



February 2018 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 8 February 2018
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speaker: Lydia Kim and Nicole Heneike from Brindabella Podiatry will educate us in the correct approach to foot care.

Dates for your diary

Thursday 8 March 2018
Thursday 15 March 2018

CLLSG Meeting
Seniors Expo

January Meeting Helen Cotter

About 20 people attended our first meeting for 2018 including a few people here for the first time – lovely to see them and to catch up with everybody else.

Topics discussed:

- The coffee morning held in place of the December meeting was well received and will, hopefully, continue at the end of this year.
- Chris Moyle, who has organised our speakers for many years, has decided to retire from the job so we asked members for a volunteer to take over the position. The meeting decide:
 - anyone can suggest and organise a speaker
 - guest speakers for two consecutive months and then a non-speaker meeting to give us time to talk about other things.
 - we will disseminate a list of appropriate dates for the year.

Thanks Chris for the magnificent work you have done over many years organising speakers.

- A social get together was organised for Wednesday 24 January 2018 at the Southern Cross Yacht Club's Fish'n Chips lunch. We will have another one later in the Summer/Spring at the Jamieson Southern Cross Club which also has a Fish'n Chips outdoor venue.

After we discussed these topics, we invited members to share with us a significant or memorable experience in their life. We had an interesting variety of topics and plan to continue with this segment at other non-speaker meetings.

Crossing the Nullarbor

Helen Cotter

Helen Cotter started talking about her memorable experiences crossing the Nullarbor. Other members had also crossed the Nullarbor so they added their reminiscences.

We were moving from Sydney to Perth, we wanted to drive but were put off by the suggestion that for our safety, we needed to take so much extra gear:

- tyres
- fuel
- water
- fan belts
- food
- and lots of other things.

So, it was a train trip instead and it was a lovely way to travel. Perth people are much more blasé about travelling across the Nullarbor – fill the petrol tank, pack some food, take an Esky of beer and they're on their way. On later trips that's what we did (the Esky had other things in it).

It's a fascinating place – a plain not a desert so full of scrub and travelling closer to the coast than the train – at one stage, you drive over some rises, turn a corner, and there is the blue Southern Ocean and the white sand of the Eucla.



**Eucla sand dunes,
Eucla, W.A.**

Source:

<https://www.australia.com/en/itineraries/perth-and-surrounds/crossing-the-nullarbor.html>

One most memorable experience is coming across a large yacht stuck on a trailer. Something you don't expect to come across in the middle of the Nullarbor. Of course, we stopped to look. You stop and look at anything different on the Nullarbor but you don't expect to see a rifle pointing at you over the deck. A bit scary. We explained ourselves and the guy popped his head over and talked to us explaining:

- the trailer had broken down
- the car had gone off to get parts
- he stayed to protect the yacht

- many people stopped and tried to steal whatever they could.

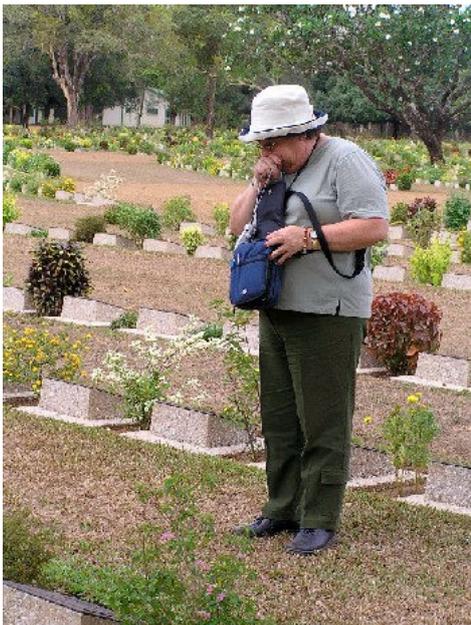
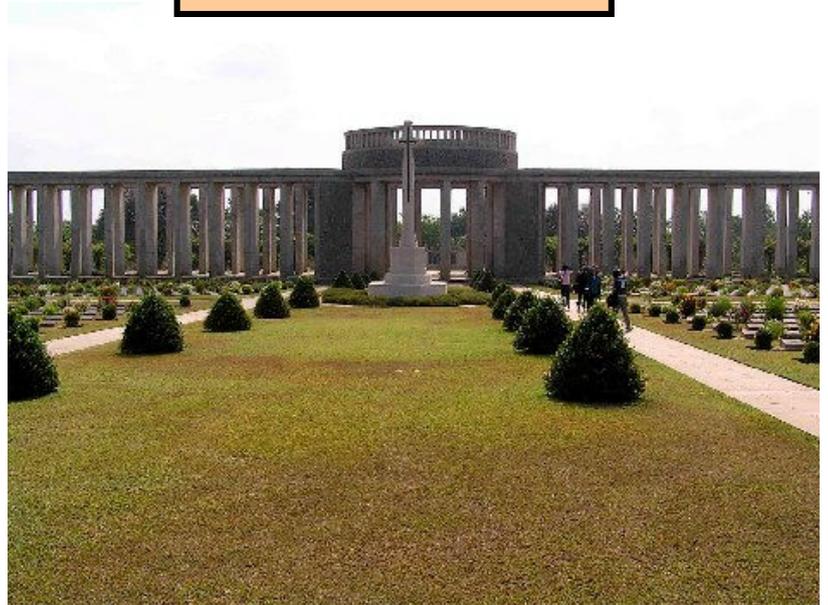
Consequently he got into the habit of pointing the rifle first and answering questions later. All the Nullarbor trips we did we found them equally fascinating. I'm so pleased to have done them.

Visiting her father's grave

Helen Reynolds talked about the time she went to Myanmar/Burma to visit her father's grave.

From a very early age a trip to my father's grave in Burma (now called Myanmar) was at the top of my bucket list. Dad, along with thousands of others, was captured by the Japanese on the Johor Causeway and taken from Singapore to Burma to work on the northern end of the Burma to Thailand Railway. Mum was 18 years old when they were married and 22 years old when Dad went off to war leaving her alone with two small children.

Thanbyuzayat War Cemetery



In the late 1960s, I was appointed to the RAAF School in Penang. During my time there both my mother in Australia and I tried to get visas to visit Myanmar/Burma so we could visit Dad's grave but it was impossible, the border was closed. And then, in early 2006, through a class I took with the University of the Third Age, I was introduced to a tour leader who escorted groups to Myanmar and into China. I jumped at the opportunity to visit dad's grave and began making plans.

My friend and I flew to Yangon, then travelled to Thanbyuzayat and the war graves. The cemetery was amazingly quiet and beautifully maintained. Standing before the grave I experienced an epiphany – my father became 'real'. I was 11 months old when Dad left and during my life he had never been quite 'real' to me but now, looking down at his gravestone he became real. It was a unique experience.

Many years later, I was in a medically induced coma and I had a vision of my mother in a field of daffodils. In the distance was a nebulous figure that I knew to be my father. Mum said to me, "it's not time yet Helen – go back". So I did – and here I am.

Glaciers in Chile

Pam Gaston talked about the wonderful experience of cruising through the glaciers of Chile.

Four years ago, Peter and I travelled on a 53 day cruise from South Hampton, travelling to the Canary Islands, Brazil, Uruguay, Chile, Pitcairn Island, Easter Island, Fiji and finally Sydney. It was a great trip but most memorable were the glaciers of Chile. These unfortunately are being lost through climate change but they were a marvellous sight.

Melissa's daughter, Karolina, added that the same thing was happening to the NZ glaciers. On the Franz Joseph glacier, they have put markers showing how far the glacier has receded. In the last decade, it has receded kilometres.

John's movements

John Kovack talked about where he's lived over the years.

I lived in Sydney for many years but when a friend moved to Darwin, I went there too. I didn't particularly like Darwin so I moved to Alice Springs – a wild town in those days – a real snake pit. I lived there for four months, then moved to Adelaide.

I've moved around a fair bit because I moved from Adelaide after one and a half years to Canberra, then back to Adelaide, then back to Sydney for sixteen years.

At Sydney, I became very sick with Whipple's Disease, which attacks all organs and almost died. So I decided to move out of the polluted city and came to Canberra – and I've been here ever since then.

From London to Kathmandu

Geoff Cox talked about his trip through exotic places in a double decker bus

In the 1980s, I took a double decker bus with about 20 other people, overland to Kathmandu. We started in London and travelled through Syria, Israel, Jordan, Iran, and Pakistan to Kathmandu. Those were the days when you could travel through those countries.

The bus was fitted out with bunks on the top deck and other items that could change like a caravan – tables and seats by day; beds by night. It had no toilets – we mainly stopped in remote places and went behind a tree.

At one time, we left without one of the passengers (too long behind a tree?). We went too far before we realised – and we couldn't return as we couldn't remember which remote spot we were at. Usually we stopped near a hotel, so at each place we left contact details in case he turned up.

Amazingly, after a few days, he turned up. He had no money but people were very helpful. An Indian gave him a lift – until the car's engine blew up. Then he called in at a Police Station; they contacted the Army who took him to Kashmir where he caught up with us. One thing that helped was that at the border we had to leave details of where we were staying – that was how he knew where we were.



1980 Bristol Double Decker Bus

Living in the bush

Maureen Spicer talked about her years of living in the bush

I lived, off and on for twelve years, in a remote part of the Northern Territory, approximately 300 miles (before kilometres) to Katherine. I was married to a geologist and we lived in a disused camp with fibro huts, a generator and water pump. We had three children, the oldest was seven so they were educated through the School of the Air.

One time, my seven year old developed pneumonia and we had to drive the 300 miles to Katherine. It was the wet season so all the creeks were running. We had a tarp over the radiator to protect it and at many crossings, I had to build up the crossing with rocks so we could drive through. This physically affected me and later I had to have operations to overcome the problems.

We missed the Darwin cyclone but my husband had sent all the vehicles, generator and water pump to Darwin for servicing at the end of the working season (The Dry) and, after the cyclone, no one was allowed in Darwin. We had no water and no electricity. It was a tough time, but now, a memorable experience.

New exercise class for people with chronic lung conditions

Maureen Bell

What?

A new Lung Foundation accredited class, *Lungs in Action*, is now enrolling at CIT Bruce as part of the Fit and Well Program. The class is conducted by Arthur, an experienced fitness instructor and caters for all abilities and levels of fitness including those who use supplemental oxygen. The class is held circuit style, does not use machines but a variety of 'props' such as Therabands, and a rest break is programmed in after each exercise. You can perform the exercises seated if you need to.

When?

It is held on Mondays and Fridays, 11 a.m. - 12 noon. You can attend either Monday or Friday, or both days.

Where?

In the gym in A Block, Vowels Crescent. The address is Purdie Street, Bruce. Enter from Haydon Drive and drive around to the car park at the top (most easterly) end. There is plenty of parking nearby but only limited Disabled Parking spaces are available.

Cost?

A very moderate \$5 per class. You buy a card for 10 sessions. This is read electronically and you are not charged for any missed sessions, just for those you attend.

Requirements?

Your GP or specialist has to sign a form stating that you are fit to participate. Form is available from CIT.

Enquiries? 02 6207 4309. See also https://cit.edu.au/services/cit_fit_and_well_fitness_class_timetable. The class has been running since the start of term and is enjoyed by those who have already joined.

The A – Z of Preventative Health Care

Chris Moyle

Talking

Who can I talk with about my problems?

When choosing whom to talk with, make sure it's someone:

- you can connect with
- understands you and your life
- will listen
- you can trust
- won't judge you
- won't tell you what to do.

If you would like to talk with a health professional there are options:

- your GP or local doctor
- your community health centre
- a psychologist – because they are registered mental health professionals, you can get a Medicare rebate for 10 sessions per year with a psychologist
- a counsellor – look for a registered counsellor, which means you are seeing someone who has done an approved course in counselling
- a social worker.

It's important to feel comfortable with the person you're confiding in.

How Can I help?

If someone you know is upset, troubled, depressed, anxious or generally not themselves, it's helpful to know what you can say and do to help.

- Talk – find a private place and the right time for them to talk free of distractions. Be calm, respectful, admit you don't know exactly what they're feeling but want to be there for them.
- Listen rather than talk at them. They may not need your advice, they may just need you to listen.
- Use open-ended questions rather than a question that requires a yes or no answer. You could say "Tell me about..." Or "What's going on for you?"
- Just spend time together – you may not have to talk, but just be there with them.
- Suggest they seek support and that you'll go with them if they would like that.

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." *Maya Angelou*

Source: <https://jeanhailes.org.au/>



How many Australian men does it take to change a light bulb?
None. It's a woman's job.

What is the difference between an Australian wedding and an Australian funeral?
One less drunk at the funeral.

If it takes an IQ of 60 to tie shoelaces, why do so many Australians wear thongs?

What is the difference between yoghurt and Australia?
Yoghurt has some culture.

Source: <https://www.stuff.co.nz/>