

May 2025 Newsletter

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

Editor: Geoff Cox
lung.life1@hotmail.com
Coordinator: Marina Siemionow 0429 629 180
lung.life1@hotmail.com

NEXT MEETING: Thursday 12th June 2025
10:15 am – 12:00 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

This will be a general meeting with no invited speaker.

May Meeting – Helen Cotter

We had around 15 members attend the May meeting. We first talked about a future visit to the Botanic Gardens, deciding that we'd leave it until Spring and aim for Friday 24 October. So, more details later.

Marina then organised for us to get into small groups where we looked at a list of about 20 eating places and talked about which ones we'd like to have our Friday lunches at. Marina will now prepare a short list of places we'd be happy to visit.

Then it was over to our speakers.

Dealing with Scams and Fraud

Our speakers were Ben Kropp (pictured right) and Sean Moy (page 2) from the Police Engagement Team. This team has a few sections to build rapport and provide information to different minority and vulnerable groups.



Ben talked to us about how to prevent being scammed and the preventative measures we can take, ourselves, to reduce the likelihood of being impacted by crime. He asked if any members had been scammed and quite a few related their stories. Some of these involved emails or phone messages that looked like the real thing – often seeming to come from legitimate organisations such as **a bank, the Tax Office, or Medicare.**

Some of the main areas for scamming include **investments, dating and romance, false billing from a trade etc., phishing – looking for information, threats to life, and identity theft.**

How to spot a scam

- Check that the email address is the usual one.
- Is it a so-called ‘opportunity to make money’?
- Sad story or cry for help.
- Request to open a link or attachment.
- Pressure to act quickly.
- Request that you pay in an unusual way.
- Request to set up a new account.

Be wary. If you want to check that it’s genuine, call the organisation **on a different number.** Or check on their website. Don’t give out personal details.



Protection against scams

Banks these days are more careful about possible scams. They can detect patterns of behaviour in your account. So, if you suddenly seem to spend a lot of money in an unusual country, your bank will check with you that it is legitimate. You might have noticed that many firms are sending an authentication code to check that it is you.



Flutracking: Help Track Respiratory Illness – Invite your friends to join

From Caroline Polack Scowcroft

You can join the Flutracking community!

It only takes 30 seconds a week, and participants receive a weekly snapshot of illness activity in their area. The more people who join, the more accurate and useful our data becomes for public health.

Why is joining Flutracking useful to you and the community? (see page 3)

Your surveys help us understand:

- how respiratory illnesses like flu, RSV and COVID are spreading
- where people are seeking healthcare
- and testing patterns across the country.

To join us go to: <https://www.flutracking.net/Join/AE/inv2025>

Phone: 02 4924 6499

Facebook: <https://www.facebook.com/Flutracking>

Test Your Brain – sourced by Chris Moyle (answers on page 6)

WORD LADDER

Change GREEN into TREES by altering one letter at a time to make a new word on each step of the ladder:

G R E E N

T R E E S

ANAGRAMS

Rearrange these letters to reveal some of the items you might find in your cupboards:

A G I N M A Z E

G U S P A J S W I Z Z L E

A P E T O T

D I S A G R E E S S L A N G

MISSING WORDS

Fill in the blank space.

(one word in the space, applying to the word either side):

Wrecking

Bearing

Apple

House

Car

In the box

Val Dempsey - Chris Moyle

Back in January... Val Dempsey received an Australia Day award.

City News reported:

The irrepressible former Senior Australian of the Year 2022, Val Dempsey, of Rivett, was awarded an Order of Australia.

'Australia Day Honours recipients embody the best of us, and we are grateful to all of them', says Governor-General Sam Mostyn AC. 'Congratulations to all of the 2025 Australia Day honours recipients. Thank you for your work of care and service to our nation', she says.

You can read the article by clicking the link:

<https://citynews.com.au/2025/336983/>

...and in case you were wondering: Val is short for Valmai – a name with Welsh origins.



GRATITUDE – Chris Moyle

Scientific research shows that being more grateful can improve your overall sense of wellbeing and life satisfaction.

The Harvard Medical School defines gratitude as 'a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. As a result, gratitude also helps people connect to something larger than themselves as individuals - whether to other people, nature, or a higher power'.

Simply being grateful for being alive is a great way to motivate oneself to seize the day. And gratitude can be contagious, in a good way.

Ralph Waldo Emerson (1803-1882) was onto something when he said: 'Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.' Great or small. Take care.

Written by Julie Samaras, former editor of Canberra Weekly - January 2023

While writing this for us Chris discovered that her **computer wanted to 'assist her'**.

Chris: *'I've tried to type this in Word, but I can't do so due to the copilot which has suddenly appeared and can't be erased.*

'I see copilot has an icon on Hotmail also. Maybe the last Geeks technician inserted it. Message also popped up whilst typing offering help with this email. "Things I'm not grateful for".'

Your editor's solution to this unsolicited help? 'Google how to turn copilot off'. That is what he did. Problem solved, at least for now.

On the Road Again – Your Editor

Do you remember this man? Now aged 76 he was one of the top singer songwriters of the 1980s. His most well known hits were ‘Lady in Red’ and ‘Don’t Pay the Ferryman’. His name, Chris de Burgh.

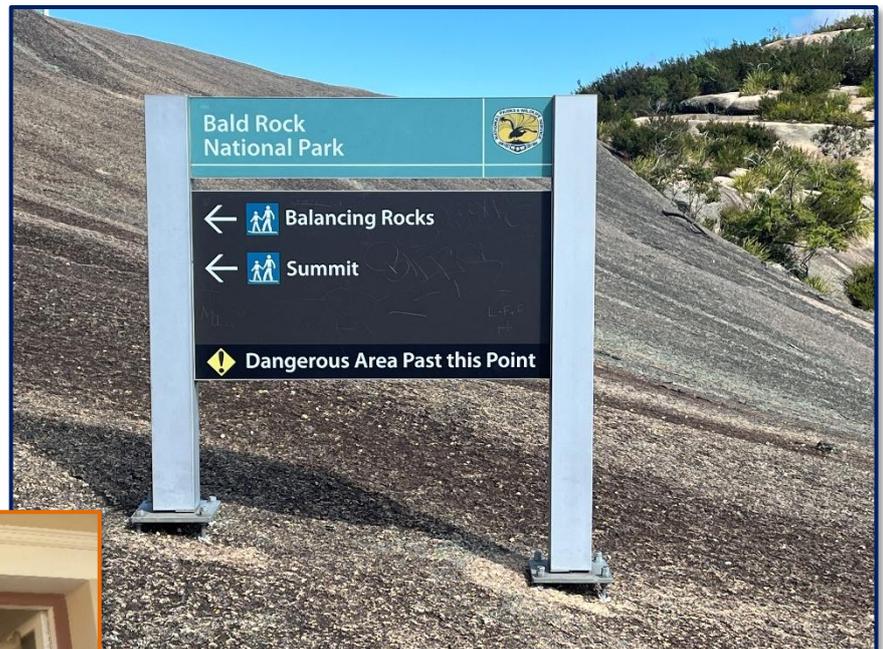
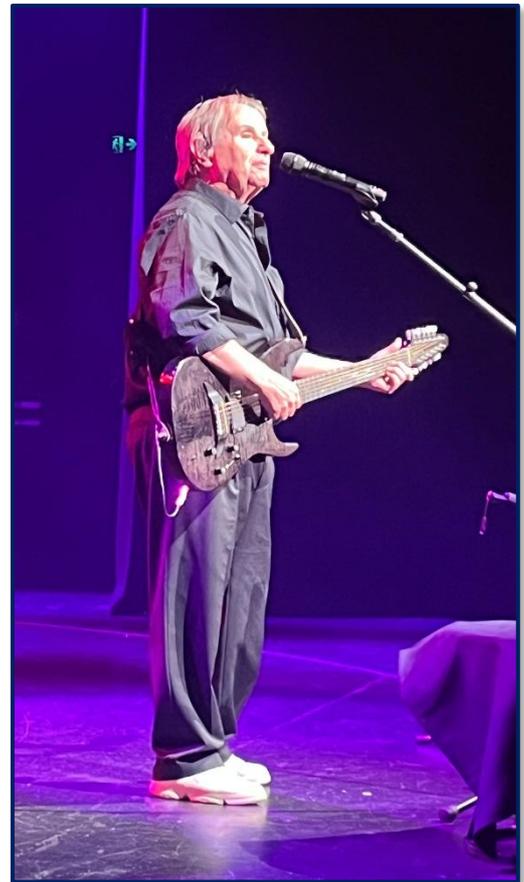
Now in his 50th year in the music industry Chris recently did an Australian tour. Your editor drove north to see him play on the Gold Coast.

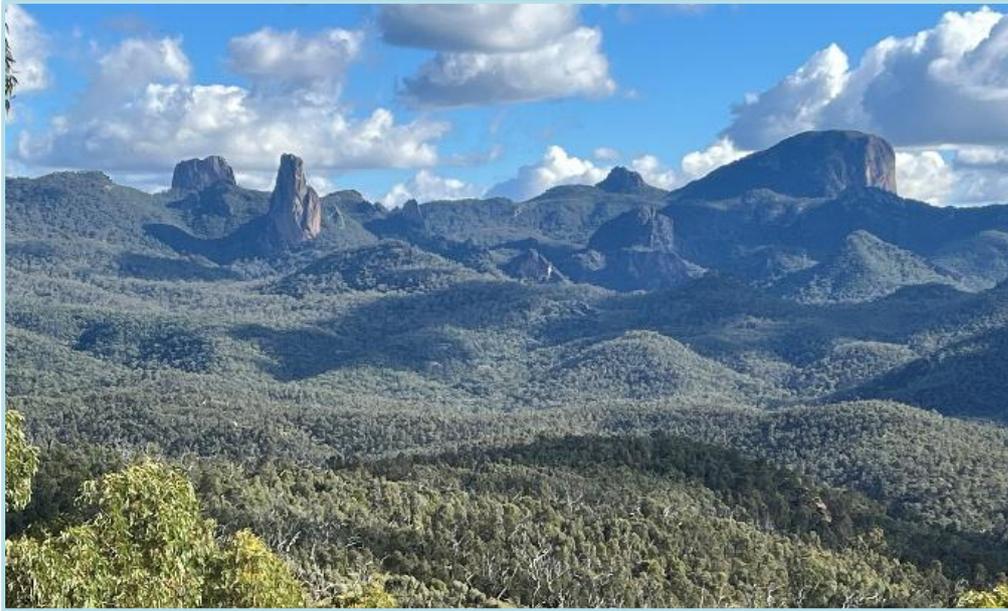
A trip north invariably involves some other stops along the way. Below is a café in Manilla, a quiet little town north-west of Tamworth. They make a good toasted sandwich.

Bald Rock near Tenterfield is the largest granite monolith in Australia. It rises 260 metres above the surrounding landscape and almost 1300 metres above sea level. It is about 750m long and 500m wide.

For those who are fit enough you can climb to the summit by very steep and less steep routes (your editor chose the less steep option).

Your editor spent a few nights in Coonabarabran to do some hiking in the magnificent Warrumbungle National Park. Here, the Breadknife and High Tops Track is the highlight. It is a very challenging walk but has amazing vistas of volcanic formations and the valleys below. It made for tired and aching muscles but was a rewarding day out.





Warrumbungle National Park

Answers to ‘Test Your Brain’

WORD LADDER

GREEN

GREED

FREED

FREES

TREES

ANAGRAMS

MAGAZINE

JIGSAW PUZZLES

TEAPOT

READING GLASSES

MISSING WORDS

Wrecking

BALL

Bearing

Apple

TREE

House

Car

JACK

In the box