



February 2019 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 2019
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close
Stirling ACT 2611

Guest Speaker: Claudia Creswell (HCCA)
Topic: Take control of your health

Dates for your diary

Thursday 10 March 2019	CLLSG Meeting
Thursday 21 March 2019	Seniors' Expo at Exhibition Park
Thursday 28 March 2019	9:30 am - 11:30 am UC Physiotherapy Students
Wednesday 3 April 2019	1:30 pm - 3:30 pm UC Physiotherapy Students
Friday 5 April 2019	Education Day Seminar, Southern Cross Club

January Meeting

Helen Cotter

Numbers were down for our first meeting of the year. The meeting was chaired by Chris Moyle and she reminded us of the things that our group had done last year:

- Guest Speakers on a variety of topics
- Seniors Expo in March 2018
- Education Day in April 2018
- mid-year and end of year lunches at the Hellenic Club
- and many other events.

She thanked Esther for organising the end of year lunch and the raffles. We raised almost \$100 from the raffles over the year.

The fans that were mislaid have now been found. If you wanted a fan but missed out let Helen know and we will see to remedy the situation.

We already have dates for your diary for this year:

- The Seniors Expo on Thursday 21 March 2019 at Exhibition Park, an event well worth attending with stands from many government and non-government organisations.
- LFA's Education Day at the Southern Cross Club Woden - Friday 5 April 2019. Three speakers on informative health topics. More information at later meetings and in later newsletters.

Then it was over to Ron and his exploits.

Growing up in Canberra

Ron Hamilton

Ron is an Oaks Estate boy, a larrikin then and still a larrikin. He was born there in 1935 when it was known as No Man's Land, caught between Queanbeyan and Canberra. Oaks Estate was originally an outstation of Duntroon but later was sold and operated as the Elmsall Inn where the Cobb and Co Coaches stopped. It had 12 bedrooms upstairs, a dining room, kitchen and stables.

When ACT was formed, it took the Estate in, run by the Federal Government's Department of the Interior. Little happened - it was in a kind of limbo and was like a law unto itself. One problem was that people owned their land under Torrens Title while in the ACT land is leased.

There was no electricity or water in Oaks Estate until 1941/42. Water mains had been laid between Canberra and Queanbeyan but they wouldn't divert it to Oaks Estate so until 1941/42 candles and lamps were used and water was from a tank.

School

Ron and his mates went to Queanbeyan School. The shortest way of one and a half miles, was across the railway lines and a run across the platform. The railway detectives tried to stop them but as they went to grab one ratty schoolboy, another would fly passed and the detectives were confounded about who to grab. Consequently, they all fled past successfully.



School brought about some memorable experiences, very little to do with education. The Science Teacher decided to teach his students about gunpowder. He made a batch, put it on his desk and went to get a hammer to bang the gunpowder with to create an explosion. While he was out of the room, some boys added more gunpowder to the batch. The explosion that occurred was a shock to everyone, especially the teacher. Another time the teacher had a pressure cooker working with a corned roll inside. The release valve became stuck. The pressure built up. With a bang, the lid took off to the ceiling as did the corned roll, splattering everywhere. Another teacher had a tennis ball for discipline, letting fly with the ball at the misbehaving child. One day a cricket ball was substituted for the tennis ball. The teacher let fly, hitting the student on the head - that was the last of tennis ball discipline.

Oaks Estate

Oaks Estate is an urban village in the ACT, 12 km from Canberra City centre, directly across the NSW border from Queanbeyan. The estate covers an area of approximately 40 hectares and is bound by the Molonglo River to the north, 'The Oaks' to the east and the Queanbeyan - Cooma railway to the south.

It takes its name from 'The Oaks', an outstation of Duntroon established about 1835. The adjacent burial ground, in use from 1838 to 1846, is the oldest general, if unofficial, cemetery in the ACT.

In the second half of the 19th century and into the early Canberra development period, Oaks Estate housed several Queanbeyan industrial properties including a flour mill.

From 1911 Oaks Estate was formally included in the Federal Capital Territory but developmentally the Estate remained in a kind of No Man's Land until the 1950s, with several unsuccessful attempts to return it to NSW, and even a petition to the Queen for improvement in basic services.

Most Oaks Estate kids went to Telopea High School, but Ron and two of his mates were top of their year, so went to Canberra High. The Headmaster didn't like the Oaks Estate ragamuffins - the scourge of the school, he called them. After one Bonfire Night (Empire Day 27 May), the Headmaster's beautiful maroon car looked like a piebald horse, the colour all discoloured and patchy. He blamed the three Oaks Estate kids, calling them up to the dais during the school parade and humiliating and punishing them for ruining his car. Ron and his mates were innocent. He later found out that some other kids from Canberra High had first blown up the Headmaster's mail box and later rubbed his car down with caustic soda causing the blotchy effect. The Headmaster influenced the teachers to be nasty to them and to fail them in every exam. The boys got the last laugh when they passed the final external exam.

After School

After he left school, Ron worked with his father in carpentry and joinery; then did National Service, finally studying Engineering Surveying. He was articled to a firm where he worked 4 days a week, then attended Tech for one day and evening. After the class, the boys would go to the Dutch Coffee Inn in Mort Street and sometimes they would drive to Yass - 12 in a car! One night coming back, the car packed with people, past St Andrews where the police stopped them. The boys had to walk up and down the yellow line to test their level of alcohol consumption - but everyone was innocent. To try to catch them on something, they asked the driver to tell them the engine number of the car - amazingly the driver knew. This was at 1am in the morning - the bush telegraph had spread the word about these hoods by next morning.

The police didn't like the boys and the boys didn't like the police. The police used to hide in a grove of wattle trees to catch the drivers near Oaks Estate. Gradually, one by one, the wattle trees disappeared so the police had nowhere to hide.

Being near the border meant that the Police - Queanbeyan or ACT - could only chase them to the border, once across the border they were safe, something that saved Ron many a time.

During the war

During the war an air raid shelter was built in Oaks Estate. Near it was a creek with oodles of snakes. They killed about a dozen each year. One day, they killed a snake which turned out to be a young boy's pet carpet snake. He was most upset.

Ron's father went to the war and the kids had to grow up quick. The food they had was what you grew yourself - plenty of underground mutton (rabbit). Daylight saving was brought on during the war: one hour in winter and two hours in summer.

Javanese men were here to learn to fly the Mitchell Bombers. To enable this to happen, the Government bitumened the road between Canberra and Queanbeyan. As you drove along the road, you had to watch out for the bombers practising their take off and landing. Sometimes, Mustang pilots would also come along so you had to watch out for them as well.

As part of their training, the Javanese used to fly to Batemans Bay and up and down the coast. It was later discovered that two of the crew were letting the Japanese off the coast know what was happening so they could sink the merchant ships. On the ABC, they would listen to Tokyo Rose, the Japanese propaganda. According to Tokyo Rose, the Japanese Navy had sailed up the Molonglo River.

Ron also told us that he saw the plane crash in 1940 that killed, amongst others, three cabinet ministers and senior military men. Some of them did not die instantly. Today, no one really knows why it crashed.

A lot of memorable experiences of which we only heard a few. Ron enjoyed growing up here. It's changed a lot. Maybe it was better then.

After Ron's talk, others talked about their experiences in Canberra or elsewhere in the early days.

Other Experiences

Frank was also born here. His great great grandfather lived at Scott's Crossing on the Molonglo River when it was a river running through Canberra.

Val is an old Canberra inhabitant too. She knew some of the families that Ron talked about - her Mum especially knew these families and had some of the same stories. Val was born in 1950 in the old Canberra Hospital and has grandparents buried in St John's in Reid. Her mother and sisters used to ride horses from Molonglo to Tuggeranong School - three of them on the one horse.

It was 9 miles from Oaks Estate to the Queanbeyan border. The further away you got from Parliament House, the lower your status.

Canberra in those days was a close knit community. Val might wag school, spending the time floating down the Molonglo - but the neighbours would have seen it and reported it to her parents.

Val's dad had a variety of jobs and ended up working in Wirth's circus, first doing the hack work

but ending up as the catcher for the flying trapeze artist. He wore pink leotards with gold spotted pants. The circus was an 'essential service' during the war - that meant that the circus members weren't allowed to join the forces but had to help boost Australia's morale during the war. When the circus came here, Val and her family were given special treatment.



At that time, circuses moved from town to town by train. Lyn is a member of the Bullen family (Bullen's and Wirth's circuses were the two main circuses in Australia for many years). She remembers the circus moving by train. One of her cousins had a leg caught between a post and the train carriage. They got one of the elephants to remove the post.

The discussion after Ron's talk was most interesting and engaging. All felt that they had great childhoods and all could have reminisced for longer. We hope we can bring you more such experiences at a later time.

SimplyGo POC for loan

We have a SimplyGo POC for loan. It provides continuous or pulse oxygen. If you need to borrow a POC with continuous provision of oxygen, this is the one. You may like to borrow it for a trial or to travel to another city for a break or to visit a doctor or when yours is to be sent away for repair.

The SimplyGo has all its attachments and has recently been serviced.

We ask for a donation to Lung Life for its use.

Contact Helen on cotterhe@hotmail.com or phone 02 6281 2988.

Farewell Brian Harris Helen Cotter

Brian Harris, the husband of our much loved Pam Harris, was diagnosed with cancer only a few months ago and passed away on Christmas Eve at home surrounded by his family. He was aged 70.

Brian was born in Cooma and spent his school years there. After leaving school, he moved to Canberra where he joined the Public Service, gradually moving through the grades into Executive roles. He received two Australia Day awards for his achievements.

Soon after he came to Canberra, he met Pam - in the Jungle Bar of the Civic Hotel. They married, first living in Dickson, then moving to the newly developing far distant suburb of Rivett where they have lived ever since.

Brian was very supportive of Pam and her involvement in Lung Life where they made many good friends. Until recently, he was always seen at our lunches and other social events - always very bright and breezy.

Brian's funeral was held at the Crematorium on the last day of 2018. The Crematorium was packed and it was good to see so many representatives of Lung Life there as Pam is much loved by all of us. It is a very sad time and our hearts go out to Pam and her family.



Essential Medical Equipment Payment Helen Cotter

This is a yearly payment to help with energy costs to run medical equipment or medically required heating or cooling. You can get this payment if you or the person you care for:

- needs heating, cooling or certain equipment for their medical needs
- has a Commonwealth Concession Card and
- pay for running costs.

Evidence

You must provide the following evidence:

- proof of medical equipment needs from a medical practitioner
- proof that you or the person you care for pays the energy running costs.

You will find the forms on line or you will need to contact Centrelink on your contact number.

You may be required to provide evidence:

- of qualification for assistance from a state or territory government scheme
- the medical equipment was supplied by the Department of Veterans' Affairs through the Rehabilitation Appliances Program.

Equipment

There are many machines and many conditions that this payment covers. We are mainly concerned with using oxygen concentrators but if you have other conditions that use extra energy eg CPAP Machine, check out the Emergency Medical Equipment Payment website.

How much you get

You can get \$157 per year for each piece of qualifying essential medical equipment and medically required heating or cooling.

How to claim

You can do this online, by post or at a Centrelink Service Centre.

This information is from The Department of Human Services webpage on Essential Medical Equipment Payment. For further information, contact Centrelink on your contact number.

Christmas Luncheon

Helen Reynolds

Once again we gathered at The Hellenic Club to welcome in the festive season and to celebrate a successful year, educationally and socially. It was a bit crowded but we all enjoyed each other's company.

Esther and her merry band of helpers outdid themselves with a most wonderful collection of raffles which were won by:

Raffle Winners:

Helen Cotter

Dawn Cross

John Morley

Helen Reynolds

The day was also a success financially with \$146 swelling our coffers, \$96 from raffles and \$50 from Dawn Cross, Esther's sister-in-law.

Are you registered?

Helen Cotter

Power companies have been recently fined for cutting electricity to people on life support without notice. These companies have to give a minimum of four days' notice to people registered as having life support equipment in their homes.

If you are on life support at home, make sure you are registered with your power company. If you think you are but are not sure then check.

Power companies at times cannot guarantee supply of electricity all the times - at times unplanned outages occur - a major disaster or incident, a fallen tree etc. So you need to plan what you will do in such a case.

You could identify a place with emergency power and go there. You could stay with friends or relatives. You could back up your power supplies. You should keep handy the contact details of your power supplier to contact them in case of an emergency.

For ActewAGL call electricity faults and emergencies on 13 10 93 at any time or follow them on Twitter for live unplanned outage updates.

For more information phone 02 6293 5749 Monday through Friday 7:30 am - 5:00 pm or go to www.actewagl.com.au/lifesupport Email: nemnetwork@actewagl.com.au.

Other power companies should also have the information on their website.