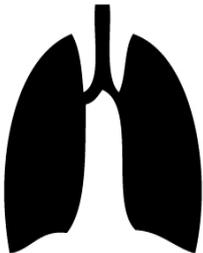


CANBERRA
LUNG LIFE
SUPPORT  GROUP

February 2013 Newsletter

Providing a supportive and informative environment for people with a variety of lung conditions and their carers.

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Next Meeting
Thursday 14 February 2013
10.15 am – 12 noon

Burns Club
8 Kett Street
Kambah

Guest Speaker: Tanisha Jowsey - Time Management for people with chronic illness and other related topics.

Dates for your diary

Thursday 24 January	Lung Life Picnic – cancelled
Thursday 14 February	Lung Life Meeting
Tuesday 20 March	Viking Club Concert
Thursday 21 March	Seniors Expo – Exhibition Park
Wednesday 17 April	Education Day

Our year 2012 in summary

Helen Cotter

I was planning to write a short summary of last year's activities and information but when I looked at our monthly newsletters to remind me, I realised that we have done so much – we had a very fruitful year.

Monthly meetings:

These were well attended providing time for people to catch up and increase their knowledge in a wide variety of subjects.

- How Red Cross aids those in need - remember Lucy Costas (many of us knew her from Air Liquide) who is now working for the Red Cross.

- Changes in the treatment of lung diseases - Mark Hurwitz.
- Carers ACT and the assistance the organisation provides - Marie Falconer.
- Various hobbies/interests to get involved in - Geoff Dabb (“The Birdman”).
- What pharmacies can do for you today - Dean Apolloni, Pharmacist.
- Foot Care - Sarah Marshall, Podiatrist.
- Provision/maintenance of healthcare equipment - Michael Reid, Canberra Mobility.

We had some sessions without speakers. Remember when you had to bring a photo of a younger self and write a sentence about something you have done? Most enjoyable! Ebba showed us her amazing water filled vase (like a snow dome). In another session, we discussed issues that needed discussing.

Our thanks go to Chris Moyle who takes notes during the talks and writes them up for the newsletter.

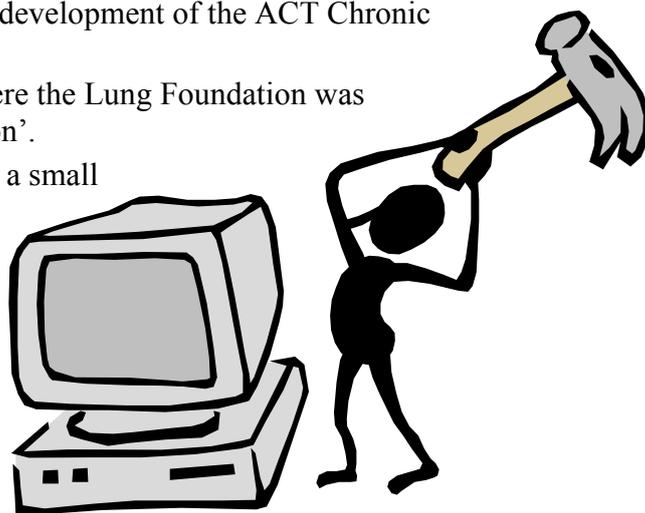
Other activities:

- We started the year with the Seniors Expo at the Kingston Markets in March – always good value. This year they move to the Exhibition Centre, on the northside.
- In March, we had our second Lung Foundation Education Day. Topics discussed:
 - Lungs in Action class at UC - Kate Pampa,
 - Lung Cancer - Judy Rafferty and David Larkin and
 - Equipment and its care – Elizabeth Forbes and Judith McKenzie.
- Around this time, many people became guinea pigs for the physio students at UC. This occurred again later in the year. As well, some went to talk to medico students at The Canberra Hospital. Thanks to Pam for organising those events.
- Pam, along with Maddie, Robyn, Pat and Jenny, was also central to organising the mid-winter lunch and the end-of-year Christmas lunch, both very successful events.
- In Spring Helen Reynolds organised a very successful session on Flora the Explorer, the Botanic Gardens bus. The tour was followed by lunch at the Gardens. We hope to repeat that, maybe in Autumn.
- In November we had the World COPD Day Walk down by the Lake. Good weather and a good turnout. The walk was followed by a picnic lunch.
- Helen Reynolds has been part of an Australia-wide teleconference of Lung Foundation Australia’s COPD Task Force. The participants discuss issues they have and pass on information they learn. Helen passes this on to us via the newsletter. Through it we’ve learnt about the Emergency Medical Equipment payment for people on oxygen; been informed of or reminded of the requirements of the disability parking – which is different in different states.
- The newsletter, under the editorship of Helen Reynolds, provides us with a wealth of varied information. There have been articles on:
 - the benefits of exercise;
 - good breathing techniques,
 - the dangers of woodsmoke;
 - the registry for Ideopathic Pulmonary Disease established to provide data to enable more research, information and understanding of the disease;
 - the ACT’s Chronic Disease Management Unit and
 - other initiatives for providing assistance for those with chronic diseases.



There have been many other informative articles but the newsletter also has its light side: it is now colourful, dotted with cartoons and light relief items. Congrats to Helen for all her work in putting it together. And many thanks to those who have provided articles.

- Helen and I attended forums/workshops on the development of the ACT Chronic Disease Strategy.
- We attended a session at Parliament House where the Lung Foundation was promoting their 'Friends of the Lung Foundation'.
- Later in the year I went there again, twice, with a small group organised by Darryl Johnson, the woodsmoke activist, to talk to two politicians about the problems with wood heaters.
- I am also a representative on a Community Committee of MedicareLocal, the organisation that educates and informs doctors, nurses, dentists and others in the health industry.
- Lastly we organised some computer training through PCUG to assist members in their computer use. It was worthwhile – as long as we can remember what we learnt.



Members we farewelled

We farewelled a few members last year:

May Dawson;
 Dave Bromhead;
 Maeva Galloway;
 Ray Fitton;
 Peter Foy.

Always sad to see them go.

A final comment

I didn't realise how much we'd done during the year until I started putting this together. We couldn't do it without the input and support of you all. We know you do what you can; and some are retired, having been working for the group for a long while. It feels good that so many people are involved. Here's to 2013 and what it brings to the Canberra Lung Life Support Group!

January Meeting Report

Helen Reynolds

With the new year comes a new venue: the Burns Club in Kambah. The facilities are very good as is the food. There is an added bonus – the Club is so large we'll get our day's exercise just walking from Point A to Point B!

A word of advice: Some of us were finding the temperature rather cool so it would be prudent to bring an extra cardigan or jacket, just in case.

Points of Interest

- Welcome to Irene Sharpe and Maureen Bell who have rejoined the group.
- Reminder the Lung Life Picnic has been cancelled due to the weather.
- The new year has started for Lungs in Action, which is held at the University of Canberra on Tuesday and Friday from 10.00 to 11.00. Parking is available.
- Maddie gave the tick of approval to the podiatrist at the Community Health Intake.
- By ringing the Community health Intake on 02 62079977 you can access other available services:
 - Social Worker

- Physio
 - Dietitian
 - Podiatrist
 - Services eg: ACAT.
- Helen Cotter compered a bit of a quiz cum information session on Robbie Burns and Scotland. We didn't do as well as perhaps we should but Tanisha was able to stun us all with a recitation of one of Robbie Burns' poems.
 - To end the session Helen C then covered the world with general knowledge questions.

Canberra Lung Life Support Group DVD

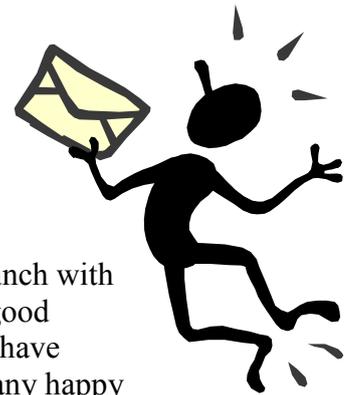
Chris Moyle

I've just watched the DVD of our Christmas lunches and picnic from 1999 to 2003, filmed on video by the late May Dawson and very capably transferred to DVD by Ebba Marrington. Thanks Ebba, and May, if you're able to read this from wherever you are now.

The lunches were held upstairs in a Chinese restaurant at the Weston Club. I don't know how we all managed to climb that wooden staircase.

There's mixed emotions at seeing several members who have passed on, but there's mainly enjoyment seeing them smile and laugh and even crack jokes, like Ray Fitton.

It's also interesting to see how young we all looked. A young Barry Thom is there with his late mum, May, and at one lunch spends a lot of time ringing a bell to bring us to order. He did that at meetings too. We were a noisy bunch.



Esther and the late Cecylia, founding members, are very busy at every lunch with raffles, auctions etc. Gordon Forrest, another founding member, was a good speechmaker, and made a point of saying we must remember those who have passed on. I think Gordon would be pleased with this DVD. It holds many happy memories and is worth watching. It made me feel I was there at all the lunches enjoying the camaraderie and having a jolly good time.

Note: The DVD is available on loan from Chris.

Just in case you're back from holidays and have some spare time, the **ACT Local Hospital Network is seeking feedback on Canberra's public hospitals**. In particular, they want to get a good idea of "[consumer] experiences ranging from the contact, treatment and care given within the ACT public health system". You can read more [here](#).

You can either send your feedback directly to LHNCouncil@act.gov.au or email Karen or myself with your comments before **30 April 2013**. We will send in some written feedback closer to the deadline.

Please don't hesitate to contact me if you have any further questions.

Kind regards,
Nicole Moyle

Christmas Luncheon

Helen Reynolds

Our Christmas Luncheon had everything. Lots of people dressed in their party clothes. Traditional Christmas fare such as drinks, bon-bons, sweets, party hats, Santa's Christmas dip and raffles abounded.



Brigitta and Pam.



Dawn, Ebba, Shirley, Helga and Pat.



Ebba, Shirley and Helga.



David and his wife.



Helen, Chris, John, Tom, Betty, Daphne and David.

People moved from table to table. The buzz of conversation and the sound of laughter were proof positive that everyone was having a good time.

The tables were set up to reflect the theme of the day, namely, Christmas.



Betty and Janice.



Helen Cotter (out reverred leader) doing her thing for the newsletter.



Raffle Winners

Dawn (Esther's sister-in-law)	Hamper
Betty Byrne	Hamper
Maddie Fleming	Hamper
Percy Fleming	Cake and a bottle of wine

The summer temperatures are definitely with us and with very high temperatures comes the danger of bushfires. Up to date the ACT has been more fortunate than Tasmania, NSW and Victoria but summer has a long way to go. ACT Health has issued messages regarding simple precautions that should be taken during hot weather. Further information is available at: <http://www.health.act.gov.au/health-services/population-health/summer-safety/>

It is also worth considering actions that need to be taken during the extreme fire warning period if a fire occurs. Are you prepared to evacuate from your homes; do you have a bushfire plan? The Emergency Guide and Grab and Go Kit developed by Community Services Directorate is available at: http://www.dhcs.act.gov.au/wac/community_recovery or printed books can be collected from the areas listed on the website.

**Lyn Holt
62076952**

MEDIA RELEASE – Chief Health Officer Alert

Press release: Recall of some batches of Ventolin and Asmol Inhalers

The ACT Chief Health Officer, Dr Paul Kelly has advised today that GlaxoSmithKline (GSK) has initiated a retail level recall of 10 batches of Ventolin and Asmol Inhalers due to a fault in the delivery mechanism leading to an inconsistent dose. In devices that are affected, the dose the active medication - salbutamol - may not be delivered in full. In some cases, approximately one third of the normal dose may be delivered per puff of the inhaler.

“People who use Ventolin or Asmol inhalers should check the batch number. To confirm the relevant batch number, remove the canister from the tube and the batch number is located on the bottom of the canister label. If they identify that they have one of the affected inhalers, it can be returned to their pharmacy for a free replacement,” Dr Kelly said.

Batches affected are:

VENTOLIN batch numbers: KN7170, KN7173, KN7178, KN7179

ASMOL batch numbers: KL6790, KL6795, KL6796, KL6797, KL6798, KL6799

This batch recall does not affect any other delivery forms of Ventolin and Asmol or other respiratory medicines. For more information on the recall, please visit www.gsk.com.au for Ventolin and www.alphapharm.com.au for Asmol.

Subject: Australian tourist board answers your questions

These were posted on an Australian Tourism Website and the answers are the actual responses by the website officials, who obviously have a great sense of humour.

Q: *Does it ever get windy in Australia? I have never seen it rain on TV, how do the plants grow? (UK).*

A: We import all plants fully grown and then just sit around watching them die.

Q: *Will I be able to see kangaroos in the street? (USA)*

A: Depends how much you've been drinking.

Q: *I want to walk from Perth to Sydney - can I follow the railroad tracks? (Sweden)*

A: Sure, it's only three thousand miles, take lots of water.

Q: *Can you give me some information about hippo racing in Australia ? (USA)*

A: A-Fri-ca is the big triangle shaped continent south of Europe. Aus-tra-lia is that big island in the middle of the Pacific which does not ... Oh forget it. Sure, the hippo racing is every Tuesday night in Kings Cross. Come naked.

Q: *Can you send me the Vienna Boys' Choir schedule? (USA)*

A: Aus-tri-a is that quaint little country bordering Ger-man-y, which is ... Oh forget it. Sure, the Vienna Boys Choir plays every Tuesday night in Kings Cross, straight after the hippo races. Come naked.

Q: *I have developed a new product that is the fountain of youth. Can you tell me where I can sell it in Australia ? (USA)*

A: Anywhere significant numbers of Americans gather.

Q: *Can I bring cutlery into Australia? (UK)*

A: Why? Just use your fingers like we do...

Q: *Can I wear high heels in Australia?* (UK)

A: You are a British politician, right?

Q: *Are there supermarkets in Sydney and is milk available all year round?* (Germany)

A: No, we are a peaceful civilization of vegan hunter/gatherers. Milk is illegal.

Q: *Please send a list of all doctors in Australia who can dispense rattlesnake serum.* (USA)

A: Rattlesnakes live in A-meri-ca, which is where YOU come from? All Australian snakes are perfectly harmless, can be safely handled and make good pets.

Q: *I have a question about a famous animal in Australia, but I forget its name. It's a kind of bear and lives in trees.* (USA)

A: It's called a Drop Bear. They are so called because they drop out of Gum trees and eat the brains of anyone walking underneath them. You can scare them off by spraying yourself with human urine before you go out walking.

Q: *Which direction is North in Australia?* (USA)

A: Face south and then turn 180 degrees. Contact us when you get here and we'll send the rest of the directions.

Q: *Do you celebrate Christmas in Australia ?* (France)

A: Only at Christmas.

Q: *Will I be able to speak English most places I go?* (USA)

A: Yes, but you'll have to learn it first.

Q: *Are there any ATMs (cash machines) in Australia? Can you send me a list of them in Brisbane, Cairns, Townsville and Hervey Bay?* (UK)

A: What did your last slave die of?

A Word from Lung Foundation Australia

I am writing to let you know that from 1 January 2013, the Lung Foundation has made some important strategic structural changes. We have transferred from an Incorporated Association to a Public Company Limited by Guarantee. In conjunction with these changes, we have updated our name and logo, relocated our head office and launched a new website www.lungfoundation.com.au.

Please note from January 1, 2013, we have changed our name to **Lung Foundation Australia**.

Our head office is now at Level 2, 11 Finchley Street, Milton, QLD 4064.

- Our new postal address is PO Box 1949, Milton, QLD 4064.
- Our switchboard phone number (07) 3251 3600 remains the same as do all the staff members' numbers, however we do have a new fax number which is (07) 3368 3564.

I wish you a very Happy and Healthy 2013 and I look forward to working with you in the months ahead.

Yours aye,

William Darbishire
Chief Executive Officer



*"When you can't breathe...
nothing else matters"*TM