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I have taken over the newsletter that Dianne Proctor was organising before her unexpected death late October. Dianne was a very active worker for LungLife, a member of the Australian Lung Foundation's COPD Patient task force; and a representative on the ACT Health Care Consumers Association. She was a bright and energetic person, as much as her illness would allow her, and she will be sadly missed. Helen

### **Reminder**

#### **Christmas Lunch**

**Tuesday 8 December @ the Weston Club**

**12 noon for 12.30**

**\$25**

**If you like, bring a present for a child.**

**The present needs to be wrapped with the age and sex written on.**

**We will also hold an auction so you may like to bring an item to be auctioned.**

For further information, contact Pat on 6288 5209 or

Maddie on 6288 6935

### **Triumph for Breath**

LungLife donated to Jack Evans for his charity drive from Perth to Armidale, NSW. Jack and his daughter were driving the Triumph Super Seven that he had restored, raising awareness of COPD along the way. We helped with our donation of \$68.45. You can find more details about this trip with blogs and photos on the ALF website: [www.lungfoundation.com.au](http://www.lungfoundation.com.au)

### **World COPD Day: Wednesday 18 November**

As in the previous years, we collected on Acton Peninsula, on the edge of Lake Burley Griffin, at 11am to see

how far we can walk collectively. Caroline Scowcroft informed ALF that *we had a total of 35 people - sufferers, carers, health care professionals, supporters, 2 dogs, babies, kids, scooters, bikes, walkers and interested black swans.*

It was a warm day but a beautiful breeze came off the lake – with the dappled shade, it was most pleasant walking. Thanks to the ACT Health Care people for the cool drinks and fresh fruit that were real revivers for the walkers.

We covered a magnificent collective distance of 110ks, with the aid of Peter Foy's 24k bike ride. ALF collates the total amount from registered participating groups throughout Australia and spreads the word in the media.



Some of the participants in the Walk for World COPD Day

More photos next newsletter

**Next meeting: Thursday 10 December 10.30am**

Usual place: Weston Club at 10.30am

This is strictly a coffee morning get-together. No speakers; no formality. Come for a chat.

**Next year's meeting: Thursday 14 January 10.30am**

This is a Welcome Back meeting. We will plan our speakers and activities for the next few months – so come with your ideas.

## **Andrew Bird's Plaque unveiling**

We held the unveiling of the plaque in memory of Andrew Bird on Wednesday 21 October 2009 in the gym at the Y @ Chifley with about 15 people attending. At the Christmas Lunch last year that our group raised money on behalf of Andrew to donate to the Y Gym to put towards gym equipment as Andrew had been very involved with this gym and was significant in getting us to go there.

Helen Cotter, Tony Harber from the Gym, Caroline Scowcroft and Helen Palethorpe, who was in charge of the Y in Andrew's day, all spoke about Andrew – how he was always bright and breezy and very happy to talk - about himself; about what he was doing and how he was going. At the same time, he determinedly worked towards getting himself as fit as possible for the lung transplant.

Andrew often talked about the gym. He worked out at the gym and volunteered on the desk. He talked about what a lovely place it was, with lovely people and good equipment - and how we should all be going there. It's because of him that a lot of us do go to the Y gym - and we are very pleased that we do.

After we'd spoken, we then asked Noreen Bird, Andrew's mother, to lift the veil and reveal the plaque in memory of Andrew. We've positioned it on a piece of equipment where people will see it as they use the machine. Noreen and Des and others enjoyed having a go to see how it works.

We followed that by moving to another part of the Y for tea/coffee and some lovely eats and a chat. Thanks to all who came and to all who helped. It was a casual, lovely and memorable event.



Andrew's plaque



Andrew's parents, Des and Noreen Bird, looking at the equipment that the plaque sits on



Tony from the Gym showing how the machine works. Caroline Scowcroft in the background.

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