

November 2021 Newsletter

Our mission is to provide a supportive and informative environment for people with lung conditions and their carers.

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NEXT MEETING: Thursday 13 January 2022
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

Christmas Lunch – Thursday 9 December 2021 at the Burns Club in Kambah

From the Editor

Congratulations to member **Val Dempsey** who has been named **ACT Senior Australian of the Year** for her work with St John Ambulance, where she has given over 50 years of service. Val has also been a very informative guest speaker for our group where she has shared her wealth of knowledge on First Aid. We will let you know more about this wonderful achievement in the January edition of our newsletter.

There will be **no meeting in December**; however we will be having a **Christmas lunch** - a buffet, \$19.80 for seniors - at the **Burns Club on 9 December at 11:45 am**. If you would like to attend contact Pam (0418 438 627) or Lyn (contact details above) by Wednesday 1 December.

This is the **last edition of the newsletter for 2021**, and while it is only November it is our Christmas edition. It is full of photos, a couple of quizzes to ponder, some thoughtful affirmations, and a Christmas memory amongst an array of interesting articles.

On behalf of the editorial team of Chris Moyle, Helen Cotter, and Don Neal who have all worked tirelessly to assist me to bring you the newsletter each month I wish you all a **Merry Christmas** and 'fingers crossed' a Happy New Year and a great 2022.

Affirmations - Chris Moyle

Chris has sent us some 'food for thought' - one for each day of the week perhaps.

1. *Today's Affirmation: I value myself and refuse to let anyone else determine my worth.*
2. *Today's Affirmation: Today, I will remember the importance of loved ones and what they mean to me. My focus will be on family.*
3. *Today's Affirmation: I may sometimes feel afraid, but I refuse to let my fears hold me back from living my life.*
4. *Today's Affirmation: Days may be long and hard but each day I am alive is a day worth celebrating. I will try and focus on the positive and stop dwelling on the negative.*
5. *Today's Affirmation: I know I cannot change the direction the wind is blowing but I can adjust my sails so that I still get to my destination. Don't try and control life. You never will. Instead, just stay positive and do your best to embrace whatever path it takes.*
6. *Today's Affirmation: When I feel overwhelmed, I will stop, take a deep breath, and remind myself that I am in control over my thoughts and actions.*
7. *Today's Affirmation: You can't fight change. Change is taking place every minute of every day and there's no getting around that. Today, rather than fighting it, I will relish it and try and make the most of it. It can be a good thing if I let it.*



Christmas Memories...

Back in the days of travel and enjoyment your editor spent Christmas Day, 2010 in a very different place. He travelled with his wife, Dianne, and his three children to South America, and Christmas was spent in the spectacular Torres del Paine National Park in southern Chile.

Just like many European countries, Chile with its Spanish history, celebrates Christmas with a large meal on Christmas Eve. My family and our guide spent Christmas Day with a simple picnic lunch next to a lake with pink flamingos. The picture below completes the picture, snow clad peaks and herds of guanacos.

On this glorious day we did several walks, and while the wind came up in the afternoon, blowing us backwards at times, this just added to the joy and adventure in this beautiful place. Even the accommodation with its dodgy plumbing and flooded bathroom could not spoil the day.



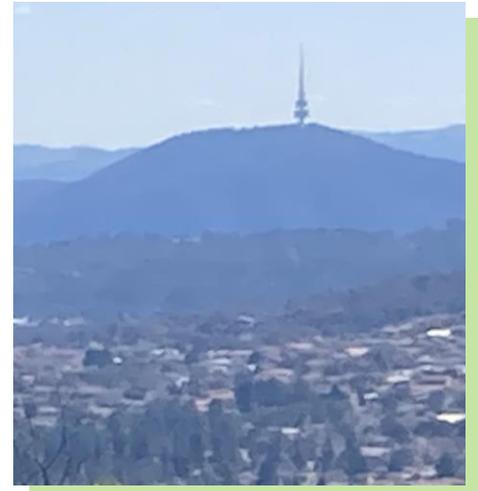
Photo Quiz

2.

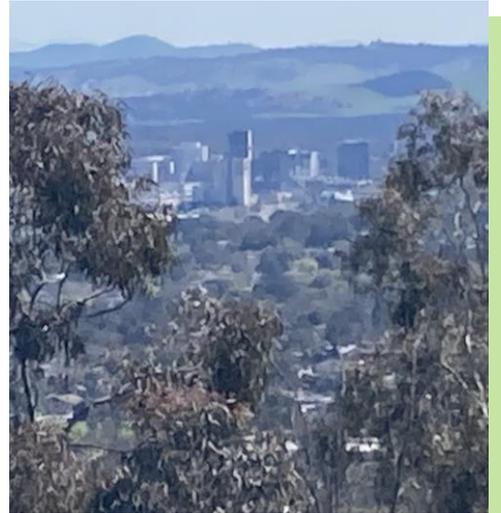
These photos of Canberra were **all taken from the same location**. Can you name the area or significant geographic features/landmarks in each photo?

Then can you guess where they were taken from? (answers on p.6)

1.



3.



4.



5.



The health crisis in the aftermath of the attack on the World Trade Centre

Member, Richard White, sent us an interesting – and disturbing - article he found in Australian Geographic Magazine <https://www.australiangeographic.com.au/> on the aftermath of the 9/11 attacks in New York.

Here is a summary of the article.

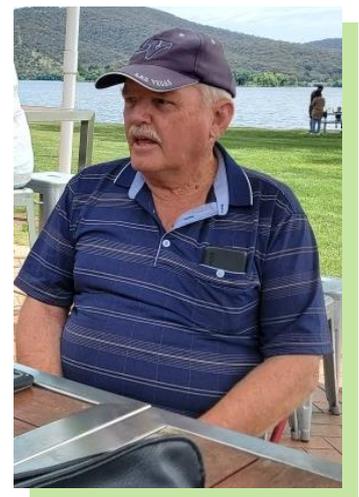
- It is estimated that over 400,000 people were exposed to toxic contaminants or at risk of traumatic injury in the days, weeks and months following the attack.
- Common conditions that have resulted from exposure include:
 - chronic cough
 - asthma
 - sinus congestion
 - various cancers
 - stress and depression
- It is expected that more people will die from the health related aftereffects of the disaster than from the actual attacks on the day.
- Almost 10,000 responders and others have been diagnosed with cancer.
- More than 2000 people have died from 9/11 related illnesses.
- The toxic dust consisted of:
 - highly alkaline cement particles, glass and other fibres which can lodge in the lungs
 - cellulose from disintegrated paper which can irritate the lungs and trigger the immune system
 - asbestos
 - trace amounts of lead, mercury, and neurotoxins – some experts believe that these pose the biggest public health risk of all

Reference: Australian Geographic Issue 164, 2021 September- October
<https://www.australiangeographic.com.au/product-category/ag-magazines/>



November Lunch
Stephen and Marilyn Allen (left) and George Watts (right) enjoyed lunch at the Southern Cross Yacht Club on Remembrance Day. They were three of around fifteen people who attended on the day.

Photos by John Morley



Bogglewords

Can you work out the words or phrases depicted here?

1. HISTORY HISTORY HISTORY HISTORY
2. M1Y L111F1E
3. PETE PETE PETE PETE ACHE
4. NEAFRIENDED

Hints, if you need them, are on Page 5 and answers on page 6.

Are you aware of Alpha-1?

November is Alpha-1 Anti-Trypsin (often called Alpha-1) Awareness Month

What is Alpha-1?

- It is a relatively rare condition that causes lung and liver disease
- Everyone's liver produces a protein called alpha-1 antitrypsin. This protein circulates in your blood, around your body, helping to protect your lungs from damage.
 - If there isn't enough anti-trypsin in your blood your lungs are at risk of damage
- People with Alpha-1 are at risk of developing:
 - emphysema
 - bronchiectasis
 - cirrhosis of the liver



How does Alpha-1 come about and how common is it?

- The diagram below explains the genetics of how you might inherit the faulty gene that results in Alpha-1
- **In Australia, one in every nine people carry a faulty gene** – so quite common
- One in every 2,500 will inherit Alpha-1 Antitrypsin Deficiency – your editor being one of these people (i.e. like the little red man on the right)



Reference: <https://www.svhlunghealth.com.au/conditions/alpha-1-antitrypsin-deficiency>

Hints for Bogglewords if you need them.

1. What is HISTORY doing? It is the opposite of the Split Enz hit, 'History Never _____'
2. A Stevie Wonder song may help. 'For _____'
3. When you are fed up you may say, 'For _____'
4. Use the 'A' and the word inside the other letters (which are N, E, E, and D). Then use the N, E, E, and D.

Pets

Your editor recently read an article in the Australian Heart Lung Transplant Association's publication the Biopsy Bugle (link below). The article was about pet ownership, and while your editor doesn't own a pet, he did find it interesting reading. Many pet lovers can no doubt relate to it very closely. Here is a summary.

<http://scph05.ecloud-services.com/~ahltacom/wp-content/uploads/2021/06/Autumn-21-Bugle-1.pdf>

1. Pets may reduce stress

- Research indicates that just patting a pet may reduce stress.
- Even watching fish may be relaxing

2. Pets provide companionship

- If you feel isolated a pet can reduce loneliness
- They may be affectionate, loyal, and honest

3. Pets fulfil the human need to touch

- Most people feel better when they have physical contact
- Patting a pet may lower your heart rate



4. Pets require routine and organisation

- Most pets require routine: feeding, cleaning and exercise
- This can give owners motivation and purpose, which may help with mental health

https://www.freepik.com/free-vector/children-with-animals-isolated_5837819.htm?query=dog%20cartoon

5. Pets may increase your opportunities for social interaction

- You could make new friends or acquaintances while taking the dog to the dog park or for a walk

7. Pets improve your fitness (dog owners)

- If you own a dog, they need regular walks, and this exercise is good for you too

Original source: [Pets Improve Mental Health - EAP Assist](#)

Answers to the Picture Quiz

(1) The Tuggeranong Valley, (2) Telstra Tower, Black Mountain, (3) Woden Town Centre, (4) Tuggeranong Town Centre, and Lake Tuggeranong, (5) Mt Taylor

The picture had to be taken from the trig point on Mt Wanniasa.

Answers to Bogglewords

(1) History repeats itself, (2) For once in my life, (3) For Pete's sake, (4) A friend in need



Also pictured at the Southern Cross Yacht Club were Chris Gray, Joe Marks (obscured), Pam Harris and Terry Hunt.