



Welcome to your July 2023 Newsletter

John Lane

First, I must start by telling you how excited I am after the Matildas' win over Canada. I have tickets for the Matildas' next-round match against Denmark.

Guest Speakers

Kristine Luszcynski from the NRMA was our guest speaker at our July general meeting. Kristine gave a presentation titled "Years Ahead". She spoke about the medical and driver assessments; we will need to undergo as we journey into our mid-70s and then at age 85.

Members must've been keenly anticipating the presentation, given the great turnout with those in person at Petersham and online via Zoom. Kristine also went through several essential road rules that apply when driving and the need for defensive driving, being aware and avoiding circumstances and behaviours of other drivers that may adversely impact you.

I received positive feedback after the meeting. Some members suggested that we feature some of the central points from Kristine's presentation in our newsletter. You will find an article on the seniors' medical and driver assessments in this month's newsletter.

We will have Jim Fitzpatrick present as the guest speaker at our August General Meeting. Jim spent more than 30 years in the RAAF as a navigator. Throughout his service, he spent time in Australia, Southeast Asia, North America and the Antarctic. Jim's presentation will cover these various locations and provide insight into the role of a navigator.

Emu Plains General Meeting

Remember that our August General Meeting will be held in Emu Plains at O'Donoghues Irish Pub. The date and time is Thursday, 24th August 2023 and commences at 11 am.

O'Donoghues have set aside an excellent room for us to hold the meeting, and afterwards, we can get together over lunch in their superb bistro area. More details, including train timetables, are inside this month's newsletter.

Lunch at the Sydney Rowers Club

Also, in August, we have our popular lunch at the Sydney Rowers Club. I particularly enjoy the trip by the Rivercat ferry to the club from Circular Quay. Then, I am nice and relaxed when I arrive at the club. We have also found the club's dinner menu has variety and makes for good dining. This year's lunch will be on Wednesday, 16th August 2023, and we meet between 12 pm and 12.30 pm. Again, you find more details in this month's newsletter.

Merimbula Trip Away

We have had an outstanding response to this year's trip away to Merimbula and its surroundings. The month's newsletter does say there is still accommodation at the one motel for us to all stay. However, I have had additional bookings in the meantime, so further bookings will need to be accommodated at another motel a short distance away. However, beware that Merimbula is a popular tourist destination, and I cannot assure you that will be continued motel availability; the longer you take to book. You will find more details in this month's newsletter.

Bye for now and go the Matildas.

John



**Telecommunications
Historical
Association
NSW**
(THAN Inc.)

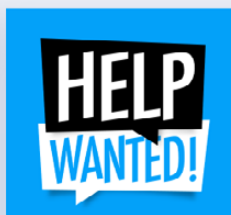
The Telecommunications Historical Association NSW (THAN Inc) operates the Communications Museum, Sydney.

We are located at 12 Kitchener Pde, Bankstown for Heritage Telstra Ltd. The Museum is usually open on a Tuesday and Wednesday from 9.30 a.m. to 3.30 p.m.

We are looking for volunteers to assist the Museum in the areas listed below:

- Administration
- Documents and Procedure Development
- Finance
- Script writer for guided tours
- Photography for cataloguing
- Web development
- Tour guide
- Welder for shelving and crates
- Library
- Research - our library, internet and elsewhere

If you'd like more information, you're welcome to contact us at tmuseum@bigpond.net.au. We'd be delighted to hear from you.



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Retired Telecommunications Employees Association

We Return to Emu Plains for our August 2023 General Meeting

Thursday, 24TH August 2023
The Meeting commences at 11 am

O'Donoghues Irish Pub
99 Great Western Highway,
Emu Plains

Only 350 metres from Emu Plains Railway Station. A short walk across the car park

Our General Meeting at Emu Plains offers our members who live in Western Sydney and Blue Mountains the opportunity for a get together with former workmates and to attend a RTEA General Meeting.

Many members travel from Sydney to Emu Plains each year for this meeting. Again, they are most welcome to attend. We will have lunch at O'Donoghues after the meeting.

SPECIAL GUEST SPEAKER

Jim Fitzpatrick is our guest speaker at our August General Meeting . Jim spent more than 30 years in the RAAF as a navigator. Throughout his service he spent time in Australia, South East Asia, North America and the Antarctic.

Jim will speak of these varied locations, as well give an insight to the role of a navigator.



The Meeting will also be held via ZOOM

Access details will be emailed to members on
Monday afternoon , 21ST August 2023

Emu Plains - August 2023 - General Meeting Train Timetables

Members travelling from Sydney can catch a train from **Central Station** departing at 9.25 am, **Strathfield** at 9.39 am, **Parramatta** at 9.53 am, **Blacktown** at 10.06 am and **Penrith** at 10.30 am. The train arrives at **Emu Plains** at 10.33 am.

Members traveling from **Katoomba** can catch a train departing at 9.15 am and **Springwood** at 9.54 am. The train stops at all stations between Katoomba and Emu Plains. The train arrives at **Emu Plains** at 10.20 am.

Both trains services arrive at Emu Plains in sufficient time for the short walk to O'Donoghues Irish Pub for the meeting's 11 am start time.



Maurie Spalding



The Retired Telecommunications Employees Association is sad to report the passing of Maurie Spalding.

Maurie was diagnosed with a brain tumour in 2019. He went into palliative care on Friday, 23rd of June and passed away that night. Maurie's funeral service was on Tuesday, 4th July 2023, at Rookwood.

Maurie was a member of our Association for over twenty-three years.

Maurie was a 1967 Technician in Training and spent most of his career in Customer Installation around the Lidcombe area. He progressed through the ranks and scored a TO1's appointment at Lidcombe, where bags of sweets were in fashion.

One particular person wasn't a respecter of whose sweets he ate. So, one day Maurie bought in a paper bag, conspicuously placed it in his drawer, took out what looked like a sweet and pretended to eat it. Maurie and the others in on the plot left the office and gathered near a window to watch the offender gobble down a few pieces of Kibble dog food.

Maurie was an active Member of ATEA Burwood Sub-Branch. The Burwood Sub-branch of the ATEA set up and ran a district-wide social club. The club sponsored sporting contests, particularly the Children's Christmas party, which catered for around 250 children at one stage.

The money for the Christmas party came from raffles. The driving force behind the social club were two people; I called them "*Butch Cassidy and the Sundance Kid*"; they were Maurie and John Summerville.

One of the raffles had a first prize of \$2000; the second prize was \$600, won by Maurie. What was not known was that Maurie had spent that amount and more on tickets to ensure a well-funded Christmas party. However, the duo was not satisfied with just selling raffle tickets; they moved on to selling fireworks, \$30,000 worth of purchases, ensuring that the kids had the best Christmas party ever.

Maurie achieved Manager at Level 3 in his career. He relied on what might be called "*old-fashioned*" management techniques. He spurned KPIs (key performance indicators); instead, he preferred and relied on "*pats on the back*" if good work was done and a "*swift kick up the bum*" if you stuffed up.

He had an encyclopedia knowledge of the business and was always open to logical arguments. He reasoned that if his staff were happy, the customers would also be happy, and the firm would prosper.

I was always glad of Maurie's support and advice over the years. How he supported me was much appreciated and will not be forgotten.

The Association extends its sympathy and condolences to Maurie's partner Joanne and his children Karen, David, Steven and Michael.



Retired Telecommunications Employees Association



Join with fellow members for our most popular lunch of the year at the Sydney Rowers Club . Last year, we had about forty members attend the lunch.

Sydney Rowers Club Lunch

Wednesday, 16TH August 2023

Meet between 12 pm and 12.30 pm



The Sydney Rowers Club on the Parramatta River, is 150 metres from the Abbotsfort Wharf (613 Great North Road, Abbotsfort Point). Sydney Ferries have service the wharf from Circular Quay. The \$2.50 concession fare for seniors and pensioners applies.

We have reserved a table, if you like to join us for lunch. please e-mail, text or phone John Lane (see contact details on page 2 of the newsletter.)



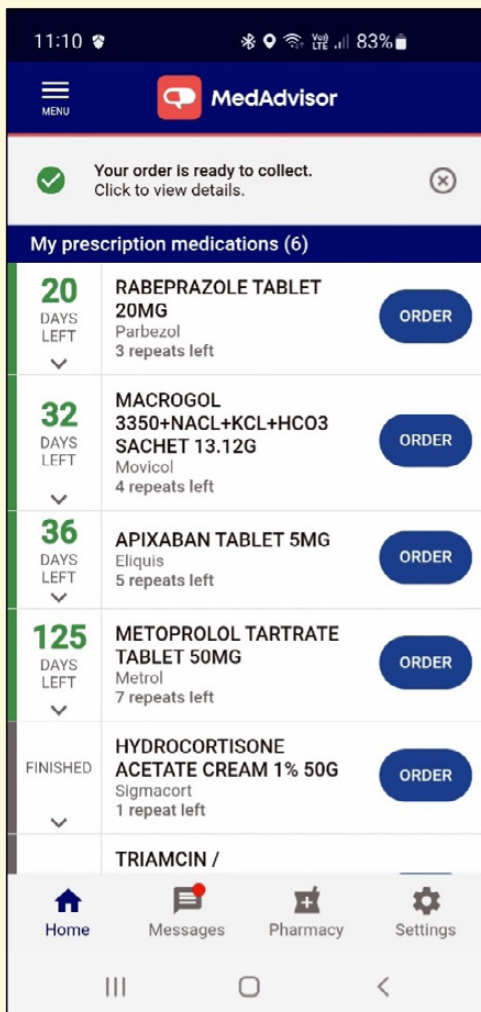
Ferries from Circular Quay
Dep 11.07 am Arr 11.44 am Wharf 5
Dep 11.37 am Arr 12.14 pm Wharf 5
Return Ferry from Abbotsfort
1.57 pm, 2.27 pm 2.57 pm (a 37 minute trip)



Medication Management Made Easy

Chris Cartledge

If you are reading this in the RTEA Newsletter, you are probably in the zone where you take multiple medications throughout the day; I do!



We have used MedAdvisor for several years and thought I would share the experience. It's a free app that works on your smartphone or tablet. Three million Australians currently use MedAdvisor, connected to over 95% of pharmacies Australia-wide¹.

After the initial setup, you simply drop your new scrips off at your pharmacy, and they enter the detail into MedAdvisor. **You can use the app to check the full range of your meds, the dosage, the number of days left before you reorder, and the number of prescription repeats remaining – all on the one screen. See the adjacent screenshot.**

You will get automated reminders that let you know when to fill your recurring scrips and remind you if you forget. To order, simply press 'Order'. You will be presented with a number of options for payment and pickup or delivery. Confirm your order, and the pharmacy will fill it without you leaving home. When it is ready for pick up/delivery, you will receive a message on the MedAdvisor app – too easy!

Optional features include a daily reminder alarm so you never forget a dose, your prescription history and a medical dictionary. The number of days left is automatically updated every time a script is filled. Delivery is dependent on your pharmacy and will be indicated in MedAdvisor. Some GPs are issuing digital scrips that link direct to MedAdvisor².

You can manage medication and prescriptions for children, the elderly, and other family members using one MedAdvisor account.

Being an up-to-date record of all your meds (including any supplementary items you have added), it's very useful when you are asked for this detail when visiting a new practitioner, hospital etc.

You can download MedAdvisor from the Apple App Store or Google Play. You can log into your account on your computer; however, some app features are not available when accessed in this way.

References:

<https://www.mymedadvisor.com/>

<https://www.smh.com.au/business/small-business/drugs-to-your-door-medadvisor-bets-on-tele-health-expansion-20200330-p54fcd.html>



Seniors Car Licence Assessments

Introduction

Kristine Luszczynski, a learning and development manager with the NRMA, presented on the subject titled "Years Ahead". Kristine spoke about what senior drivers need to know licence system as we progress through our 70s and 80s. Given the numbers at the meeting, it was apparent that members were very interested in the topic.

Following the meeting, a few members approached me and suggested an article on the license conditions for seniors. First, there are the rules around medical assessment requirements and the on-road driving assessment after our 85th birthday. Second, we should be aware of options available around the driver assessment.

Annual Medical Assessment

Once we reach 75 years, we must have an annual medical examination to keep our licence. You will receive a form before your birthday for your doctor to complete. The doctor will consider whether you are medically fit to drive.

If your doctor considers you medically fit to drive, he completes the form. Also, doctors have online access to complete the form before you renew your licence.

The vital point to remember is not to leave it to the last moment to make a doctor's appointment. Remember, your doctor may be busy, and therefore it may take time before you get an appointment. Further, the doctor may need to refer you to another doctor or an optometrist for an eye examination.

If your doctor has concerns about your driving ability from a medical stand point, he may refer you for a detailed medical assessment and/or driving test.

Driving Assessment

From 85 years, we will need to decide whether to keep an unrestricted driver's licence or choose a modified one. You will need to revisit this decision every two years.

If the choice is a modified licence, you can negotiate the conditions of your licence, factoring in essentials like shopping and doctor's appointments and being able to drive a certain radius from your home. This means you will not need to do an on-road driving assessment.

When deciding to go with a modified licence, perhaps you need to reflect on the type of car trips you have made recently. A modified licence may be all you require.

Your Two Options to Take the On-road Driving Assessment.

A Service NSW Testing Centre. You can complete a practical driving test at your local Service NSW testing centre free of charge. You must complete this test before your 85th birthday and every two years after that.

Transport for NSW will not award a pass if you commit just one of the eight 'Fail Items' during the test. Service NSW will allow three failed attempts. Service NSW will issue you a modified licence if you have three failed attempts.

Assessment from Home. A driving instructor accredited by Transport for NSW can conduct a practical driving test.

Assessments are typically conducted starting from home and on roads you drive daily in your local area.

Like the Service NSW assessment, you must complete this test before your 85th birthday and every two years after that.

You can do as many assessments as you prefer, as long as you do not perform a 'Serious Fail' based on Transport for NSW standards.

The assessments vary from 60 to 90 minutes and can range in cost.

There are some preparations you can make before your driving assessment:

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Seniors Car Licence Assessments (cont'd)

Obtain a copy of the "Road Rules" and periodically read them. You may find new rules have been introduced or modifications of existing ones. There are important rules you may have forgotten.

Ask someone you trust for their opinion of your driving. Perhaps not a young grandchild who would love to own your car. I had to discuss this with my father, so he decided on a modified licence.

Kristine made the point in her presentation that giving up driving altogether, whether you decide to drive no longer or fail an assessment, is not necessarily a terrible outcome. She pointed out that cars are costly to keep even when doing low kilometres. Weigh the cost of public transport against car ownership and, as mentioned earlier, examine the trips you regularly take in your car and whether you can achieve the same using public transport or even a taxi.



APPRENTICE TECHNICIAN,
TELECOMMUNICATIONS



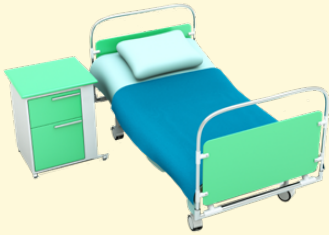
I am Greig Sheridan who is trying to contact the 72 ATTS (Apprentice Technicians, Telecommunications) who commenced at North Strathfield on the 31ST of January 1984 for a 40TH Year reunion in February 2024.

At the moment, we're still in the discovery phase. However, we have marked **Saturday, 3RD of February 2024**, as the most likely date for a catch-up to be held somewhere in Sydney.

We are using a Facebook group: (<https://www.facebook.com/groups/attjanuary1984/>) as our primary contact means, and I am also maintaining a separate e-mail list of those who don't use Facebook.

We are also looking for instructors who taught us across North Strathfield, Rhodes and North Sydney training schools.

For more information or if you would like to make contact, you can reach Greig Sheridan on 0402 033 044 or email gs@gisyd.com.



Welfare News

Peter Hack

Since the June Welfare 2023 report, I have had phone conversations with **Jim Spencer**, **Sam Caltibiano** and **Tom Brown**. Tom sends his apologies for not being able to attend the July General Meeting

I also spoke with **Pam McRae**, who is in a nursing home at Parkes. Pam is in good spirits and enjoying life.

Ray Beckhase sent his regards and noticed his mention in the latest newsletter. Ray would enjoy a call on 07 3809 1522

I had lunch with **Mick Byron** today; he is celebrating becoming a COB on the 4th of August with his family. I spoke with **John Beatie**, who has a few health problems and no longer travels to the big smoke.

I spoke with **Peter Begley**; he reports it is dry in his area and now must hand feed his stock. **Alan Gilkes** has been to Queensland. Alan hopes to be back in time for the meeting.

I contacted **Dick Javes** and **Danny Wright**, who both have health problems. I also spoke with **Jim Cheeseman**, who is travelling okay.

I contacted **Phil Natoli**, who advised that **Vince Agostino** had a medical episode that caused a car crash with no injury. However, he had bypass surgery, and then he suffered a stroke while he was still in hospital. **Christine Keys** is flat-out writing her thesis for her master's degree.

I arranged to meet up with **Peggy Tromp** when I am next in Sydney. She told me that **Colin** was sleeping when she last visited him.

I spoke with **Helen Wilson**, who is doing well. Also, I talked to **Diane Cutting**, who told me her husband, **Ian**, who mostly sleeping now.

I talked with **Alex Jansen**, who is now enjoying a holiday with his daughter and family. **Mary Kovacs** continues to be busy with her volunteer work.



MERIMBULA TRIP AWAY



Our trip away is to Merimbula, and the beautiful NSW Sapphire Coast is just over ten weeks away.

We have nearly fully booked out of our motel accommodation, although we can arrange more accommodation at another nearby motel.

However, we need to hear from you soon.

Return transfers between Central Station and Merimbula

Accommodation at South Seas Motel, Merimbula

Whale-watching Cruise on Twofold Bay

Tour of the Killer Whale Museum.

Merimbula - Sight-seeing

Guided tour of historic Bombala

Visits to Tathra, Bermagui, and the historic towns of Tilba Tilba, Boydtown and Cobargo.

Visit to an Animal Sanctuary which includes lunch and a train ride

Poolside BBQ dinner on one evening at our motel

Visit to Historic Car Club

A visit to the Tilba Valley Winery and Ale House for lunch while we enjoy the magnificent views

We are now taking bookings - \$100 per person. At this stage, please pay the deposit only. Our payment preference is for a Bank Transfer (details below). If you want to pay by cheque, please make payable to the Retired Telecommunications Employees Association, and post to the Treasurer: Alan Bassman - 46 Lyle Street, Girraween NSW 2145

Bank Transfers (electronic payments)



**Great Southern Bank BSB 814-282, eSaver Account No: 10642769.
Please include your surname on the electronic payment reference.**



For further information - Contact John Lane, email and phone information is on page 2 of the newsletter.