



Welcome to your July/August 2022 Newsletter.

John Lane

WELCOME TO THIS MONTH'S NEWSLETTER, WHICH I HOPE, AND TRUST FINDS YOU ALL WELL.

Vale Sue Bertram

I need to start this article on a very sad note, the passing of Sue Bertram. Sue passed away on Thursday, 30th June 2022, after her two-year struggle with breast cancer. Sue's funeral service was on the 8th of July at Jannali Uniting Church. I attended with Joan along with Bob and Carol Hamblion.

I met Sue through her husband, Bill, a work colleague and friend. Bill is also a member of the RTEA. Members would remember Sue through our socials and trips away that she and Bill attended. Sue was a warm and friendly person who enjoyed our trips away.

It was fitting that Sue's funeral service spoke about the family's passion for holidaying on the ski slopes of the Snowy Mountains. In more recent years, Sue and Bill were involved with their swimming club at Cronulla.

Sue's passing has saddened my wife, Joan. Bill and Sue lived close by, and we often bumped into them during our travels around the local suburbs.

On behalf of the *Retired Telecommunications Employees Association*, I extend my deep condolences to Bill and his family.

Annual Trip Away

Over the past few days, I have been finalising our trip away to the Murray Darling area. I have confirmed our bookings with the tour organiser for 44 people. You could say the trip away is two years in the making, as we had to postpone

last year because of COVID-19. The trip is a landmark for us, as it will encompass three states, NSW, Victoria, and South Australia (have your passport at the ready).

There is a slight change to the itinerary. We will now stay four days at the resort in Mildura instead of Wentworth. However, the change has an advantage, as the Mildura resort has dining facilities, whereas if we had stayed at Wentworth, we would have had to make travel arrangements each day for dinner.

I did say I have confirmed our booking; however, if you would still like to join us, you will need to call me soon. The tour starts on Sunday, 9th October. The April 2022 newsletter shows the entire itinerary and inclusions. The tour cost is \$950 twin-share, and for a single supplement, you will need to add \$270. The package will cover almost everything except for some lunches.

Lunch at the Sydney Rowers Club.

Can you believe it has been three years since we have been able to visit Sydney Rowers Club? The club is a popular venue for members; the food and great views of the harbour further up the Parramatta River are excellent.

We are having lunch there on Thursday, 18th August 2022, starting around midday. We have booked a table. I recommend you take the rivercraft from Circular Quay to the Abbotsford Wharf. The club is an easy 200m walk from the wharf. Use your Seniors Opal card. More details, including the rivercraft timetable, are inside the newsletter.

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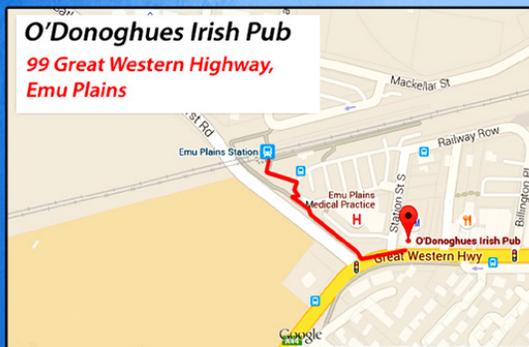
Retired Telecommunications Employees Association



**Special Guest Speaker from
the Rural Fire Service**

**We Return to Emu Plains for our
August 2022 General Meeting**

**Thursday, 25th August 2022
The Meeting commences at 10.30 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 August General Meeting will be held at Emu Plains. The meeting offers our members who live in Western Sydney and Blue Mountains the opportunity to attend a general meeting.

Many members travel from Sydney to Emu Plains each year for this meeting. Again, they are most welcome to attend.

The meeting offers friends and former workmates the opportunity to meet up.



**The Meeting will also be held
over ZOOM**

Details inside the newsletter

RETIRED TELECOMMUNICATIONS EMPLOYEES ASSOCIATION

Office Bearers

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Committee

Trevor Anderson, John Bryce, Allan Fairbairn, Steve Flynn, Bob Hamblion, Vince Haywood, John McAuliffe, Arthur McCarroll, Paul Rewhorn, Barry Robinson, Garry Masman, Ron Milosh, Warren Morley.



Welcome to your July/August 2022 Newsletter (cont'd)

Speaking of social events, we had a most interesting July social, a tour of the Egyptian Room in Petersham with lunch at the Blue Cockatoo Hotel afterwards. Members gave both venues their tickets of approval. From a weather perspective, we held this function on the worst day possible; it was wet and freezing. Thanks go to all those who turned out.

August General Meeting.

A reminder that we are having our August General Meeting at O'Donoghues Irish Hotel at Emu Plains on the 25th of August 2022; the meeting will commence at 10.30 am. Again, like the Sydney Rovers, it is three years since we have been able to hold our general meetings there.

We have a guest speaker from Rural Fire Service.

O'Donoghues has proved to be a terrific venue for us. There will be Zoom coverage of the meeting. However, I would encourage as many members as possible to attend in person. I would suggest travel by train is the best option for most members. Once you arrive at the Emu Plains Railway Station, it is about a 300m walk across the car park into the hotel.

I look forward to seeing you at the meeting and afterwards over lunch.

Barry Robinson's Letter

I would like to end this month's article by thanking Barry Robinson for sending us a copy of his letter to Ian McNamara's "Australia All Over" nationwide radio show on the ABC on a Sunday morning.

Ian McNamara (Macca) read Barry's letter in its entirety. Barry made the point to Macca that during a recent ABC television show marking the 90th anniversary of the ABC, there was little mention of the role that communications played in bringing the ABC into the homes of Australians. No small feat for a country the size of Australia.

You will probably remember that I have spoken and written about the role that communications have played in the advancement of our country from a former penal colony to one of the top twenty developed countries in the world.

I have approached politicians, the national museum and Telstra management. All of whom have shown little interest. Nevertheless, I have a wealth of research material that I will share with members in the coming months. Now, with a change of government, perhaps I should once more attempt to gain public acknowledgment for the trail blazing role that communications has played.

You can read Barry's letter inside this month's newsletter.

New Petersham RSL Premises

We have just had our August committee at the Petersham RSL club's new premises. The club has done a great job with the design and layout.

Petersham RSL has heaps of history for many of our members who attended the old club premises over many years, which is why I thought I would mention it. The Prime Minister opened the club on the 5th of August. Petersham RSL is in the Prime Minister's electorate.

So our Vice President, Col McQueen, also a club director, got to have a handshake from the Right Honourable. Col was stoked. I don't think he has washed his hands since. In September, we will have a social to visit the club for lunch, and Col will give us a tour.

The club is now on 301 Trafalgar Street, Petersham. The club premises is not far from the old club. Leaving Petersham Railway Station, walk to the same side of the station, and you will see Trafalgar Street running parallel to the railway track. You will see the new club premises on your right, about 100 metres away.



Edward (Ted) Rupert Hosking



Ted passed away peacefully at Bendigo Hospital on 18th May 2022, aged 96. A private family service has been conducted for Ted.

Ted was born on 31st July 1925 and was a Junior Mechanic in the Postmaster Generals Department (PMG) in 1942. In 1944 he was granted permission by the PMG to be considered by the RAAF for service as Air Crew. Records show he enlisted on 16th June 1944 and his discharged-on 25th September 1946.

Ted went on to pass the 1952 Senior Technicians examination and gained promotion to Supervising Technician Grade 2 at Kyneton (Vic) in 1954.

Ted had subsequent appointments as Supervising Technician Grade 3 Camperdown (Vic), Deniliquin in 1960, Shepperton (Vic) in 1971, Deniliquin in 1972, and Wagga Wagga in 1975.

His last appointment was from Principal Telecommunications Technical Officer Grade 3 at Wagga to Internal Plant Manager Grade 2, Operations Department for the Wagga District on 27th July 1978.

Ted was well-liked and respected among all staff through southern New South Wales. Ted's opinion, guidance, and mentoring helped staff in their development or with a current assignment. Ted assisted all staff, irrespective of their designation or grade.

Ted was quiet and reserved gentleman who had two ambitions for his retirement. A return to Victoria and his beloved home district and to learn to play the piano. He achieved both ambitions, although he admitted he was no concert pianist. He keenly followed the Carlton AFL team, and his grandson Brendan holds the number 16 AFL referee's badge.

The Retired Telecommunications Employees Association extends its sincere condolences to Ted's family, his children, grandchildren and great-grandchildren.

Member Bob Speer prepared the above tribute



William Joseph Crossland



The Retired Telecommunications Employees Association is sad to report to members that William Crossland passed away on Sunday, 19th June 2022. Bill had been battling mental health issues for some time.

Bill came from the town of Casino on the North Coast. He was a 1958 Technician in Training and a member of Section 1 at the Alexandria Training School in his first year. He was a handy football player, having played at high school; a nippy little half-back who then played in the infamous game between the Alexandria and Strathfield Schools.

As a trainee, Bill was assigned to the North Sydney Exchange, where he finished his training. However, Bill was not one for working overtime, so his boss placed him on test desk duties. Bill became quite proficient at his new assignment.

Bill, for a time, was a HAM radio operator; he had contacts all around the world

At one stage during his career, Bill left the job to join other family members on a wheat farm at Wellington. A subsequent downturn in the farming industry saw Bill return to the PMG at Bourke. Bill worked his way up to be the Officer in Charge (OIC) at Bourke. Later, Bill returned home to the North Coast, where he became the OIC at the Ballina Exchange.

Later, Bill became a regular at the end-of-month gatherings at Ballina RSL. Bill was a regular attendee at the 1958 Reunions until he had terrible health problems in recent years. At Bill's request, there was no formal funeral service.

The Retired Telecommunications Employees Association, on behalf of 1958 trainees, extends its condolence and deep sympathy to Bill's relatives and his many friends

John Loudon prepared the above tribute.



Ron Horner



The Retired Telecommunications Employees Association is sad to notify members that member Ron Horner passed away on the 22nd of December 2021.

Ron was aged 83 and was a member of our Association for twenty-seven years (Membership Number:319).

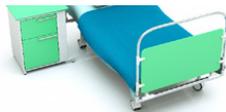
Ron has had Parkinson's Disease for the past ten years. However, with the help of medication had managed well up until three years ago. As his condition worsened, he experienced falls and fractures. He entered Nursing Home care in August 2021.

Ron completed his Technician in Training course in 1959 and was appointed to the Metropolitan Installation Division No.3, working on installing automatic switching equipment. After that, he transferred to the Long Line and Country Installation Division No.4 for twelve months of experience. After that, he moved to Canberra Service Division, stationed at Cooma.

He remained working at Cooma Telephone Exchange from the early 1960s, gaining Senior Technician qualifications in 1962 and the Senior Technician Dual qualification in 1967. He was Assistant to the Officer in Charge of Cooma Exchange from 1975 to 1987. He was Principal Technical Officer Level 5, Cooma Exchange, from 1987 to 1995. After 41 years and 11 months of service, Ron accepted voluntary redundancy, finishing at Cooma Exchange on the 2nd of December 1995.

Ron and his wife Joy were married for fifty very happy years together. Ron was a wonderful man, very caring and kind to everyone. Ron was skilled in his and encouraging and supportive of his work colleagues. Ron placed great importance on his family. He shared a deep love for his family as a husband, father and grandfather.

The Retired Telecommunications Employees Associations extends sincere condolences to Ron's wife, Joy, family and many friends.



Welfare News

Peter Hack

Bob Nowfel was admitted to Westmead Hospital for tests. **Mick Byron** is undergoing a hip replacement operation at Wagga Hospital. The hospital only allows two visitors per day. You can reach Mick on his mobile (0427 040 843). You can call him from Friday onwards; he will be in hospital for five to eight days.

Peggy Trump has completed her chemotherapy and is now in the recovery phase. **She hopes to see Col this week.** Col still recognises her and will smile when she mentions John Loudon, John Lane, or Paul Rewhorn

I Spoke with **Diane Cutting.** Husband and member **Ian** has been in lockdown with COVID-19. Ian is receiving anti-viral medication. Diane is doing well and hopes to see Ian in a few days.

Jim Spencer has had a few days in St. George Hospital for assessment. He is home now; however, he no longer uses his mobile phone. Instead, he relies on his house phone. The best time to call Jim is around midday or 6 pm when his carers are there. **Jim's number is 02 9529 7249**

Terry Tierney is slowly recovering from vein surgery. He has had one leg done and is waiting for treatment on the other leg within about two weeks. Terry is not a healthy man

Our jet-setter **Warren Morley** has returned from his sojourn to Northern Territory. His only complaint was his form of transport to the territory. These days, Warren is a frequent visitor to the airport. He is looking for a diminutive Irishman who goes by the name of Mr Joyce.

Hacky ran over the family Black Dog. The dog enjoys chasing the family's cars on the driveway to the property. While chasing the car, he slid in the mud and against the vehicle. The dog dislocated an elbow and will now wear bandages for up to a week. He is now thinking about when he can again chase the car.

Hacky has also picked up a dose of cellulitis, has had two doses of antibiotics and is now on the mend.



Retired Telecommunications Employees Association

Sydney Rowers Club Lunch

Thursday, 18TH August 2022

Meet between 12 pm and 12.30 pm

Our most popular Harbourside Lunch Event returns for 2022



The Sydney Rowers Club is 150 metres from the Abbotsfort Wharf (613 Great North Road), Abbotsfort Point.

The Sydney Rowers Club is on the Parramatta River . Sydney Ferries service the wharf from Circular Quay. The \$2.50 concession fare for seniors and pensioners applies. The club is a very popular lunch venue for weekday lunches.

We have reserved a table, therefore please e-mail or phone John Lane (0417 238 687) if you like to join us for lunch.



Ferries from Circular Quay
 Dep 11.07 am Arr 11.44am
 11.37 am 12.14 pm

Return from Abbotsfort
 1.57 pm, 2.27 pm 2.57 pm
 (37 min trip)



NSW RURAL FIRE SERVICE

SPECIAL GUEST SPEAKER

The August General Meeting will have a guest speaker from the NSW Rural Fire Service.

The meeting will be held at O'Donoghues Irish Hotel at Emu Plains. The meeting commences at 10.30 am on the 25th August 2022.

See the Meeting Notice in this month's newsletter for more details.



Mid North Coast Annual Get-together

Wednesday 26TH October 2022

We usually gather from 10 am onwards

The get-together is absolutely informal, there is no business agenda. Just come along and renew old friendships, everyone is very welcome. Please spread the word to those who may be interested.

For further information please contact Peter Lygoe. Ph. (02)6551 0500.

Email: peter.kayl@bigpond.com

All former or current PMG/Telecom/Telstra employees are welcomed at our annual get together at Port Macquarie.

West Port Macquarie Bowling Club in
Buller Street, Port Macquarie

Our first
reunion since
2019



Goulburn District Reunion

Wednesday, 26TH October 2022

10am for 11am Start

VENUE

**Goulburn Workers Club
1 McKell Place**

If you have ever worked
any-where near Goulburn
you will be most welcome.

Facebook: PMG, AUSTRALIA POST, TELECOM AND TELSTRA REUNIONS

Contacts: Geoff Chadwick 0407 164 466, Kel Morby - 0427 266 125 (Text Please),

Bob Speer - 04088 639 00 or e-mail speer.r.65@gmail.com, Barry Jordan - 0419 480 542

Please RSVP by 12TH October to allow for name tags to be processed.



Memories of the ABC: Barry Robbo Puts the Record Straight to Macca on "Australia All Over"

Barry Robinson



Barry's letter to Macca

WATCHED THE ABC 90-YEAR PROGRAM THE OTHER NIGHT FOR TWO HOURS; THE WORD TECHNOLOGY WAS ONLY MENTIONED ONCE, AND NEVER THE STAFF WHO INSTALLED AND MAINTAINED THE TECHNOLOGY AT THE STUDIOS, PROGRAM LINES OR TRANSMITTERS RATED A MENTION. SO THIS HAS BEEN MY STORY SINCE 1958

I was trained by the Postmaster General Engineering College as a Telephone and Radio Communications technician.

I worked on the installation and maintenance of equipment at the ABC Studios located at Kings Cross, the Program lines via the telephone exchanges and the Transmitter near Liverpool.

The AM transmitter used a vertical 750-foot steel mast fed by two 50 kW transmitters, one for the **2FC** and one for the **2BL** stations.

One of the chores at the transmitter was to replace the navigation lights at the 200, 400, and 600-foot levels and at the top of the mast. This was done by climbing the mast while it radiated at full power. I received radio frequency burns to my hands while I was at the 750-foot mark as my body had extended the length of the mast, so I was actually radiating.

One of the benefits of working on the mast was an extra two bob an hour when working up to 100 feet and an extra three bob over 100 feet.

One evening one of the technicians went to sleep during a BBC program from the UK; at the end of the program, "God save the queen" was played as it was every night about 11 pm prior to shut down. Thinking it was 11 pm, he shut down both transmitters and went home at about 9 pm.

In the early '60s, the ABC tried AM stereo; this was achieved by using the **2FC** transmitter for one channel and **2BL** on the other channel. To listen to the stereo effect, you had to have two AM radios tuning one to **2FC** and one to **2BL**. We set up one stereo program from the Sydney Town Hall.

When television commenced in Australia, I was involved in the installation and maintenance of regional ABC and commercial television transmitters at Taree, Griffith, Gore Hill and at ABC's channel 5A transmitter Woolongong.

When I arrived at the transmitter the Supervising Technician said to me *if anything goes wrong, "Don't panic, think and then act"*. One evening there was an opera on the ABC; I not into that music and tuned on the Off-Air Receiver which was a modified TV set with aerial pointed towards Sydney. This was used in case the Microwave from Sydney carrying the program failed the sound and picture could be taken from the Off-Air Receiver.

This evening we were watching Bonanza Show on the Off-Air Receiver when the Supervising technician came in and thought we had lost sound from the microwave link. Before we could tell him the Opera sound level was low all night and reported it, he hit the button, taking the sound channel from Bonanza to the Opera program. He suddenly realised his mistake and quickly restored the problem. We then waited for the phone to start ringing with complaints, but apparently, no one in Wollongong was watching the opera that night, and to our relief, the phone did not ring.

I rolled my car down an embankment travelling to the transmitter early one morning after hitting black ice.

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Memories of the ABC cont'd



As I mentioned, the technical staff were trained by the Postmaster General Engineering College and part of the training was measuring unknown radio frequencies. This was done using a Cathode Ray Oscilloscope by feeding it a known frequency and the unknown one. If they were the same, a circle appeared on the screen if one was double the frequency double loops would appear; if one was triple the frequency 3 loops would appear on the screen, these are called Lissajous patterns. This is what the technicians showed to management and is still ABC's logo today, thanks to technology.

Footnote:

Barry Robinson wrote the above letter to Ian McNamara, who hosts "Australia All Over" aired on Sunday mornings. To Macca's credit, he read the whole letter on his show.

Barry makes an important point that role of Telecommunications in Australia's history continues to go unnoticed. Our Association has tried to have Australian National Museum recognise the importance of telecommunications to our nation's development over the years. It is an important story that continues to go untold. Still, we have the Victa mower and the Hills hoist to brag about to the world.

DO YOU REMEMBER HOW MUCH IT COST YOU TO BECOME A MEMBER OF OUR ASSOCIATION? PROBABLY NOT, BECAUSE IT COST JUST \$20 WITH NO ANNUAL RENEWAL FEE.

WHEN YOU RUN INTO A FORMER WORKMATE, ASK THEM IF THEY ARE A RTEA MEMBER. IF NOT; THEN WOULD LIKE TO JOIN OUR ASSOCIATION. YOU CAN SEND THEM A COPY OF OUR NEWSLETTER OR WE WILL EMAIL THEM A COUPLE OF PAST NEWSLETTER ISSUES. WE WILL EMAIL THEM JUST ONCE - NO PRESSURE

IF THEY WANT TO JOIN, YOU CAN EITHER: PRINT THEN THE FORM INSIDE THE NEWSLETTER - EMAIL THEM THE PDF ATTACHMENT WITHIN THERE IS AN APPLICATION- PROVIDE US WITH THEIR CONSENT, THEIR EMAIL ADDRESS OR POSTAL ADDRESS AND WE WILL SEND THEM THE FORM.

WITH YOUR EMAIL THAT DELIVERED YOUR NEWSLETTER, THERE IS PDF ATTACHMENT, INSIDE THERE IS A RTEA MEMBERSHIP APPLICATION FORM. SEND THEM THE PDF FILE FOR THEM TO COMPLETE AND RETURN VIA EMAIL BACK TO US.

REMINDE THEM THERE IS JUST A ONCE ONLY PAYMENT OF \$20 ON JOINING.

- NO ANNUAL OR FUTURE SUBSCRIPTION FEE -





COVID-19 UPDATE

IT HAS BEEN ABOUT A YEAR SINCE I WROTE AN ARTICLE ABOUT COVID-19. AT THE TIME OF THAT ARTICLE, WE WATCHED THE NSW PREMIER AND HEALTH OFFICIALS REPORT THE DAILY CASE NUMBERS AND DEATHS FROM COVID-19 EACH MORNING.

We were experiencing the Delta variant of COVID-19. Health officials reported that Delta was more contagious and had a higher mortality risk than earlier COVID-19 variants. While the Delta variant is much less virulent than today's Omicron variant, restricting the spread through isolation proved elusive. So instead, authorities pinned their hopes on a public vaccination programme.

We were unlikely to come out of lockdown until a sufficient proportion of the population had received their two doses of the vaccine. As a result, the Premier now attached more importance to numbers showing the percentage of the people that had received either their first or second vaccine dose. More problematic for the vaccination programme, we had to wait six weeks between doses, and there were rollout delays because the federal government had failed to procure sufficient vaccines and make the necessary arrangements with GPs and pharmacies for the delivery of vaccine into the arms of Australians.

Eventually, the vaccination programme did roll out to 95 per cent of the population. Authorities were confident this figure would decrease the spread of COVID-19. However, we came out of a lengthy lockdown when a new Omicron variant began to emerge in South Africa. Omicron started to take hold in Australia around January of this year.

Along comes Omicron

We knew then that the current vaccines' efficacy did reduce with time and more so against Omicron, a highly mutated variant. Still, vaccines, while becoming less effective in stopping the spread of the infection, were helping prevent more severe illnesses. Also, while Omicron was far more contagious than Delta, its symptoms were much less.

We came out of lockdown. However, just as we started to come out and about, a new COVID-19 variant called While proving effective in preventing severe illness, vaccines were not so effective in stopping the spread of infection in the case of Omicron.

Life seems to have returned to near normal with fewer restrictions, such as wearing masks, and as time passed, authorities lifted more restrictions. You could even see a relative in a nursing home without prior vaccination.

COVID Retreats into the Background

Today, COVID-19 seems over and in the past. COVID-19 has disappeared from the front page of the Media. There are no longer daily COVID-19 briefings by the Premier or health authorities. National figures show about 50,000 COVID-19 infections daily, and as many as 50 and 70 people die from COVID-19. Our public hospitals continue to strain to cope with the number of COVID-19 conditions. COVID-19 patients occupy 7.1% of beds in our public hospitals, preventing a severe crisis for our health system. Health workers are under severe strain dealing with the pandemic, serious delays in seeking emergency treatment and long wait times for elective surgery by up to a year. These national figures are from the 3rd August 2022. Fortunately, hospitalisation decreased from 8.9% two weeks ago.

Room for Optimism

I do not want this article to appear negative on the outlook for COVID-19. There is some positive news in the COVID-19 news around the world. The Omicron virus has had several sub-variants from BA1, multiple BA2, BA3 and BA4. As these sub-variants have come along, they have caused more virus spread and reinfection. The world is currently experiencing the BA5 sub-variant. BA5 now comprises between 80 and 95 per cent of COVID-19 infections. Here is the good news; pandemic experts have not detected any new sub-variant. There is now hope that the world population has reached herd immunity. Reduced hospitalisation throughout the world support this proposition.

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COVID-19 UPDATE Cont'd

With an economy in trouble with inflation and general shortages, the federal and state governments focus their attention elsewhere.

The fight or struggle against COVID-19 has become a personal matter.

As Brigid Delaney wrote in the Guardian on 2nd July 2022, **"though all of Australia felt the terror of COVID – this great trauma of 10,000 dead has not been shared"**.

Later in this article, I offer advice on preventing infection or reducing its impact on our health. However, the essential takeaway advice is to ensure you continue to vaccinate against COVID-19. But unfortunately, a large proportion of the population does not share this view.

While about 85 per cent of the people have received two vaccine doses, just 54.8 per cent have received a third dose, and this figure falls away to 18 per cent for the fourth dose.

Data out of Victoria

Suppose you have some doubts about the effectiveness of vaccines in preventing deaths. For example, in Victoria, between January 1 and June 28, there were 2171 deaths from COVID-19. A figure represents just over half of the 4200 such deaths in Victoria since the pandemic began. Furthermore, the **Victorian Health Department figures show that 37 per cent who died during the period had received no vaccine.** Compare this figure with the 3 per cent of those who died and had received four vaccine doses.

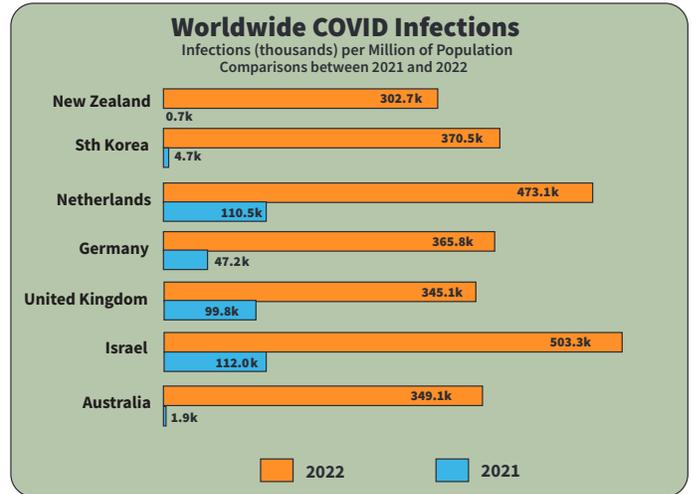
Tony Blakely, a University of Melbourne epidemiologist described the data as **"interesting and unsurprising"**.

He said using a basic calculation; the **Victorian health department data showed a person having one or more doses of a COVID-19 vaccine reduced their chance of dying by 93 per cent compared with a person who had received no doses.** If you have received four doses, the protection is even greater.

What advice have Health authorities given us for today?

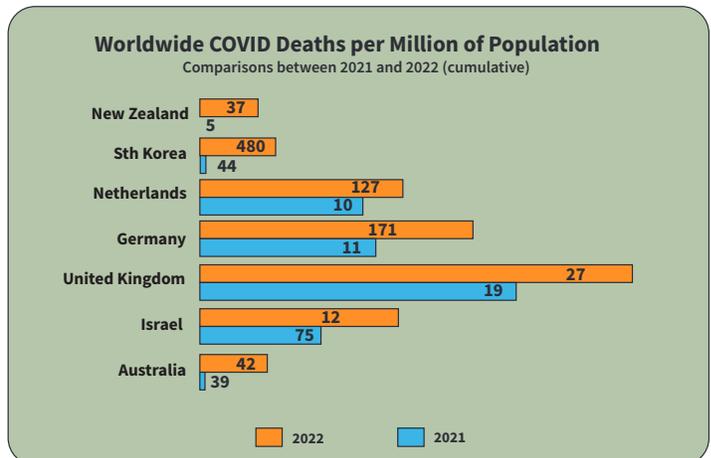
Vaccines continue to work to reduce infections and lessen the severity; however, their impact on the virus does subside in time.

Therefore, health officials now recommend that the population receive a fourth vaccine dose. They also predict that the general population will need regular vaccination against COVID-19 for the foreseeable future.



Now, we are amid the third wave of the pandemic. A third wave has produced the most infections and deaths. We rely on vaccination and personal precautions to keep us safe. Lockdowns and mandatory wearing of masks are no longer an option.

The two graphs in the article illustrate the increase in the COVID-19 spread and death rates. The figures consider population differences. For Australia, the statistics show Australia having parity with other nations as we failed to contain the spread of the Omicron variant. Sadly, our death rate has increased more than tenfold.





COVID-19 UPDATE Cont'd

What Does the Spanish Flu Tell Us?

So well, when does this pandemic end? There were four waves of the Spanish Flu between 1918 and 1921. After the initial outbreak, the second wave followed in late 1918. The second wave was far more deadly than the first, affecting the young and middle age groups.

A third wave came in January 1919; it was much more deadly than the first wave but less deadly than the second wave.

Finally, a fourth wave came in 1920, the virus had become much less deadly, and by 1921, the pandemic was over and receded into the background to become part of the range of cold viruses.

GENERAL ADVICE on COVID-19

Receive your boost vaccination as soon as possible.

The effectiveness of the COVID-19 vaccine will reduce over time. Health authorities have recommended that the population now receive a fourth dose of the vaccine. The efficacy of the COVID-19 vaccine against infection does diminish over time. Even if you have had COVID-19, health authorities advise that you are at risk of reinfection after just five weeks.

Wear a mask in densely populated settings, mainly when you are indoors. More so than previous variants, we are more prone to airborne infection with the current Omicron strain.

Use your Rapid Antigen Test when you feel unwell with Flu-like symptoms. Early, detection may prove vital (read the next point).

Consider the use of antiviral treatments. If you are unfortunate to contract COVID-19. You need to take a course of antiviral therapies as soon as possible after COVID-19 symptoms begin. However, you should contact your doctor for advice about eligibility first and discuss personal risk factors. If your doctor recommends oral antiviral treatments, you will need a prescription that is available at your local pharmacy with a prescription.

The Pharmaceutical Benefits Advisory Committee recommends (subject to a consultation with your doctor) antivirals for 70 years and older, regardless of risk factors and with or without symptoms. If you don't have a regular GP or cannot get an appointment quickly to discuss treatments, you can call HealthDirect's free helpline on 1800 022 222. If you want to read more, you can visit the website:

<https://www.health.gov.au/health-alerts/COVID-19/treatments/eligibility>

Testing positive for COVID-19, ensure you isolate until you receive a negative COVID-19 test result.



Wentworth - Mildura - Riverland SA



If you would like to join us on the trip, you will need to contact us, soon. Contact John Lane (contact details are on page 2)

Day 1:

Leave destination and make your way towards Wentworth with Morning and Afternoon Tea and Lunch stops along the way.

Overnight stay with Dinner at Hay.

Day 2:

After breakfast continue along the way to Wentworth with a stop along the way for Morning Tea. Arriving in Wentworth for lunch which will be available at the Bowling Club. After lunch you will be visiting the Historic Gaol and Rotary Pioneer Museum, then a thorough tour of Wentworth, visiting the Perry Sandhills, the Junction of the Murray and Darling Rivers and taking in all the sites.

Book into your Motel. Dinner this evening will be at the Crown Hotel.

Day 3:

After a cooked breakfast you will make your way to Orange World near Buronga for a Train Tour which includes Packing Shed, Displays and Tastings. Purchases can also be made here.

Next stop is Woodsies Gem Shop in Mildura where you will be able to see jewellery making, gem cutting and a huge range of items available for purchase. Lunch stop is free time in Mildura Mall area.

After lunch you will board the Paddle Steamer Melbourne at the Wharf and enjoy the cruise and experience going through the lock. Back to the Motel for some relaxing and then Dinner at the Crown Hotel.

Day 4:

After a cooked breakfast you leave for South Australia's exciting "Riverland". The first stop is the Historical Village in the town of Loxton. Here you will take a trip back in time and see how district settlers lived in the early 1900's. There is time for morning tea here. You then reboard the coach and make your way to Berri for your lunch stop.

After lunch you will visit the Almond Hut on the outskirts of Renmark where you can make purchases if you wish.

Next stop is to Angove Winery prior to reboarding the coach and continuing on into Renmark a drive through the main street, before making your way back to Wentworth and the Motel.

Relax and freshen up for Dinner at the Crown Hotel.

Day 5:

After breakfast depart Motel and make your way to Rubys Cargo & Wentworth Military Museum. Great local collection of Crafts and Militaria. Next stop is to Buronga to the award winning Varapodio Estate to hear about the Olives, prior to your lunch with some free time.

After lunch make your way out to Red Cliffs to visit "Big Lizzy". Last stop on way back to Motel is at Curlwaa to visit the Big V - Motor Museum where you will enjoy a light Afternoon Tea.

Then back to our Motel for some relaxation prior to going to Dinner and an evening cruise aboard the Mundoo or Rothbury Paddleboat cruising the Murray River.

Day 6:

After another cooked breakfast board coach and depart Motel and head for Narrandera for your overnight stay and Dinner, enroute for home.

Morning and Afternoon Tea and Lunch stops will be along the way during the day

Day 7:

Depart Motel and continue your journey home with stops for Morning Tea and Lunch.

Tour Includes

- Accommodation Twin Share
- 2 Course Dinner each night
- Cooked Breakfast Daily
- All admission as per itinerary
- Bus Charter
- 1 light lunch



RETIRED MEMBERS ASSOCIATION: APPLICATION FORM

Step 1 - Application	
First Name	Last Name
Spouse/Partner Name <i>(the Retired Members Association has regular social functions to which Spouses and Partners are welcomed).</i>	Date of Birth (Optional). <i>You may wish to only provide year and/or month of your birth details.</i>
Address (First Line)	Suburb/Town/City
Address (Second Line)	Postcode State
Contact Phone Number	Monthly Newsletter Preference (Except December and January)
Email Address	Email <input type="checkbox"/> Post <input type="checkbox"/> None <input type="checkbox"/>
I would like to purchase a name badge at \$15 (includes postage). Yes <input type="checkbox"/>	Name on Badge

Step 2 – Work History

Brief Description of your work history in Telecommunications Industry

Step 3 – Payment

A membership payment together with postal edition of the newsletter and badge payments (only if later two items are applicable) can be made by posting a cheque to the Secretary, or via electronic transfer.

Cheque payments are payable to CWU Retired Members Association and post to:

Secretary, CWU Retired Members Association
22 Cameron Avenue,
Baulkham Hills
NSW 2153

Bank Transfers (electronic payments)
Great Southern Bank
BSB 814-282,
eSaver Account No: 10642769.

Please include your surname on the electronic payment reference.

Payments preferences are:

- Membership plus free Newsletter via email **\$20**
(Note this is a once only membership payment)
- Membership plus the current year's Newsletter via Post **\$35**
- Membership plus Name Badge **\$35**
- Membership plus Name Badge plus the current year's Newsletter **\$50**

I wish to apply for membership of the Retired Members Association. I understand that by completing this application form and making payment, I agree to abide by the constitution of the Association. Please tick if you agree.

You can read and download (pdf) the Retired Members Association's constitution at:
<http://www.cwuretired.org/docs/CONSTITUTION.pdf>