

"WATER OFF"

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



August 2013 Vol 17 No 3
Inc/No: A16839F

CFA Chief Officer Guest Speaker at August Meeting Euan Ferguson AFSM

Euan Ferguson is the Chief Officer of the Country Fire Authority in Victoria. He has over 30 years fire and emergency management experience in rural fire and land management and rural fire services. He holds a Diploma in Forestry, an Honours Degree in Forest Science and a Master of Business Administration. He is a past Chair and current Board member of the National Aerial Firefighting Centre (NAFC), and a past President of the Australasian Fire and Emergency Services Authority (AFAC). **Details - page 11**

Image;



New MFESB Training Centre Closer to Completion

Craigieburn Facility well on the way to train a new generation of firefighters.

Photo; MFESB Fold, May edition



INSIDE

- 3 President, Sec./Treasure's Report
- 4 May Meeting Minutes
- 5 Gone But Not Forgotten
- 5 FSM Volunteers
- 6 Les Gray's "Turbulent Times"
- 8 Prostate Detection Breakthrough
- 9 New Training Facility
- 10 Guess Who?
- 11 Staying Alive!
- 12 Choosing the Right Pension
- 13 The Roundthreads
- 14 Never Forget!

Fire Services Museum Victoria Needs Volunteers

Watermark Images; FSMV

**Date Finally Decided!!!
Annual Christmas Luncheon
December 7th
11.30 am. Malvern Town Hall**

“GENERAL MEETING”

Notice is hereby given that the next General Meeting will be held at the CFA Corio Fire Station
Birdwood Ave, (Melway’s page 441 K2).

10.30 Hours, Wednesday 21st August 2013

AGENDA ITEMS.

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

JOHN BERRY
SECRETARY/TREASURER
Please Note;
Address all correspondence to:
The Secretary,
24 Lincoln Drive Lower Plenty 3093
Ph. 9431 2880

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 at a venue nearby, (at your own expense) Please join us!

Non financial Members

Members be advised if your newsletter has an expiry date of 2/1/2012 that means you have not paid your subs since 2011 therefore if no remuneration is received by the 2/1/14 your name will be automatically removed from the mailing list. If, for what ever reason any member is unable to meet this request please do not hesitate to call the secretary, (confidentiality is assured)

OFFICE BEARERS

President, Don Brennan
Vice President, Ian Fowler
Sec./Treasurer, John Berry

General Committee;
Ian Geddes
Mike McCumisky
Alan Roberts
John Schintler

Auditor;
Theo Teklenburg

**“Water Off”
Editorial Staff**
John Laverick
Barbara McCumisky

Valë

Ray Garzoli (MFB) Lionel Rose (MFB)
Barry Price (MFB) Phil Wigg (MFB)
John Purcell (MFB)

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

SICK LIST (* In Nursing Home)

Stan Cameron Godfrey Payne
Huew Campbell* Jack Sexton
Ken Clinkaberry Brian Trembath
Ernie Goodall* Tom Williamson
Clarrie Guthrie*
Jack Harbrow
Clarrie Hart
Jack Moore

We wish these members a speedy recovery

Note: If you know of any member who may be ill please notify a committee member.
We endeavour to keep you informed, but can only do this with your help.

Diary Dates 2013

August 21st; General Meeting, CFA Corio F/St.
November 20th; Annual General Meeting

**December 7th Annual Christmas Luncheon
11.30 am. Malvern Town Hall**

PRESIDENT'S REPORT

I'm putting this report together early as Nancy and I are about to hit the road with the caravan and heading to Queensland to get away from the cold weather and attend the Reunion at Southport in July.

In the last magazine I mentioned about Kevin Hede and his wife Trish, on the 10th June Trish was back in hospital again having more tests, the transplant was OK but other things have been playing up. We wish her all the best.

At our next meeting in Geelong I will be taking names for our next BBQ at Bunnings Hoppers Crossing, to be held on Sunday 3rd November. At the new store just up the road from the old one. If you can spare a half day or full day to help out it would be greatly appreciated. All moneys raised we donate to charity.

Hope to see you at our next meeting at the Corio Fire

Station and afterwards we will have a good lunch at the Gateway Hotel.

Don Brennan

Important Notice **UFU Retirees Luncheon**

Retired UFU members we have been advised by the Union's Social Secretary Nick Draper, the luncheon is on Saturday December 7th at the Malvern Town Hall, make sure when you receive your invitation & raffle tickets you make every effort to sell them, this is a must, if unable to attend please advise them of same, as it is imperative numbers are correct to keep catering costs down. Remember if you say you're coming and do not turn up they still must pay.

SECRETARY/ TREASURER'S REPORT

Here we are a 2/3 of the way through 2013 and approaching the first meeting of the 2013-2014 financial year. I would just like to give a brief update on the financial year ending 30/6/2013, apart from the successful quarterly meetings we, with the assistance of the Hoppers Crossing Bunnings store, ran another successful barbecue fund- raising day, spent a grant obtained from the Federal Government for new equipment to enable our volunteers to meet the needs of the RFA and the general public.

Other items as follows, donated \$2,000 to the MFB Firefighters Charity to purchase medical equipment for the Children's Hospital, with the assistance of the MFB & UFU ran another successful barbecue for the Ozanam Community centre and donated \$1,000 to the Austin Health Diamond Creek Opportunity Shop Auxiliary for equipment. Not too bad for a little group of retired career fire brigade personnel.

The ringmaster (President) told the members of the committee that this year he is going to teach us a whole new set of exercises that will make all members super fit and ready to be able to handle the programme that he has planned for us, (hence the reason we need a new secretary).

Another item that most will not know is the most important member of the RFA (The Editor) will be going into hospital for a tune-up? Truth is he noticed that he is as small as me and he is going to be placed on the rack to be stretched as he cannot stand the thought of being equal smallest of the membership, I kid you not, trust me I am an ex- Firefighter.

Couple of other interesting items, I mentioned in the last newsletter about the musical skills of Regan Lynch, well he has informed me about another of his tricks! This one involved the successful use of the Combination ladder to attack and extinguish a fire in the roof of a two story dwelling only to find when making up the ladder, the

tramway maintenance crew had switched the energy supply on again without telling him. He unfortunately found out the hard way when the carriage wheels on the ladder came in contact with the tram tracks and the head of the ladder hit the overhead wires that carried high voltage direct current. He found that it seems to play merry hell with the pawls and cables when the ladder became an Arc-Welder. Regan said his visit for tea & biscuits with the Chief went OK, he did not need to put the telephone book under his trousers to protect his rear end, instead, he got a "well done".

Another item of interest is that we now have more retired Airport Fireys joining the Association, obviously discovered we're all on the same team. Possibly they heard we're all crazies and just enjoy one another's company. I must admit Alan Boyd in his travels around this great land is locating retired Fireys all over the place, for example, two great stalwarts from the past in William Crutchley & Maurice Kane, Another of our reconnaissance team, John Medwin, has located one of our Foundation Members, Erne Tamme. Ern is in the Uniting Aged Care facility at Forest Hill and has visited him. I think Erne must be in the mid to high nineties.

One of our other senior members, Gordon Winch, has left the Sunshine state to travel to the other side of the continent, Western Australia, (there is no truth to the rumour he has purchased a gold detector & joined Clive Palmer's political party). I am not sure if the west is ready for the influx of retirees from the Eastern states with their gold detectors. I think the multi-nationals may already have it tied up.

Important, a Website for the RFA?

The other week I received a phone call from one of our members advising me about a concept that may, or may not, be an advantage to the RFA. It's the development of a Website promoting the association to the wider community similar to the many others on the internet and during the discussion I raised many questions. however, before we do anything I would like all members to put on their thinking caps and discuss the idea. The member

(Continued on page 4)

(Continued from page 3)

currently runs his own business in this area and the proposed cost & management are very attractive. I believe this is so far-reaching we cannot make a mistake with this type of concept. Do not think of it as the same as one of the Social Media sites, it will be our own Website with all the bells and whistles and it is the way of the future.

May meeting

On behalf of the members in attendance at the last meeting, we would like it placed on record our appreciation for the great effort from Andrew Brennan and his staff at the MFB Burnley Complex. The support they gave us, not only in organising a meeting room, but also ensuring the luncheon went ahead even with the rain. Recruit Instructors & Recruits we thank you for allowing us to use your class room. I must say it makes us very humble in the way you assist past service members and their wives at your venue.

Credit & Debit card security.

It has been brought to our attention that the senior members of the community are being targeted by unscrupulous criminal organisations. As identified in the daily papers, there has been a dramatic increase in credit card fraud happening in Australia. A member of our

committee has fallen victim to an attack on his card. It was only discovered when he checked his monthly statement against his receipts and located the discrepancy. His bank was contacted straight away and they reimbursed him.

The point is, he never lets his card out of his sight, or purchases anything on the internet or over the phone, but somehow his card number was used by a person unknown. Oh, I forgot to mention, the debit was from a bordello located in New Zealand, luckily, his wife knew he had not been anywhere near that country.

The RFA committee cannot stress strongly enough the importance of being ultra-careful when using your plastic card. The Australian Competition and Consumer Commission and your bank have brochures on keeping your card safe, we suggest to bone up on the guidelines. To be forewarned is to be forearmed.

All those members and/or partners who may not be having the best of years hang in there, we are thinking of you, what was that old saying. "AGE is a question of mind over matter. If you don't mind, age doesn't matter."

John Berry

MINUTES OF R.F.A. MEETING

15th May 2013 at MFB Burnley Complex

Don Brennan (President), John Berry (Secretary/
Treasurer & Minutes).

Present 64 Members.

President's welcome and opening remarks.

Apologies/Sick: as per book 8 names.

Minutes of Meeting:

The Secretary John Berry: read the minutes of 20th February 2013

Moved Doug Overton minutes be accepted;

Seconded: Harry Floyd; Carried

Business arising:

John Berry; Have purchased 10 RFA aprons \$18 dollars each, with monies from Government Grant

Treasurers Report:

Current funds in Credit Union accounts.

On call: \$1 \$4,927.47. 11

Fix Term \$6,192.24

Ian Fowler Moved Report be accepted.

Seconded Noel Pinnell; Carried.

Presidents Report:

Don Brennan: Reported on the success of the Ozanam Community Centre Barbecue with approximately 180 guests. The RFA members in attendance, including visit by MFB & UFU media personnel and Operational staff. They are to be congratulated for their attendance.

Special mention must go to M.F.B. Media group for their ongoing assistance in the printing and supplying information and photographs for the "Water Off" newsletter.

Advised meeting re approach to the CFA, regarding a guest speaker for the Corio meeting.

General Business:

The RFA Committee placed before the members present,

the suggestion regarding the need for a decision as to where the next charitable donation should go. Following was much discussion regarding who should receive the donation from the monies raised at the last Bunning's fundraising day.

Motion:

John Berry – Moved that this meeting of the RFA donate \$1000. each to the Charities nominated previously by John Schintler & Graeme Edwards.

Seconded: Noel Pinnell; Carried

The President Don Brennan closed the meeting and presented **Barbara McCumisky** Melbourne Fire Museum Pictorial Historian to the members. Barbara gave a visual display of old brigade photographs to further help in her ongoing research into the fire service's by-gone days. The items the project was looking for are as follows, names of personnel, incidents, fires and any other information exhibited. Many pictures were shown and names recorded, the information was recorded and will be added to the Melbourne Fire Museum's data base. Following the presentation the President called for a round of applause from the members present and invited Barbara to join them for lunch.

The President informed the meeting; the Secretary had set up some of the recently purchased electrical equipment and will scan the member's pictures, during the luncheon. Informed the members the next meeting is on the 21st August at the CFA Corio Fire Station.

The meeting closed at 1205 hours

During the luncheon the Secretary, with the use of RFA equipment purchased with the aid of Federal Government grant, scanned, exhibited and recorded pictures brought in by members to enable the data to be passed on to the Museum.

Gone But Not Forgotten

*I have said before this is without doubt the most difficult part of any newsletter. Another family has lost a loved one and they will be still dealing with the devastation that goes with that loss, we, the members, would like the families to know that this is our way of identifying the high regard we have of your loved one; who are part of our RFA family. There is a line from Hamlet, the central figure of Shakespeare's play which explains the aim of this part of the newsletter and it goes; **there is a history in all men's Lives.***

Barry Edward Price

27/06/1934-06/05/2013

Barry joined the MFB 12/4/1956 and retired in 7/7/1986, he followed in his father's footsteps who was already a current member of the service. I met his father at the old Hoddle Street station prior to my first meeting with Barry, which occurred when I was sent to stand-by at the old station in William Street, Melbourne.

Have a look at that smile on his face you do not need to be a Philadelphia lawyer to know he would love a joke or two. He got me in the first hour at the station and I tried for the rest of the shift in between calls to get him back. But it was to no avail; unfortunately he was wide- awake to me.

I have said before when you are the junior man at a station you expect to be moved, well in Barry's case he



was moved to No 39 Station Port Melbourne back in the days when it was the centre of not only of bustling dock area, but also covered a large manufacturing & commercial area, which created calls to many and various types of emergencies. There is no doubt this is where he really learnt his trade as a Firefighter (Back then no BA's on the appliance) and the term a smoke- eater was very true.

During his attendance at the many large conflagrations that they encountered there is no doubt this experience put him in good stead for the rest of his career. His dad who was a very competent Firefighter never felt the need or sought to move into a more administrative role, he only wanted to remain a very skilled Senior Firefighter; Barry's ambition no doubt was to be the same.

Gloria, his wife, and Barry moved to the Eastern part of the state which saw Barry being transferred into the Eastern Zone. I must admit I lost all knowledge on how he was going.

His close mate Noel Barnes told me he was a great fiery to be on shift with, reliable, knowledgeable, and great at any type of emergency with a good sense of humour which as we all know is a very important asset to have.

I had another person, who is still in the job (Ian Hunter), tell me how good he was to be on shift with. Gloria, there is no doubt we have been made the richer from working with your Barry, we and the community thank you for his dedication to our protection.

John Berry

Fire Services Museum Victoria Volunteers.

How fortunate we are in this state of Victoria to have such a dedicated group involved with the museum. Let me explain:

In my role as secretary of the RFA I have been fortunate to see first-hand what a great job they do on special occasions, celebrations of life, visits to the museum, funerals, charity launches and various other roles, in fact I can say without a fear of doubt that **Mike McCumisky and his team** deserve our highest praise. They always arrive on time even in the most foulest of weather with their appliances & uniforms looking like a million dollars, always ready to assist children and families with their every need. In fact I challenge all, the next time you attend any of the days they are present at, take notice see the symbol of respect they bring to the Fire services and the way they conduct themselves.

Most Firies present & retired take it for granted that they will always be available when required. Let me assure you, right at this moment, this wonderful group of volunteers are struggling for members to assist them, if they don't get more support the museum may need to curtail some of the work they do, even close, I kid you not. I identified at the start, because of my role, I have

attended many days where they have been involved and I can tell you the group are just about in need of life support.

I know that may sound over the top, but when you see the same blokes turning up week after week, even when it is blatantly obvious they are not well, and it is only their dedication that keeps them going thereby ensuring all requests are met that you start to realise, what would we do without them?

I know it is a fact we all are very busy these days, and others may feel apprehensive about becoming involved as they feel that sweeping floors or cleaning brass again is a thing of the past however, let me assure you when you see the look on a child's or grandchild's face when they roll up at one of the different days they attend. If that look does not make your heart melt I think you either need new glasses and/or your spark of life is on holidays.

The one final point I would like to make, do you want it to go down in the records that we as a group allowed a multimillion dollar visual display of Fire Services appliances, memorabilia and great history cease to exist. **Become a volunteer**, give Mike a call, and phone 9662 2907.

John Berry

TURBULENT TIMES OF THE MELBOURNE FIRE BRIGADES

1835 - 1970

Author, Les Gray, continues with his insight into the early days of Melbourne's Fire Services

1908: Harrie Lee took over as Chief Officer and James Wilkins became his Deputy Officer. Both men had gained the firemen's respect. The men considered them to be fair and reasonable to deal with. Chief Officer Lee endeavoured to make Brigade life a "Happy Family" one, as pleasant as possible in spite of the long hours, (The men were working a 144 hour week with one day off duty).

Central District's large city stations, No's 1, 2 and 3, had their married and single men in quarters and District stations likewise. The outstations had their married officers and some single men in quarters and others in nearby houses either owned or rented by the board.

As Melbourne's fire districts expanded and the need for new fire stations increased, the quartering of married men became a never ending problem that was to haunt succeeding Boards and Chief Officers up until 1950 when firemen changed to a 40 + 8 hour a week.

In 1900, married men were given an allowance in lieu of quarters, in early 1914 this allowance was increased to ten shillings and six pence per week, a significant amount of money for those times.

Conditions were starting to improve a little. On the 30th January 1914, General Order No 97 stated that bath heaters will be installed in all fire stations and recreation rooms will be provided when practicable. A short time later the Board increased annual leave to 14 days per year.

A Superannuation Scheme:

Both Chief Officer David Stein and his contemporary, Samuel Mauger, the government representative on the board since its inception in 1891, realized since the early 1900's that the Board had an obligation to support the firemen who had made the brigade their life. Mauger had been searching for ways for the Board to instigate and finance such a scheme. In 1906, Mauger presented a "White Paper" proposing a superannuation scheme.

The Board discussed the proposal during a number of meetings and found, in the end, they were limited by financial constraints and couldn't find the funds to finance to start up a scheme. Some time later, Mauger found that the Board did not have the statutory powers to introduce a superannuation scheme as they realised that the initiative would have to come from the government for it to happen and for the time being, let the matter rest.

The firemen had no constraints on their money, and in 1912, the men established their own superannuation scheme by placing a 5% levy on their own wages. As a result of this, after 3 years of lobbying and debate in parliament, the government, in 1915, passed a bill and amended "The Fire Brigades Act" allowing the Board to sponsor the firemen's

superannuation scheme. The scheme began on the 1st of January 1917, with the original 5% firemen's contribution remaining. The Board did not make any contribution to the scheme until 1922. A humble beginning to what Emergency Service workers enjoy today.

The construction of Headquarters Station

When the Metropolitan Fire Brigades Board held their first meeting in 1891, the most urgent topic on the agenda was the building of a "Large, Grand, Headquarters Fire Station", befitting Melbourne's newly formed "Metropolitan Fire Brigade".

A short time later, the Board purchased a block of land on the corner of Victoria Parade and Gisborne Street, East Melbourne. The site had a row of cottages on the corner which fronted onto Gisborne Street and ran back to the block's rear boundary line. The block was cleared and levelled for construction to begin. The block was situated on high ground on the Eastern Hill which was ideal as it provided an excellent position for a fire lookout tower and give the horses a downhill run into most parts of the city.

The Board invited architectural firms to enter into a competition and submit plans and details for the new Headquarters Fire Station. The provisions called for ground and 1st floor levels and basement with administrative offices, a boardroom, Chief Officer's office and quarters, secretary's office with strongroom and toilet facilities nearby. A dining room, kitchen and dormitories for the single men and quarters for married men. The engine room with 3 bays was to face onto Victoria Parade with horse stables and stalls with overhead hayloft at the rear of the engine room. Attached to rear wall of the station a 150ft high fire lookout tower.

On the station's rear boundary, a shed at least 66ft by 17ft to house the 85ft American extension ladder which turned out to be a substantial sized 2 storey brick building with gable roof. The ladder's engine room faced on to Gisborne Street and the rest of the building housed a workshop, blacksmith's shop, carpenter and painter's shops and horse stables. A hayloft at side in the rear yard with attached toilet facilities.

The Royal Victorian Institute of Architects was arranged to judge the winning plans and designs. An architect Mr. A. B. Rieusset won the competition, however, the Board overruled their decision because Rieusset's plan failed to provide for a direct exit from the station's engine room into the yard at rear and other particulars didn't suit the Board's provisions. The Board finally accepted plans and designs submitted by architects Smith and Johnson.

After Chief officer David Stein found some inconsistencies with their plans as, "not being practical in a functioning fire station", Smith and Johnson came to an agreement, instituted by the Board, to be employed as joint architects with Lloyd, Taylor and Fitts to modify their plans.

The Royal Victorian Institute of Architects and members of the architectural profession took umbrage to the Board's actions. The Building and Engineers Journal described it as



Chief Officer Harrie B. Lee, endeavoured to make Brigade life a "Happy Family one".
Image; FSMV

being a "Grosse Miscarriage of Justice". The Australian Building and Contractors News called it "The Most Outrageous Injustice Ever Perpetrated Upon The Architectural Profession In Melbourne".

The 3rd of November 1893, when Melbourne's new Headquarters Fire Station was built and officially opened, it was perceived as a magnificent achievement being constructed in the 19th century Queen Anne ornate style of architecture, purposely designed to house firefighting appliances, accommodate men and horses who had to live and exist in close proximity to one another.

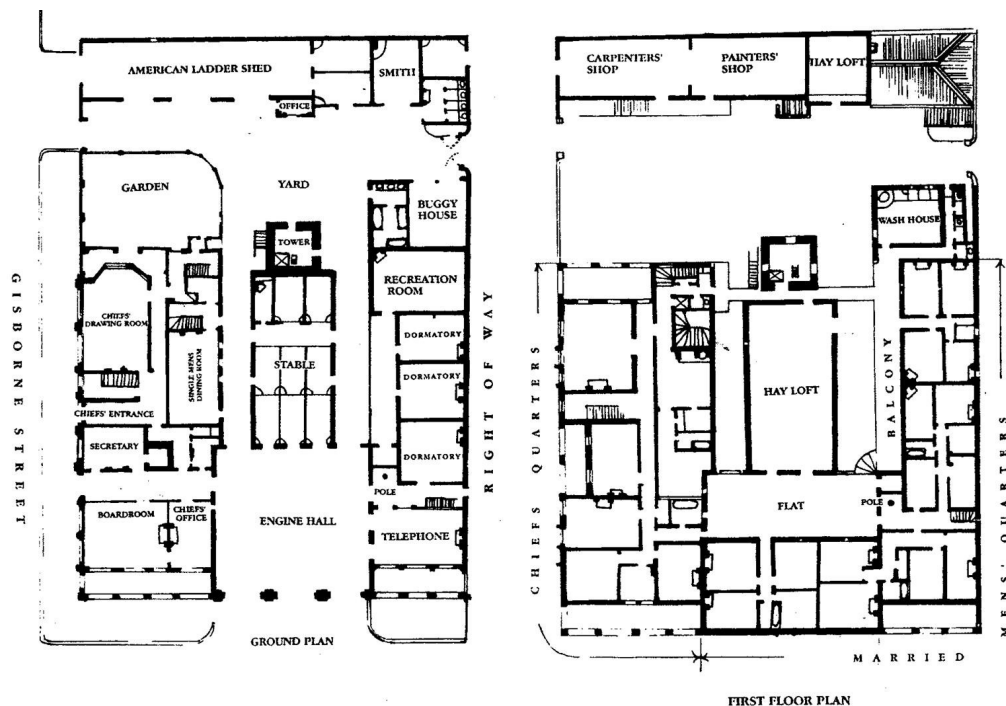
Internally, much of the original interior has been altered but in other areas they remain the same. The main reasons for the alterations was due to headquarters being fully motorised circa 1913, and horses no longer required.

As Melbourne was rapidly growing the demand for more firemen and the provision of accommodation for them was imperative. As a result, in 1913, the Board took out a large loan to finance major works at headquarters station. Stables and stalls were removed, and major alterations to the stations interior, single men's dining room and kitchen were constructed. Some rooms were partitioned and some enlarged, stairs removed and relocated, all to accommodate the growing brigade.

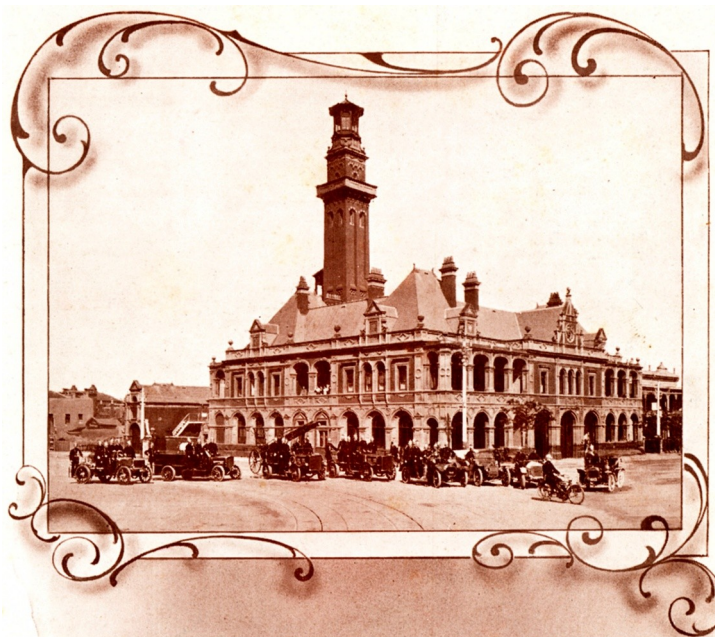
(The city of Melbourne, 120 years later is fortunate to have it's original Fire Brigade's Headquarters Fire Station virtually intact, particularly the ornate facade fronting Victoria Parade and Gisborne Street, the rooves and fire watching tower remain the same as when built along with the "Blindsides", the rear South and West sides.)

Over the next 3 decades major construction works were carried out, but after the 1st World War and then the world wide depression set in, finding the funds to construct new stations and to remodel old ones including providing single men's accommodation and in particular, married quarters. Many married men were forced to live on stations as single men which caused angst as they worked a 144 hour shift and could only spend their few off duty hours with their families....not conducive to family life. Later, the men were placed on a 120 hour week, with 2 days off duty. This was reduced later again to a 108 hour week giving them 2 & 1/2 days leave. These hours were worked until the end of the 2nd World War. After the war, the men worked a 96 hour week which was again reduced to a 40 + 8 to enable the 4 platoon system of shift work with the extra 8 hours at penalty rates.

Relieve for the Board's accommodation problem came at the end of W.W.2, when some of the returning soldiers



Ground and first floor plans of the new head station, August 1893, Lloyd Taylor & Fitts and Smith & Johnson joint architects. Redrawn by Dominique Falla from the Building & Engineering Journal, 16 September 1893.



Eastern Hill Fire Station in all its glory with the American Ladder House on the left side of the main building circa 1917. Photo: MFB.

returned to their former occupations as firemen. With the shorter hours being worked there was no need for them to live in fire stations. For reasons of their own, many firemen and their families continued to live in fire stations for another two or three decades. When quarters became vacant and no firemen applied for them, the Board let them out to private individuals.

Les Gray

Coming Soon: Inexpensive, Accurate Way to Detect Prostate Cancer: At-Home Urine Tests

Early screening for prostate cancer could become as easy for men as personal pregnancy testing is for women, thanks to UC Irvine research recently published!

Ed's Note: *The "specific cancers" mentioned in the following article are on the list as, "Occupational Diseases for Firefighters" and you should have regular checkups whether you have symptoms or not!*

After more than a decade of work, UC Irvine chemists have created a way to clearly identify clinically usable markers for prostate cancer in urine, meaning that the disease could be detected far sooner, with greater accuracy and at dramatically lower cost. **The same technology could potentially be used for bladder and multiple myeloma cancers, which also shed identifiable markers in urine.**

"Our goal is a device the size of a home pregnancy test priced around \$10. You would buy it at the drugstore or the grocery store and test yourself," said the study's corresponding author, Reginald Penner, UC Irvine Chancellor's Professor of chemistry. "We're on the verge of a very important breakthrough in a new era of personal health management."

About 240,000 men in the U.S. are diagnosed with prostate cancer each year, and 29,000 are expected to die of it in 2013. But current, widely utilized testing does not always catch the disease in its early stages, often yields false positives and can lead to unnecessary, risky treatments.

A recent report concluded that the prostate-specific antigen, or PSA, test can be more harmful than beneficial, although it remains important for detecting recurring prostate cancer. The UC Irvine researchers used a different biomarker, PSMA, and plan to test others to pinpoint if a cancer is growing aggressively or not.

"A big problem is that the approach used now does not catch cancer soon enough," said co-author Gregory Weiss, a UC Irvine biochemist. "We want this to be a disruptive technology that will change how we save lives and that will bring down healthcare costs drastically."

The researchers used a combination of readily available chemicals and unique electronic sensors to create the screening process.

Salt in urine helps conduct electricity but also makes it challenging for typical biosensors to differentiate the "signals" of cancer molecules from "noise" around them in the electrodes. The UC Irvine team developed a new type of sensor: They added nanoscale protein receptors to tiny, pencil-like viruses called phages that live only within bacteria. Double wrapping the phages with additional receptors greatly increases the capture and transmission of cancer molecule signals.

"We add a high concentration of the viruses, and they get trapped directly in the electrode. We're jamming the signal with the cancer marker, and it stays on louder than all the other material," said lead author Kritika Mohan, a graduate student with Weiss' lab. "To our surprise, it works really well in the ingredients that make up urine."

The next step is human clinical trials, which the

researchers hope can be conducted fairly quickly since the testing will be noninvasive. The method has been patented and licensed, and a commercial partner has been identified.

Ultimately, the scientists aim to capitalize on related nanowire research to design invisible filaments that could carry cancer signals to a smartphone or other electrical device. Software would notify users whether they're in the safe range or should contact a physician.

Other prostate cancer tests coming to market cost up to \$4,000 each. The UC Irvine team made price a key design factor of their work.

"The manufacturing costs would be low, because the material costs are very, very low. The receptors for recognizing the cancer markers are really inexpensive to make. That's why we chose these viruses," Weiss said. "They're grown in a yeasty, brothy solution -- kind of like chicken broth -- that could easily be mixed on a huge scale."

He added that the receptors are also "incredibly tough." They don't need to be refrigerated and can withstand nearly boiling temperatures, meaning the portable tests could be used in myriad weather conditions and storage situations.

What are the symptoms of prostate cancer?

Around 20,000 Australian men are diagnosed with prostate cancer each year. It affects mostly men in older age groups and is rare in men under 45 years of age.

The chance of developing prostate cancer is significantly higher in men who have a close relative with prostate cancer; the risks are higher if the relative was diagnosed before the age of 60. If you have a family history of prostate cancer, talk to your doctor.

In its early stages, prostate cancer may not show any symptoms. Symptoms of early prostate cancer can include:

- difficulty passing urine
- a slow, interrupted flow of urine
- frequent passing of urine, including at night
- incontinence.

Symptoms associated with advanced prostate cancer include:

- blood in urine
- pain during urination
- lower back or pelvic pain.

These symptoms are also found in men who may have benign prostatic hyperplasia (BPH), a common, non-cancerous enlargement of the prostate gland. If you experience these symptoms, visit your doctor.

FOLD

Future of Organisational Learning & Development

The new Craigieburn training facility is still a work in progress but well on the way to nearing completion. MFESB Communication and Media Dept. Have sent us an update on the work and photographs of some of the training props that are still under construction.

An Overview; Petrochemical Prop

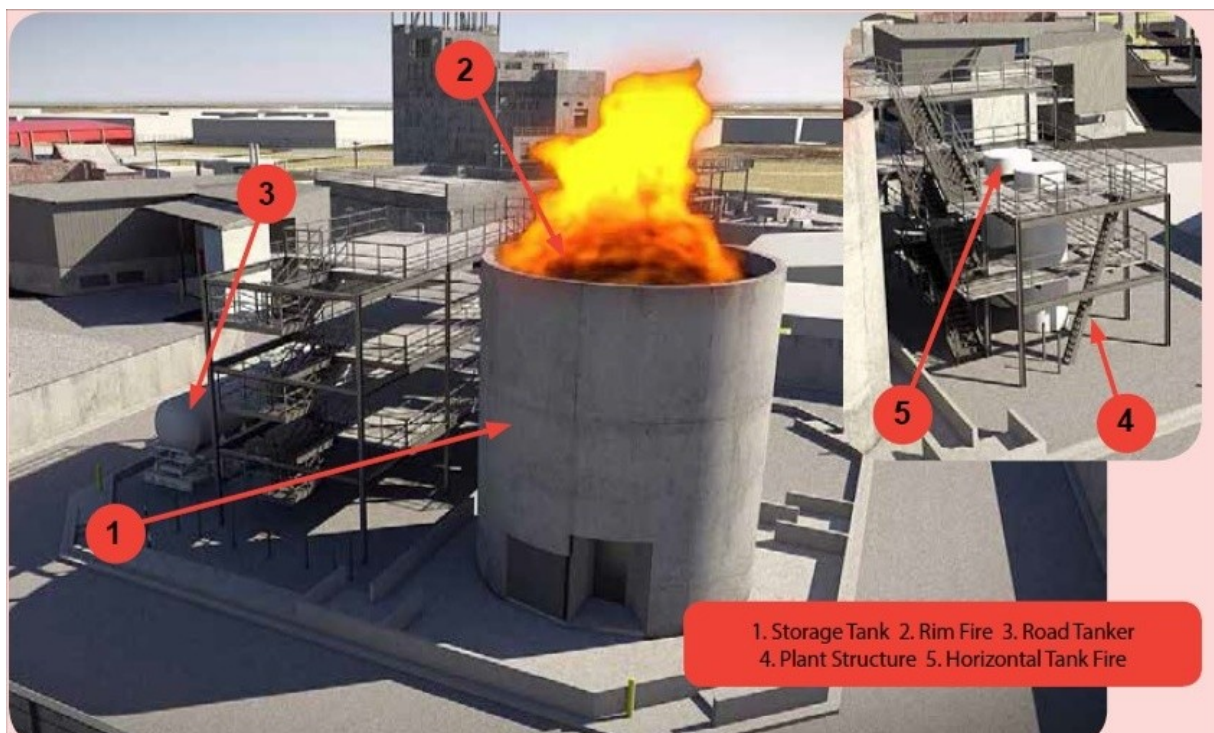
The main section of the prop will be the Petrochemical plant: a three storey open steel structure with platforms and interconnecting walkways, all contained within a bunded (low walled) compound. These types of industrial plant areas are usually bunded in real life to provide a first line of containment in case of liquid spills.

The bunded area within the prop will contain various simulated chemical storage tanks with a maze of associated pipework and connections. The prop also

includes an adjacent simulated road tanker and tall storage tank.

The Petrochemical prop is complex and has been designed primarily for Hazardous Material (HAZMAT) Training; simulating fires, spills and leakages of hazardous and/or volatile chemicals, but it will also be suitable for other types of training including:

- Foam training;
- Hot fire training; and
- Low/High angle rescue training.



Guess Who?

This section of the newsletter is put in as part of our effort to keep the old grey matter ticking over. The truth is, we are not having much success with answers! Perhaps the grey matter has gone on holidays and/or you are not interested, we will try again this issue with a nice simple one and see what sort of a response we get, remember you can either email the editor or phone me with the answer, no prize for this one as it is so simple.

1. Where was the picture at right taken?
2. Name the people doing acrobatics including the one in white watching?
3. What is the appliance in the background called?



(Clues, it is not a mine layer, the bottom man was stationed No 10 before going west)
The Editor Email address is retfire@bigpond.net.au & my number is 03 9431 2880.



GUESS WHO ANSWERS

In the last newsletter (May edition) we tested you with a number of pictures, one on the front page and the other on page 10. The following is the answers to the points we raised on the front page. Factually we did not expect anyone apart from the person who sent it in would know the answers.

1. Looking at the picture above, the child sitting at front on the right is Ken Murphy, who went on to become a District Officer in the MFB, resigned and then became Chief Fire Officer of BHP (The Big Australian).
2. The Officer in the cap is Station Officer Lou (Banjo) Paterson the uncle of Jack Paterson MFB Chief; Lou went on to become DCO, MFB.

The photograph was taken on the flat roof of old Eastern Hill, where the tennis court used to be, just outside the gymnasium. The children in the picture were not all members of Firefighters families some were children of locals. Other interesting facts, second from the left in the back row, was Harold Milne, son of Scotty who went on to become a pilot in the RAAF and was shot down and killed in the Second World War, he was an only child. Next to him is Bill Dick whose father owned the Eastern Hill Hotel, (retired Captain of the Carlton Football team). The other child in that row is Ken's elder brother Jack who served in the second world war. In the front row left side is the son of Ossie Reynolds who went on to become a priest, his name was Rod.

One of the girls lived with her parents in a house in the grounds of the Exhibition gardens; they were caretakers of the famous Exhibition Building. I forgot to mention the picture was taken about 1932. Ken Murphy supplied the picture and information, the only thing he missed was the photographer. Note. I am not sure if the caretaker's house in the gardens is still there.



Guess who picture above, Firefighters doing drill on a ladder with big wheels.

I am not surprised that we did not receive any suggestions from RFA members however; we did receive the names of three of the six in the picture, plus location etc.

Robert Pagey current member of the MFB forwarded the following to the editor;

1. The picture was of the ladder off the Combination Ladder appliance which is **no longer used**;
2. The drill was being conducted in an area adjacent to the old Eastern Hill (**Debney's Paddock**);
3. The names of three of the people in the picture **F/F Glen Marsh, F/F Ian Wanklyn, F/F Watson**.

Can anyone come up with the other three names!

CFA Chief At Geelong August Meeting

Euan Ferguson trained as a forester in Victoria in the mid 1970's. His early work was in field forestry operations and firefighting with the then Victorian Forests Commission in East Gippsland, then as an extension officer and fire management officer in the early 1990's with the Department of Conservation Forests and Lands in south west Victoria.

Euan worked in various field operational roles with the Country Fire Authority of Victoria during the mid 1990's, rising to the rank of Deputy Chief Officer and Deputy Director of Operations. During his time with CFA, Euan led a multi-agency team that investigated the circumstances of the tragic Linton bushfire which claimed the lives of five CFA firefighters in December 1998. The recommendations from that investigation saw significant changes to training, systems of work and safety in the CFA and throughout the bushfire industry.

In December 2001 Euan was appointed as Chief Officer

of the South Australian Country Fire Service. In 2003 Euan as Chief Officer also assumed the role of Chief Executive Officer. Following the Wangary Bushfire in January 2005, Euan instigated Project Phoenix which brought about positive changes in CFS and rural firefighting in South Australia. Euan also managed CFS during the complex and long-running Coronial Inquest that followed the fire. The South Australian Coroner strongly praised Project Phoenix when the recommendations from the Coronial inquest were handed down in late 2007.

In November 2010, Euan returned to the Country Fire Authority of Victoria as Chief Officer.

Euan has presented technical papers and visited other fire management agencies in the United Kingdom, United States, China, Hong Kong, Germany, New Zealand, Portugal and Spain.

Euan was awarded the Australian Fire Service Medal in the 2007 Australia Day Honours. He is also a recipient of the National Medal and Australian Defence Medal.

In 2009 Euan completed the Australian New Zealand School of Government Executive Fellows program.

Staying Alive ... From the Mayo Clinic:

How many people do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night??

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) are level with the kidneys, it is then that the kidneys remove the water because it is easier.

This then ties in with the last statement!

Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack, water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up.

Dr. Virend Somers, is a cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology; He states;

Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Dr. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame .

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. For Your Information, Aspirin lasts a really long time in your medicine chest for years, (when it gets old, it smells like vinegar).

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside?

It's about Heart Attacks -

There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep.

If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 000. - Phone a neighbour or a family member who lives very close by.

- Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival andDO NOT LIE DOWN!

A Cardiologist has stated that if each person after reading this message passes it on to 10 people, probably one life could be saved!

Choosing the Right Pension

Debbie McTaggart explains the different features of the Age Pension and the Disability Support Pension for those in need.

Q. Margaret

I am approaching 65 and have been contacted by Centrelink to see if I wish to move from my Disability Support Pension (DSP) to an Age Pension. I am not sure which option is better for me. Can you advise the difference between these entitlements?

A. If you are receiving a DSP and are approaching Age Pension age, you will receive a letter from the Department of Human Services asking if you wish to switch to the Age Pension. This is an important decision as once you switch, you can't revert to a DSP and you may lose some of your allowances.

The Age Pension is generally the most appropriate payment for people who are over Age Pension age. The rate of payment, income and asset tests and concession card provided to age pensioners are the same as for the DSP. Also, once you reach Age Pension age your payment will become taxable, whether you remain on DSP or transfer to an Age Pension.

To help clarify which may best suit your individual needs, it is worth understanding the following differences:

Age Pension

- there is no medical eligibility review
- if you are a carer, you may also be entitled to a Carer Allowance if you are on the Age Pension
- there is no limit to how many hours you can work or volunteer

- if you are intending to spend an extended period of time overseas, then the Age Pension is more generous
- you can have more land exempted from the asset test under certain circumstances

Disability Support Pension

- the higher rate of the mobility allowance is not paid to those on the Age Pension
- if you are single and sharing private accommodation, you may be eligible for a higher rate of Rent Assistance
- if you are studying you may be entitled to the Pension Education Supplement
- Incentive Allowance is only paid to DSP recipients

Possibly the most compelling reason to switch to the Age Pension is if you plan to spend more than six weeks overseas. Changes which came into force on 1 January 2013 mean that, after six weeks, your DSP will be stopped unless you meet certain criteria. If you switch to the Age Pension you can remain outside of Australia for up to 26 weeks before your pension is affected. However, if you leave Australia within two years of switching to the Age Pension, then your pension will be stopped altogether.

You should contact Centrelink before making any decision to switch from one payment to another. Your individual circumstances will be taken into account and you will receive detailed information on how you will be affected.

Debbie McTaggart is a writer for Your Life Choices Magazine

A Break in the Line of Communications

I'm approaching the end on my 38th year of service with Telstra. Quite an accomplishment considering that I nearly didn't take up a career in telecommunications because of an incident when I was a child.

It dates back to when I was ten years old. My neighbour and I had set up a telephone with two tin cans and a piece of string. It stretched from the house all the way down the garden. It worked quite well but we really didn't need the tin cans because we could hear each other without them!

We decided we needed to try them out over a longer distance. We got extra string (thick cotton obtained from my mums' sewing box) and took it over to the fields behind my house. The cotton was nowhere near strong enough. It snapped under its own weight and became tangled in thistles. We needed stronger string and a location free of foliage.

We decide to set them up between both our houses, across the street from an upstairs window. We scoured the garden shed for suitable string and found some strong

nylon twine. We first anchored it to my friends' window sill and rolled the string out along the ground. He then tossed the bobbin up into my window. Lo and behold, it too snapped as I was raising it!

Undeterred, I proceeded down stairs to go make the necessary repairs when I noticed my father was at the front door talking to Mr Harrison, a motorcyclist, who lived up the street. By 'talking', I mean a heated discussion was taking place. Mr Harrison threw down his crash helmet and proceeded to show to my father a horrible red welt that had appeared on his neck. I gathered, at the time, that it was Mr Harrison who broke our nylon twine as he was riding home from work.

I don't remember getting into trouble over it. I don't think I did. That probably explains why I wasn't deterred from a career in telecommunications. To this day, whenever I open a tin can, I'm reminded of the almost beheading of Mr Harrison.

Alan Dickinson

The Roundthreads

The Official Newsletter of the London Fire Brigade
Retired Members Association

The Eight – pointed Star On a Firemen's Badge

The eight-pointed is the cross of St John. It originated in the Maltese Cross, the emblem of the Knights of Malta & was used by the Knights of St John of Jerusalem, at the time of the Crusades.



The points were said to represent the Virtues required of a knight. Since these also represent the quality's required by a fireman, the star was chosen as the insignia of the National and Auxiliary Fire Service & has remained so, through to the Fire Service of today.

One of our members (Ernie Paddon) has forwarded the newsletter of the London Fire Brigade Retired members association, also the spring edition WFM magazine (the Official Magazine of The London Fire Brigade Welfare Fund). It had been sent to him by his brother, who is a member of the Fire Brigade there.

Ernie was of course a member of the service before he came to Australia and joined the MFB. Both newsletters are both professionally edited & produced on glossy paper and the members of the retired association committee I noticed are either SIR's, OBE's and/or QFSM.

It's blatantly obvious that these are the type of people you need running the RFA, and the first head that should roll is your secretary, as the only thing he has, is a badge out of a Royal Agricultural Show bag (what an embarrassment, get rid of him).

On the front page of their newsletter is the history of the Eight-pointed Star of their Fireman's Badge. I find this illustration of the badge very interesting as I was never aware of the significance of the eight points, until now.

I will bring newsletters to the next meeting to enable the people in attendance see what I am talking about.

John Berry

InFlame—turning community emotion into fire safety action

MFB will target communities affected by significant residential fires in an Australian- first program, delivering fire safety information right to their mailbox.

The InFlame program will target approximately 50,000 homes in the Metropolitan District each year.

Following a significant fire, community awareness and concern develops among local residents. This presents an opportunity for the MFB to send fire safety preparedness and prevention information to that receptive community.

- In 2012, in the Metropolitan District, there were 1,747 fires involving residential properties. 151 of these were 2nd alarm or above response (seven or more fire appliances responded). The estimated damage of these fires is \$26.3 million.

Through the InFlame program neighbouring properties will receive fire safety information from MFB in the mail in the days following a significant fire. The mail out will alert them to the incident and outline steps they could take to avoid a similar occurrence at their home.

The materials sent to homes are action-based and provide links to the MFB website to assist households with all the fire safety information that they need.

MFB Chief Officer Shane Wright said the project had been developed over a number of years and had proven successful in a pilot program in 2010.

“The program sends targeted information to concerned communities, at a time when locals are most likely to take action in their own homes to protect themselves from fires in the home,” Mr Wright said.

“In this way, InFlame helps the community develop resilience to fires in the home.”

MFB CEO Nick Easy added that the technology used was developed by the MFB and was the first of its kind in Australia, with the potential to be rolled out by other emergency services organisations.

“InFlame is a useful tool for community engagement following residential fires, but could also be adopted by other agencies for a variety of uses as it brings together several state and local government data sources,” he said.

During the InFlame trial conducted in Melbourne's northern suburbs in 2010, around 9000 homes were contacted. Following this, a survey of residents that received the fire safety information showed 65 per cent of the homes improved their knowledge of fire safety and 70 per cent of homes undertook some form of fire safety preparedness action in their home.

Never Forget!!!

I haven't forgotten.

The thrill of that first fire... a 'further assistance'... brass helmets... bells ringing & 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 kids '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 shift mates... they call it counseling now!

I haven't forgotten.

The cuts and burns... stitches 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 St. 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 Children's 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 bother to look up and ask..... 'Were you ever in the job mate'.

I haven't forgotten.

I don't walk as fast... nor stand as straight as you ...my hair may be thin and grey ...eyes and hearing dimmed.

But, I know that I will never forget.

That we 'PAID the PRICE... 'EARNED the RIGHT'...to proclaim FIERCELY ... PROUDLY to all ..."I AM A RETIRED FIREFIGHTER"

*Written by **Bill Bayley**, retired MFB Superintendent and passed Editor of "Flame", the newsletter of the Fire Services Museum of Victoria.*

Republished from our May 2005 edition.

Recent Retirements

Wayne Owen; May 2, 2013

Graeme Danby; June 14

Greg Stephenson; June 20

Bob Chesher; June 27

David Lawrence; July

Phil Rook; July 1

Peter Calder; July 3

Stuart Gardiner; July 3

Joff Manders; July 4

Ian Muntz; July 5

Colin Matheson; July 9

Kel Keary; July 23

Craig Forsyth; August 2

Mick Davison; August 2

Murray Wallis; August 8

Pending Retirement

Bob Undy; August 28, @ Sunshine Golf Club

A Face From the Past.

After a few days as you get to know people on tour O/S (only 20 in our group) I discovered that one was an ex fire.

Who told me he joined in the early 60's but only stayed for about 5 years. He was stationed on "B" shift at No.1 stn.

He also remembered some names like our Secretary, John Berry, Stan Gough and a few more. He now lives at Kilsyth and drives Buses

He is also a relation to a former Carlton Champion Soapy Vallence His name is Terry Vallence.

Do you remember him?

By the way, we were touring in Morocco, Spain & Portugal.

John Chambers.

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 our editor John Laverick. "Water Off" will be sent out in a PDF format.

John's address - - 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.

BELLS BY THE BEACH

HOLIDAY HOUSE • OCEAN GROVE

24 Roditis Drive, Ocean Grove, Vic



Hello, my name is Baxter

Your hosts: Jan and Lin Bell

M: 0403 221 737 or
P: 03 5251 5899

Bring the dog and grandkids for a holiday at the beach!

- Easy walking - no hills to negotiate!
- Dogs or cats welcome. Pets can stay, sleep indoors.
- Self catering holiday house, 500 metres to beach.
- Good size kitchen, gas log fire, ceiling fans, air con.
- Bathroom with spa bath, overhead shower, grab rail. Plus an extra toilet off the laundry!
- Comfortable beds, electric blankets - two QS, two singles. Everything provided, or BYO linen & towels.
- Warm outdoor shower for after the beach.
- Single garage parking, secure fences all round.
- Short drive to Ocean Grove Bowls Club, cafes and restaurants. Coles and Woolies close by.

2013 seasonal rates 2 to 6 guests

Winter \$149 per night, Spring/Autumn \$179, Summer \$199

www.bellsbythebeach.com.au

email: bellsbythebeach@bigpond.com

Call us for a brochure.

See our ad in www.holidayingwithdogs.com.au



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

Smile

A mangy looking bloke goes into a bar and orders a beer. The bartender says: "No way. I don't think you can pay for it."

The bloke says, "You're right. I don't have any money, but if I show you something you haven't seen before, will you give me a beer?"

The bartender says, "Only if what you show me isn't risqué."

"Deal!" says the bloke and reaches into his coat pocket and pulls out a ferret. He puts the ferret on the bar and it runs to the end of the bar, down to the floor, across the room, up the piano, jumps on the key board and starts playing Gershwin songs. And the ferret is really good.

The bartender says, "You're right. I've never seen anything like that before. That ferret is truly good on the piano." The bloke downs the beer and asks the bartender for another.

"Money or another miracle else no beer", says the bartender. The bloke reaches into his coat again and pulls out a frog. He puts the frog on the bar, and the frog starts to sing. He has a marvellous voice and great pitch. A fine singer. A stranger from the other end of the bar runs over to the bloke and offers him \$300 for the frog.

The bloke says "It's a deal." He takes the three hundred and gives the stranger the frog. The stranger runs out of the bar. The bartender says to the bloke "Are you some kind of nut? You sold a singing frog for \$300? It must have been worth millions. You must be crazy."

"Nah", says the bloke. "The ferret is a ventriloquist."

UFU RETIRED MEMBERS ANNUAL CHRISTMAS LUNCHEON

Saturday December 7th 2013

11.30 AM. - 4.00 PM.

Malvern Town Hall

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.

PRINT POST No. 100002647

**RFA Newsletter
If undelivered return to;
The Secretary
24 Lincoln Drive
Lower Plenty 3093**

**SURFACE
MAIL**

**Postage
Paid
Australia**

