Balance of Running Account \$3,951.30 Term Deposit \$7,029.33

Moved: Ken Heddle – Seconded Brian Jackson

President of The Retired Members Division Eddie McMullen was invited to speak about the RMD and what was the latest information from that group. Eddie noted that information was doubling-up with the two groups and wants to meet with RFA committee members to sort out. (There is confusion and seems to be occurring with RFA & RMD in relation to MFB and CFA hierarchy – they don't understand the difference between the two retired groups of people). Eddie also thanked the retired members who assisted with the Annual UFU Moonee Valley Family Day BBQ.

**Almoners Report** from Ian Fowler:

Thanks to John Berry and John Howe for visiting him after he returned home from hospital. Les Napper is recovering from an operation he had recently.

### **Correspondence:**

From Retired Police Association. The letter in short was asking for financial assistance from the RFA to send Ms Vicki key to the Canada to attend a conference on suicide etc in relation to retired police officers. Secretary Allan Roberts took a vote and the group voted no to a financial donation as we have MFB Peer Support for our retired members whenever it may be required. A letter will be sent to the Retired Police Association.

### **General Business:**

John Berry congratulated Arthur Mears on 60 years of marriage.

Nancy Brennan thanked all who have supported Don over the many months of his confinement to a wheelchair and nursing home. The thanks included RFA members, the MFB and the UFU.

Bunning BBQ is on the agenda for this year. It was put to the vote that we do 2 x BBQ's. One in Mill Park on 4<sup>th</sup> August and the other in Hopper's Crossing on 15<sup>th</sup> September 2018. All agreed to the motion that 2 x BBQ's be actioned.

### **Guest Speaker:**

\_MFB –SSO Cameron Rees today spoke about Emergency Medical Response. Cameron mentioned that EMR has now been in progress within the MFB for 20 years with outstanding and positive results. Recorded results include 270 saves, but possibly over 1000 people have been saved by the early intervention of MFB trained crews.

Cameron spoke about the training and on-going training of MFB crews and also spoke about the coming on board of CFA crews performing EMR to the public in the outer suburbs and country Victoria.

There are now 1800 MFB – Emergency Medical Responders available 24/7 over 48 strategically located fire stations together with 90 EMR capable fire appliances to respond within the Metropolitan Fire District.

Cameron highlighted the fact that the ambulance service wants the general public to administer compressions to the chest even if they haven't been trained in CPR. Compressions to the chest will keep the blood flowing to the brain, thus keeping the person alive.

MFB firefighters are supported by the following services and agencies in relation to EMR. They are: MFB Peer Support Group. External counselling. CISD and Chaplaincy services if required.

The audience appreciated this talk and raised many interesting questions and thanked Cameron for his time and wonderful information.

President Alex Shepherd thanked all for coming to the February meeting and closed the meeting at 12.05pm and invited all to attend outside for the BBQ lunch.

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

## An interview with the esteemed Sammy Capes

Sammy Capes, was the most capable, practical and reliable Leading Firefighter.

I remember Sam from 35 Station where I spent a few rosters. He was first in the big red truck and raring to go to the fire, incident, rescue or other emergency and he is of course retired and enjoying life with his lovely wife Myra (Sam retired in 1992).

Sammy is an active RFA committee member who along with the others on the committee and past and current members is always a willing participant/volunteer at the RFA BBQ's to raise money for worthy causes such as the Peter McCallum Hospital and the various other charities the RFA donate to.

Sam was born in Lakes Entrance on the 28<sup>th</sup> of March 1939. He grew up in Bruthen and those travellers among us will know that Bruthen is located in far eastern Gippsland and is a timber town.

Sam's education was at the Bruthen State primary school in Bairnsdale and afterwards at The School of Mines. After secondary school, Sammy started work at a business associated with the timber industry making axe handles in a local factory.

Sam decided on a secure job and joined the "MFB family" in August 1960 at the age of 21.

Chief Fire Officer Aldridge was the top man when Sammy joined.

Over his time in the job, Sam was stationed at 32, 37, 39, 35 and the Communications Centre.

I asked Sammy what he liked about the job. The pompier ladders (old Station at Eastern Hill), turning out on turn-table ladders and most of all the comradery of the "firies" in the job.

Sammy attended many fires when stationed at Windsor, especially in Chapel Street during the years he was stationed there. He remembers a large carpet factory fire in South Road, Braybrook in the western suburbs of Melbourne.

After Sam retired his interest in classic cars has continued together with old time dancing. He and Myra attend a dance hall at Nar Nar Goon on a regular basis.

Sammy's classic cars include a 1939 Chevrolet, 1947 Desoto Coupe, 1956 x 3 ton Desoto truck (decked out with Sam's father's sleeper cutting tools), a HQ one ton utility and a 1976 CL Valiant.



Sammy is a life member of the United Firefighters Union and is an active member of the Retired Members Division. Sammy was also a UFU Shop Steward.

Sam included a few stories from his time in the job. Here are a few from the past!

When stationed at 37, he attended with station 35 to a call at the St. Kilda Cemetery on the corner of Dandenong Road and Hotham Street. District Officer George White said to send a word-back from him of "no sign of life and apparently a ghost call". Station Officer Aspel could not repeat the word-back as he was laughing so much. (Thoughtful word-back George!)

Chapel Street had a fire bug in the late sixties, where fires were started from Dandenong Road all the way down to Toorak Road, South Yarra. There were a lot of vacant shops at this time. The local police dressed in civies and riding bicycles attempted to catch the arsonist in action, however they never did catch the culprit.

One night shift the crew had a fire in Chapel Street and ran 14 lengths of 65 hose down the road. The fire was extinguished when they had another call and had to leave the hose, retrieving only the stand-pipe and the branch, leaving the hose for pick-up later. (They were the good old days says Sam!)

By the way, there were eleven (11) picture theatres in Chapel Street in the 1960's.

Col Harris—Editor

## Don's well deserved place in history – Commonwealth Games Baton Relay team member

Don Brennan was nominated for the work he has done both with the MFB and the local community.

Here is a list of some of the things.

- School council for 15 years
  - Volunteered at the Carols by Candlelight with the MFB
  - Volunteered at the RCH Good Friday appeals with the MFB for approximately 58 years
  - Competed in numerous events for the CFA representing Willaura with his brother before joining the MFB.
  - Was instrumental in the starting up of the RFA and the RMD
  - RFA President for 19 years
  - Helped build 2 homes for the homeless in Werribee with Habitat for Humanity
- Mentor to many people including fellow brigade members and family

The day was a great event. Tuesday 13<sup>th</sup> February 2018. 9.15am Don Carried the Commonwealth Games baton in recognition for his work in the community. The MFB were fantastic in allowing one of the trucks to come down in recognition of his years of service – 29 years as a member of the

MFB and 30 years supporting the retired and injured firefighters. He was joined by family and friends and the MFB was represented by – John Berry, John Howe, Graeme Scorrige (MFB chaplain), Mike and Dave from the Credit Union, Sam Capes, John Cranston

On returning to the home they put on a welcome home and a morning tea for those who were able to come back and spend that extra time with on the day.



*Above; Don with Baton on the road.*



*Above: Don along with his support crew including, Graeme Scorrige, John Berry, John Howe, Sam Capes, Ken Heddle, Scott Darcy, MFB's John Cranston and Mike and Dave from the Credit Union.*

## From Times Past:

### “Now Jack has hung up his helmet”

*(An article from Trevor Reed courtesy of The Herald Sun newspaper by John Sorell - 1970)*

John Paterson Esq., Queen's Fire Service medal, Member of the Institute of Fire Engineers and Justice of the Peace. And a damn good bloke. And until 7.00am Sunday, 15<sup>th</sup> November 1970, the Fire Chief of Melbourne.

This week and next week, the city is farewelling Jack Patterson. It's doubtful if there has ever been a more popular or respected fire chief. Two official functions have already been held. The Fire Brigade's Board presented Jack with a silver tea and coffee service and grateful thanks. The men got together for a more rowdy goodbye at a smoke night. They gave Jack and his wife a return trip to New Zealand and hotel accommodation for 3 months.

It wasn't enough! The wives and families of the firemen past and present wanted to also give Jack a send-off. So, on Tuesday night in the splendour of the banquet hall at the Southern Cross Hotel a sell-out house of nearly 400 will gather to honour Jack Paterson. Headed by Lord mayor Ted Best, they will dine on roast chicken and filet mignon and toast the fire chief. Jack 65, is the first fireman to be given a banquet. It is a rare tribute.

What has made Jack Paterson a great fire chief? I think first of all it was the example he set the men. He was always up the tallest ladder, he stood nearest the wall that looked like falling, he insisted on being lowered into the gas-filled holds of ships. He believes in the old-fashioned tactics of leading the troops into battle and taking the gravest of risks himself.

A short roly-poly figure in navy serge. Jack Paterson took a great interest in the welfare of his men. He subdued and straightened out the rabble-rousers and the malcontents. He encouraged sport and fitness. Made them proud to be firemen. He got to know the families and the children. He would never miss a Christmas party at a suburban station.

Jack Paterson gave us one of the most up-to-date firefighting units in the world. He insisted on the best equipment. He designed some of the equipment himself.

He was always a humble man. A country lad from Melton who never let success in the big city spoil him. No task was ever too small for Jack Paterson. The sight of Jack Paterson on the scene has always been a tonic to the men. The word would quickly spread that he was around. "It did something special to the men" a senior fireman told me today. "They felt comforted in having the chief around". "Once Jacky was there bustling around, the men knew they had the fire beaten. He could raise all our spirits when the going was toughest".



Jack Paterson at work in his office at the old Headquarters Eastern Hill.  
Image courtesy Fire Services Museum Vic.

Jack Paterson has been fire chief since 1963, working his way through the ranks after joining in 1926. For several years he was the brigade's top gymnast and ladder runner. Sport has always run second to fires and for 20 years he played pennant bowls and invited international and local stars to the fire station. "I remember having Rod Laver to Christmas dinner at the station the day before he played his first Davis Cup match for Australia" Jack said today. "I was terribly worried, not about fires, but about the amount of pudding my wife was giving Rod".

"Sport lends itself to life as a fireman. In sport you must have the will to win and you need this obstinate quality to put out fires".

Jack Paterson worked seven days a week. At weekends, he would drive with his wife around Melbourne, just getting to know the suburbs. Fortunately, his wife liked driving. Anywhere in the suburbs Jack knows the location of the fire hydrants, the layout of the factories, shops, houses and water supplies available. I had to do this for background. It made my job so much easier if a fire broke out and I knew what dangers were there and how best to combat them.

"There is only one way to put out a fire. That is to get into it and become part of it". "Danger has never worried me. I used to get tensed up, but never scared. You have to wipe fear out of your mind". "As a young fellow I was fascinated by heights. I loved climbing trees, going higher and higher. This ended disastrously one day when the bough broke.

Jack has shifted from the fire station at Eastern Hill to a home in Doncaster. It will be hard for him to take it easy. He hopes they won't mind if he wanders into a few fire stations now and then. Not to get in the way, just to chat with the men. And he hopes the Fire Brigade Board will allow him to keep one of his three brass helmets. He wants to mount the helmet and put it where he can easily see it. To bring back memories. A small request big man!

# “Gone but not Forgotten”

We were saddened to hear the passing of Reginald (Reg) Walter Carey who joined the MFB in 1950 at the age of 27 after having been a leather worker.

Reg started his career at Fire Station 10 – Hoddle Street, Abbotsford, then the following year was sent to Fire Station 12 in High Street Preston, which is now a café. Following on from Preston, Reg was sent to Eastern Hill – Headquarters for the next 5 years.

By 1961, Reg was promoted to Sub-Station Officer (SO) and was stationed at the new West Melbourne station in Batman Street. During this time, he studied and passed the highly regarded Graduate Diploma of the Institute of Fire Engineers. He later became a Member of the Institute of Fire Engineers.

In 1962 Reg passed the St. John’s Ambulance First Aid Certificate course. Reg was promoted to Station Officer (SSO) in 1966 and became the Drill Instructor for MFB. Reg travelled to all the MFB stations with new appliances and the Civil Defence Van. He was based at FS01 and was involved in officer candidate and firefighter training. That year he also attended the Civil Defence Rescue Instructors course at the National Emergency Services College, Macedon, gaining a certificate for excellent results.

During 1966, Reg played golf in the MFB Golf Championships. In 1969, Reg was promoted to District



Officer and became a relieving DO at FS01, FS35, FS47, and FS23. He also attended the Victoria police Driving School, passing with flying colours.

From 1970 to 1976, Reg continued as District Officer in charge of operations at FS01 working on both A and C platoons. Reg was a true leader on the fire ground as well as the many administrative duties and training lectures he conducted on shift.

In 1976, Reg applied to work in the Fire Protection Division (Fire Safety) and was 2<sup>nd</sup> in charge. The following year, he was promoted to Superintendent (ACFO) and was the OIC at Fire Protection.

He continued further training at Macedon, this time completing the Disaster Planning Course. Reg later transferred as OIC to the MFB Training College – Abbotsford. In 1978 he was promoted to Divisional Superintendent. There were only 5 Divisional Superintendents in the MFB at this time, a rank which was immediately below Assistant Chief Fire Officer. Reg was also a committee member on the Standards Association of Australia.

On 26<sup>th</sup> July, 1982, Reg retired on his 60<sup>th</sup> birthday. He had been highly regarded as an officer, being described by colleagues as a “legend” and a “good operator”. It was said that he quickly assessed a fire or incident and was able to efficiently organise officers and crews to deal with the situation at hand.

Reg passed away on 2nd February 2018, aged 95. He had been living in Tuncurry, NSW with his wife Jeanette.

Image courtesy MFB Media Comms.

## Reginald Walter Carey

26<sup>th</sup> July 1922 – 2<sup>nd</sup> February 2018

A letter from his dear wife Jeanette to the Retired Firefighters Association

Dear Allan, on behalf of myself and family, we would like to thank you all at the MFB for the beautiful card and the notification in the newspaper.

Reg was the most wonderful man. I was so very lucky to have been married to him for nearly 26 years. He was so with it right up until the very end. Not once did he ever complain!

My family and I gave him the most beautiful send off. We were able to arrange a fire engine to farewell him. I also received a lovely tribute from Frank Ward (retired SSO MFB).

Yours sincerely,  
Jeanette Carey.

## Valë

**John Parker MFB and SES**

**Richard Sposito MFB**

**Reg Carey MFB**

**Max Rappell MFB**

**Reg Veale MFB**

**Andrew Shepard MFB**

**John Kavanagh MFB**

**Peter Marotta MFB**

**Jack Jorgenson MFB**

**Tom Tulett MFB**

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



## What are you doing to stay mentally fit?

07 Apr 2018 | CFA News Views: 1497

*Following a very busy few weeks for our people, it's important we stop and check in on one another and make sure that we're taking care of both our physical and mental wellbeing.*

Our physical health is strongly linked to our mental health and vice versa. This World Health Day, let's remember to stay mentally fit, as well as physically fit. There are simple practical, evidence based ways that people can maintain their mental fitness.

Chief Officer Steve Warrington said it's important we regularly reach out to one another.

"If you do feel like you're not ok or if you notice a change in someone you know, remember to look after yourself and check-in others and that you can talk to someone or use the support services available."

CFA Chief Executive Officer Paul Smith wants our people to know they are supported.

"We're continuing to improve engagement to better understand the needs of our people and continue to invest in programs that make a difference."

Here are seven tips to incorporate into your daily routine starting this world health day.

1. Connect: Connect with family and friends, in the workplace and in the community. Building relationships and connecting with others in a meaningful way can really improve your mental fitness.

2. Be active: Get moving! Whether it's walking the dog, gardening, playing sport or going to the gym, moving your body can make you feel great. Find something that you enjoy and get going.

3. Take notice: Take notice of your surrounds, your feelings and the environment. Practicing mindfulness is all about enjoyment and appreciation. Enjoy a meal, a moment, a beautiful view or time with a loved one. Taking notice is about being present. Slow down.

4. Keep learning: Try something new, challenge yourself. Perhaps there's a DIY project you're interested in, or a short course you've always wanted to do. Get going, sign up!

5. Give: Giving and showing kindness to others can be as rewarding for you as it is for them. It may be a small favour for a friend or a random act of kindness towards a stranger. Or recognise, (take notice) of the contribution you make through your involvement with CFA!

6. Nutrition: What you put in is what you get out. Moderate your fat, sugar, caffeine and alcohol intake. Are you getting enough fruit and veggies in your diet? And don't forget to drink plenty of water, particularly before meals.

7. Sleep: Our bodies and minds recover when we sleep. We need between 6-8hours a night. As much as possible, have a good sleep routine. And be careful of those bright screens just before bed time, as they will wake you up!

If you or someone you know needs help, contact Lifeline on 13 11 14 or Headspace on 1800 650 890.

If you are in an emergency situation or at immediate risk of harm, contact emergency services on Triple Zero (000).

Other CFA welfare support services

**Peer Program** - psychological first aid (PFA) and personal support provided by trained CFA peers for personal or CFA-related issues. To activate peers, please contact the appropriate Peer Coordinator (contact details can be found [here](#))

**Member Assistance Program** - Professional, confidential counselling for personal or CFA-related issues: 1300 795 711

**Chaplaincy Program** - On-site and off-site non-denominational pastoral care support: 1800 337 068

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

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

**Chloe Henderson** — Peer Coordinator  
0417 538 289

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

**John Howe** — Retirees  
9729 0984

### Smile

A prospective husband in a book store "Do you have a book called, 'Husband – the Master of the House?'" Sales girl: "Sir, fiction and comics are on the 1st floor!"

## **Motor Neuron Disease ..... An Appeal to the RFA and Victoria's Fire Services**

*MND is foremost in our minds at this time with the increasing number of our close colleagues contracting this insidious disease. Along with the ongoing publicity of Neil Daniher and his efforts to fight the disease and on receipt of the two letters below, we felt that it would be appropriate to give it some support and publish the letters to stir up interest amongst our members and those that make decisions within the Fire Services!*

### **Hello Allan**

I've been asked by the daughter of Bob Tottle a former MFB Station Officer and Motor Neurone Disease sufferer (advanced) if I could make some initial enquires into whether the Retired Firefighters Association or the MFB would be prepared to be involved in the Danihers Drive fundraiser.

At this stage I'm not aware of the exact route the drive will be taking through Victoria but wondered if a vintage fire truck manned by RFA members was a possibility or conversely if the MFB would be better positioned to provide an appliance?

I understand registration for participants can begin as early as this month and a \$550 fee to cover costs (accommodation, food, uniform, decals, night events, entertainment etc) will apply for the 4-day drive set down for sometime in October 2018.

Bec Daniher daughter of Neil has suggested that 4 persons per vehicle is appropriate and a minimum \$5000 target should be set down per vehicle.

Should the RFA take part I'll be a willing participant, which leaves room for 3 other members assuming that only one truck is involved.

If RFA members have any suggestions that might contribute to the success of the drive or need further information please direct them to [bec@fightmnd.org.au](mailto:bec@fightmnd.org.au).

The effort Neil Daniher's has made to raise awareness of MND is widely acknowledged particularly here in Victoria and no doubt past and present firefighters will want to get behind the cause and help smash the target figure.

**Regards**

**Bob Ross**

0417 541 657

### **Hello Mark**

Bob Ross is my name, I'm not sure if we crossed paths during my 30yrs service, I retired from the brigade 17 years ago.

Retired MFB SO Bob Tottle, a Motor Neurone Disease sufferer is a personal friend whom I encourage to join the brigade in the 70's. Of late his condition has deteriorated significantly.

So hence this email to you in the hope it will help re ignite support for the above fundraiser.

My initial thought was for a vintage fire truck and 4 retired or current fire fighters to form a team and be part of the fundraising drive. But not necessarily limited to one truck or one four man team.

Assuming a truck or trucks are available I'm seeking brigade support to help fund the drive if only with fuel and mechanical support etc. In fact any form of support would be much appreciated.

Could you either forward this on to Mike McCumisky or provide me with his email details.

Once again if the MFB would be able to support the Daniher Drive MND fundraiser, in any form, I'm sure it would be welcomed with open arms by the organisation.

Thanking you in anticipation.

**Regards**

**Bob Ross**

## Australasian Bowls Carnival 2017

In October the Victorian Fire Services Bowls Club went to Tweed Heads for the bowls carnival which includes WA, SA, NSW, QLD, Tassie and NZ. This carnival is conducted every 18 months on a rotational basis. The next Carnival is in Mandurah WA in March 2019.

The carnival starts on a Sunday usually with the fours, Monday pairs and Tuesday singles. They play down to the quarter finals.

Wednesday is a day out with all states including wives to a location of the host states choice.

Thursday is finals day playing all sections to the finals which is then played on a Friday. They sometimes play a social game for those bowlers not competing in the finals. Tweed Heads had their social game on the Saturday before the Carnival started.

Friday night is presentation night and Saturday is go home day or stay and continue your holiday.

For the wives of the bowlers the host state arranges day trips of their choosing usually on the Monday and Tuesday with the Wednesday a group day out. This may change depending on what the host State arranges.

The usual cost of the carnival is around \$370 which includes all bowling, lunch on bowling days you bowl, presentation night and the Wednesday day trip. The ladies are also charged about the same which includes their day trips and



presentation night.

We had 30 plus bowlers attend Tweed Heads with our team winning best performed State and Alan Drury silver in the singles.

We also had our gold medals pairs team of Peter Geran and Shane Crimmens from the last carnival make it into the semi-finals before going down in a close game.

We also attend various bowls days during the year including the emergency services games. This is held in Swan Hill on the 20 and 21 March this year. They rotate these venues every two years.

We are always looking for new bowlers and if anyone is interested in becoming a member please email myself or John Budge.

John Garvin                    [jgarvin60@hotmail.com](mailto:jgarvin60@hotmail.com)                    0403  
316 338

John Budge                    [budgie55.jb@gmail.com](mailto:budgie55.jb@gmail.com)                    0438  
543 334

Regards  
John Garvin

## Six great confusions still unresolved

1. At a movie theatre, which 'arm rest' is yours?
2. In the word scent, is "S" silent or "C"?
3. If people evolve from monkeys, why are monkeys still around?
4. Why is there a 'D' in fridge, but not in refrigerator?
5. Who knew what time it was when the first clock was made?
6. If pro and con are opposites, wouldn't the opposite of progress be congress?

### Vagaries of English Language!

Wonder why the word funeral starts with FUN?

Why isn't a Fireman called a Water-man?

How come Lipstick doesn't do what it says?

If money doesn't grow on trees, how come Banks have Branches?

If a Vegetarian eats vegetables, what does a Humanitarian eat?

How do you get off a non-stop Flight?

Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?

Why do we put cups in the dishwasher and the dishes in the Cupboard?

Why do doctors 'practice' medicine? Are they having practice at the cost of the patients?

Why is it called 'Rush Hour' when traffic moves at its slowest then?

How come Noses run and Feet smell?

Why do they call it a TV 'set' when there is only one?

# Our Man at the Forefront of Diplomacy

*RFA members be worried, be very, very aware of whom may be watching.*

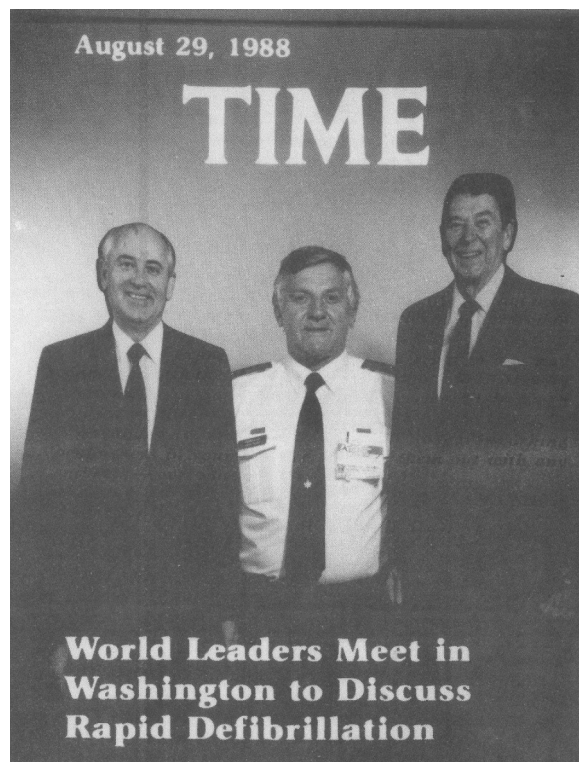
I know back when Howie was a member of the MFB and was sent on a sojourn overseas to promote a forthcoming conference back in the land of OZ that little did I know of the contacts he had.

The facts are, when I saw said picture in the Word Back Brigade magazine August 1988, I realised why they had sent him on this promotional tour.

Here was a MFB member playing the role of a Station Officer in charge of an out-station, but in fact he was a sleeper who associated with world leaders. I must admit this alarmed me so much it forced me to take early optional retirement the following month and I immediately moved my family and myself to the hills to take up the role of a hermit living off the land.

**In closing, if you believe any of this may I suggest you talk with the man himself.**

**Ant**



## Scam Watch

### Why scammers target the elderly!

Seems the old 'Nigerian Prince' is still up to his old tricks again, scamming his way through the bank accounts of vulnerable Australians. In January, so-called Nigerian scammers netted \$300,000 from unsuspecting victims, according to the Australian Competition and Consumer Commission's (ACCC) [Scamwatch](#).

Those scammers tend to be less active after a large sting like January's haul. The previous haul that reached six figures took place in August, when they swiped almost half a million dollars. In subsequent months, for whatever reason, their takings have tended to be smaller.

Not all 'Nigerian' scams originate in the African nation, and not all scams use the same methods to lift other people's money.

But one thing they do have in common is that they mostly hope to target the elderly, as they believe they are the most likely to fall for their ruses.

US financial website [AgingInvestor.com](#) has highlighted a number of reasons why some older people are prone to be fleeced in this way. This is what they said:

- Isolation and loneliness – a fact of life for many seniors who are not closely monitored by loved ones. A pleasant, slick professional calls on the phone in a friendly and engaging manner, and traps the vulnerable elder with kind words, attention and a feeling of connection. The thieves are trained and smart.
- Diminished cognition – scammers can sometimes, legitimately, get their hands on thousands of names from subscription lists. If the ages of the subscribers

are included, then their chances of finding victims with early dementia are excellent. Some elderly people will be just impaired enough that they can't see a scam coming. At least a third of those aged 85 and above have dementia in some form. Research into the impairments of Alzheimer's tells us that financial judgment may be the first to erode, and though the impairment may be significant, it may not be obvious initially.

- Financial insecurity – many elderly people have lived through the Great Depression. That experience left an indelible mark on their view that all could be lost and that there may not be enough for tomorrow. Whether true or not, people can succumb to temptation if they feel they can receive easy money. Perhaps a bit of greed is a factor, too.

If you are concerned that your money may be at risk of being scammed, approach a trusted family member or friend, or a professional adviser to help you check your financial statements regularly for large, inexplicable transactions.

In the meantime, keep your computer and smartphone's anti-virus software up to date; be wary of emails that don't address you by name or misspell your details, or have unknown attachments; don't click any links on a suspicious email; don't open the door to someone you do not recognise; don't answer a phone call from an unknown number and, very importantly, do not dial the number back.

# THURSDAY, 26TH JULY ON THE GOLD COAST

Southport Yacht Club is located at  
1 Macarthur Parade  
SOUTHPORT




To all firefighters where-ever you may wander!

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

Lunch is available at discounted prices.

All drinks are at Members prices.

Situated on the lovely broad water at Southport  
Gold Coast

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

SEE YOU between 10.30-11.00AM

Please contact : Ian & Gail Fagernes

on 07 5522 4321 or 0431 485 141 should you need further details.

## ACCOMMODATION

NAME	DETAILS	DISTANCE
<b>Deville Apartments</b> 3645 Main Beach Parade Main Beach  07 5591 6322 Contact: Donna	Standard – 1 Bedroom 5 nights = \$170.00 per night 7 nights = \$155.00 per night Superior – 1 Bedroom 5 nights = \$185.00 per night 7 nights = 175.00 All fully S/C Currently Donna has 7 x 1 Bed available.	280 metres
<b>Ocean Sands</b> 11-17 Hughes Avenue Main Beach  07 5531 4188 Contact: Jenny	Only have 2 bedroom apartments. \$195.00 per night. Fully S/C Beautiful Views and all Luxury as they have all been re-vamped.	550 metres
<b>Oscar On Main</b> 1-9 Hughes Avenue Main beach  07 5527 0966 Contact: Dave	5 x 2 bedroom – king bed \$160.00 per night 5 x ocean view = \$200.00 per night Will give 10% discount if you say that you are attending the retired fires do!	600 metres
<b>Maldives Resort</b> 52 Pacific Street Main Beach 07 5557 7500		800 metres
<b>The Meriton</b> 29 Woodroffe Avenue Main Beach 07 5591 3900		800 metres
Beachside Tower 3545 Main Beach Road Main Beach 07 5591 7033		850 metres
The Crest 15/21 Breaker Street Main Beach 07 5552 6200		1 km

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[www.tarmactransfers.com.au](http://www.tarmactransfers.com.au)

## Download the new VicEmergency app

The new VicEmergency app was launched recently and will replace FireReady this summer. The VicEmergency app is now available to download from the App Store or Google Play and Victorians are encouraged to download it ahead of the summer season.

The VicEmergency website has also been upgraded and a new emergency hotline released. The Vic Emergency app and website will provide warning and incident notifications about floods, storms, fires, earthquakes tsunami, beach closures, shark sightings and more.



## **FIRE RESCUE RINGS**

As well as the Fire Rescue rings we now have sets of Tie Bars, Ear Rings and Cuff Links.

These are available in different combination sets or can be purchased as a single item.

They are available from the Secretary and will be on display at the next meeting.

If you would like to place an order now, give Allan Roberts a call.

**Telephone: Mob: 0433 007 720**  
**Home: 9216 1658**



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*FightersCreditUnion1976*

**Copy deadline for Water Off Magazine  
for August edition is July 20th 2018.**



### Your hosts: Jan and Lin Bell

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Home Office: 03 5255 3839



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## Dog-friendly Holiday House

**24 Roditis Drive, Ocean Grove**

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**Dogs stay FREE, indoors and outside**

- Self-catering, gas/electric kitchen, microwave, dishwasher, all equipment supplied.
- Cosy lounge and dining area, 100cm TV, DVD, CD player, movies, gas log fire, ceiling fans, split system air-conditioning.
- Bathroom - walk-in double shower, toilet, vanity, extra toilet off laundry - very convenient!
- Beds: 2 queen, 2 singles, electric blankets, pillows, quilts, ceiling fans. Hire our linen/towels or BYO.
- Laundry, outdoor clothes line, drying racks, washing powder provided.
- Large garden, escape-proof secure fences, short drive to Coles, Woolworths, banks, post office, speciality shops cafes and restaurants.
- Ocean Grove Hotel, Golf Club and Bowls Club nearby.

**2018-19 nightly rates - for up to 6 guests**

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## Geelong Firey's Muster

*C.F.A. - M.F.B. - SHELL - AVALON*

*Serving & Retired - Staff & Volunteers*

*Smorgasbord Lunch*

*On the 4th Tuesday of March & November*

*@ 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 John Laverick. "Water Off" will be sent out in a PDF format.

John's address - -  
[retfire@bigpond.net.au](mailto:retfire@bigpond.net.au)

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

# **UFU RETIRED MEMBERS ANNUAL CHRISTMAS LUNCHEON**

**Pier 14, Central Pier - Docklands**  
**Date To Be Announced**

A reminder:

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

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**If undelivered return to;**

Allan Roberts.

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89 Galloway Drive

Mernda Vic 3754

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