



NEWSLETTER

Retired Telecommunications Employees Association

RTEA - Proud of our Union Origin - now celebrating 40 Years

APRIL 2025

Welcome to your April 2025 Newsletter.

John Lane

Since our last newsletter, the Retired Telecommunications Employees Association has had two social events right by the water. The first was at Bundeena, and the second was at the Anglers Rest Hotel on the Hawkesbury River. It was great to see so many members there; it was really encouraging! Perhaps as we move well into autumn and these sunny days diminish, we have chosen the right time to move up to the Blue Mountains for our annual "Autumn Leaves" Lunch at the Springwood Bowling Club in May. I will discuss this lunch a little later.

BARBARA FAIRBAIRN

During the Anglers Rest Hotel lunch, I was privileged to present our Association's OBE ("Over Bloody Eighty") Award to Barbara Fairbairn. Many members would know both Barbara and Alan Fairbairn, who, over the years, often attended our social functions and went on our annual trip away. You will recall that I mentioned Alan's work on the Association's executive committee in last month's newsletter, which is almost dates from the Association's foundation. Likewise, Barbara has shown similar dedication and service to the Girl Guides, receiving their *Trefoil Guild Award* for her sixty years of service. Congratulations, Barbara; we are proud to have you as a member of our Association. It was great to catch up with both you and Alan.

ED DAVIS - APRIL 2025 GUEST SPEAKER

At our Match 2025 General Meeting, we were honoured to have Roger Bamber as our esteemed guest speaker. During his presentation, Roger shared insights into three significant incidents that disrupted telecommunications services during his time with PMG, Telecom, and Telstra. Roger was entrusted with overseeing the response and the restoration of services in the aftermath of these disruptions. Roger emphasised that the significant outcomes observed during these incidents were primarily attributable to the skills and dedication of the staff.

I have received great feedback from members who appreciated Roger's presentation. It seemed like Roger had a blast, too, recalling the incidents. I look forward to having Roger back in the future.



This month's April 2025 General Meeting presentation brings me to Professor Ed Davis. I recall we have had Professor Davis as our guest speaker at our General Meetings twice before, first on behalf of "ABC Friends". Our Association is a member of "ABC Friends"; their mission is to represent the community interest in upholding and promoting the vital role of the ABC as a national public media organisation. On a second occasion, Ed spoke about industrial relations.

We are having Professor Davis again to speak about Media at the current time. Much has changed in the Media scene in a few short years. I understand that today's media fits into legacy and modern digital media. Legacy media is perhaps what members continue to access most via television, radio and newspapers.

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APRIL 2025

RTEA.NET AU

Retired Telecommunications Employees Association



Professor Ed Davis

Guest Speaker on the Media



APRIL 2025 GENERAL MEETING
Thursday, 24TH April 2025



APRIL 2025 General Meeting



Retired Telecommunications Employees Association

Thursday, 24TH April 2025

Starts at 11:05 am

Location

**Petersham RSL Club (301 Trafalgar Street,
Petersham,
an easy 150m walk from
Petersham Railway Station**

The Meeting will also be held via
ZOOM Access details
will be emailed to members
on Tuesday morning,
22ND APRIL 2025



Retired Telecommunications Employees Association

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Warren Morley, Peggy Trompf, Lee Walkington.*



Welcome to your April 2025 Newsletter (Cont'd).

Meanwhile, modern media content comes via the internet. Another essential difference is that legacy media is one-way, scheduled or programmed, while modern digital media is two-way, on-demand and globally accessible. Oh, and I nearly forgot legacy media is free, while modern media is costing us more and more.

We are told that the younger demographic is informed and influenced much more by modern digital media. A trend where the days of the "shock jock" may now be in decline and future influence will come from many personalities unknown to us older generation. What will the future hold? Will we have as many television channels or radio stations over the next five or ten years?

Hopefully, Professor Ed Davis will enlighten us on a fascinating subject. Remember our April 2025 General Meeting is on Thursday, 24th April 2025, commencing at 11.05 am. The location is the Petersham RSL Club. (see the notice in this month's newsletter).

I mentioned before the Autumn Leaves Lunch. Our May Social Event is our Autumn Leaves lunch at the Springwood Bowling Club on Thursday, 15th May 2025.

Hopefully, members living in western Sydney and the Blue Mountains will find the lunch a special event. For other members, it is an enjoyable train to Springwood to relax before arriving. You will find train details in this month's newsletter.

Finally, I look forward to our May 2025 General Meeting at the Woy Woy Hotel. The Woy Woy General Meeting is an opportunity for our members on the Central Coast, Newcastle and Sydney to get together. In recent years we have had good attendance in the past few years. The hotel also has undergone significant renovations since our last meeting. You will find more information in next month's newsletter, particularly train timetables.

Best wishes and bye for now,

John Lane.



Retired Telecommunications Employees Association

The May 2025 General Meeting on the Central Coast (Woy Woy)



The Meeting will be available via Zoom. Members will receive an email with access details prior to the meeting.

**Thursday, 22ND May 2025
Meeting starts at 11 am**

Train timetables will be in the May 2025 Newsletter

**WOY WOY HOTEL
33 Boulevarde,
Woy Woy**



Slips and Falls - Prevention

Paul Rewhorn

Over the years, the newsletter has featured articles on slips and falls. Peter Hack frequently reports that a member has fallen and recovering in hospital, undergoing treatment for a fracture. Slips, trips, and falls can happen to anyone at any time, but they become more frequent, and the resulting injuries become more severe as we age. In 2019-20, Australians aged 65 and over had approximately 133,000 hospitalisations due to falls, equating to a rate of 3,228 per 100,000 people. This group also recorded around 5,000 deaths from falls.

Falls can be a life-changing event for older people, leading to hospital admissions and, eventually, a move to a nursing home. Sadly, as I write this article, I remember my cousin who, two weeks before last Christmas, fell from his roof and died. He was a healthy person in his early 70s. I ask myself why.

Our newsletter must, therefore, feature regular articles on the subject. Usually, several factors contribute to a fall, which we call "risk factors." If you are aware of your personal risk factors and are prepared to address many of them, you can reduce your risk of falling. Also, I have included a federal government booklet titled "Don't Fall For It" with your newsletter. The publication has far more information on slips and falls, I have referred to the booklet throughout article.

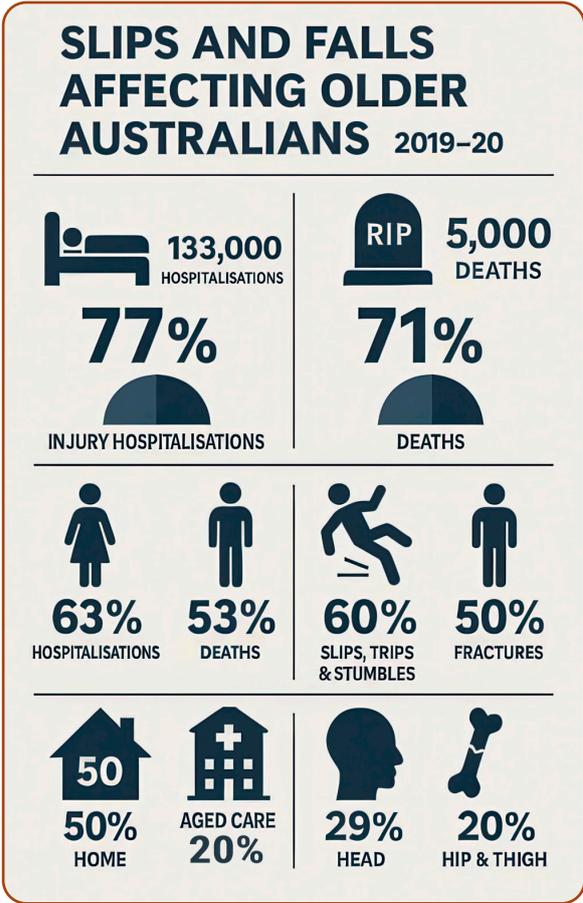
FALL PROOFING YOURSELF

Our bodies change as we age; the aging process is usually slow and barely noticeable, but it is happening and becomes a risk factor. The following lists the personal risk factors as we age, how they can cause a fall, and actions to minimise them.

OVERALL SOLUTIONS

Have regular check-ups with your doctor to ensure your medical conditions are well managed. Discuss any concerns you have with your doctor before they become big problems.

Keep Active: Employ exercises and activities that make you both stronger and improve your balance, lowering the risk of having a fall. Attend dancing or group exercise programs that involve balance and muscle strengthening. Consult a physiotherapist about which balance and strengthening exercises or activities will best suit you and how to manage any pain you may experience.





Slips and Falls - Prevention (cont'd)

FALL PROOFING YOUR SURROUNDINGS

- Ensure adequate lighting throughout your home, especially in stairways and hallways.
- Use non-slip mats in wet areas such as bathrooms.
- Install grab bars in key locations, including next to toilets, in showers, and near steps.
- Keep pathways clear of clutter, cords, and loose rugs.
- Store frequently used items within easy reach to avoid climbing or overreaching.

JUST IN CASE: MINIMISING INJURY AND GETTING HELP

- Have a plan in place in case you do fall.
- Carry a mobile phone or use a personal alert system to call for help quickly.
- Inform a neighbour or family member about your daily routine so they can check on you if something seems amiss.
- Learn how to get up from a fall safely—your doctor or physiotherapist can guide you.

FINAL THOUGHTS

Awareness is the first step to prevention. Understanding and addressing the factors contributing to falls can help you maintain independence and quality of life as you age. Regular check-ups, staying active, and making small changes around the home can make a difference.

Employ exercises and activities that make you both stronger and improve your balance, lower the risk of having a fall. Attend dancing or group exercise programs that involve balance and muscle strengthening. Consult a physiotherapist about which balance and strengthening exercises or activities will best suit you and how to manage any pain you may experience.



Poor Eyesight

Unable to judge distances and depth or adapt to sudden changes in light levels.

Have an optometrist examine your eyes for vision problems, ensure the prescriptions for glasses or contact lenses are up to date, and check for certain eye conditions.

Use night lights for when you have move around the house at night.



Slips and Falls - Prevention (cont'd)



Balance, muscle & joint changes

- *Worse balance, weaker muscles and stiffer joints change how we walk and move around*
- *Less feeling in the feet and legs, slower reaction times*
- *Difficulty concentrating on several things at once*
- *You are now more susceptible to a fall; what was once a stumble has become a trip and a fall*
- *Further falls are possible if you have had a fall in the past six months.*

Talk to your doctor about a recent fall.

Have an assessment of your home. Determine where you may require handrails.

Do not move around your house at night in the dark. Place night lights where needed throughout the house.

Check the house surfaces. Consider the impact of water spills and whether you should polish. Do your floor mats represent a potential trip hazard?

Undertake exercises that can improve your balance and strength. Think about engaging a personal trainer or physiotherapist to learn the proper exercises.



Medicines & Underlying health problems

You may be at higher risk simply because you take many different medications. Medicines include those prescribed by your doctor, bought over the counter, and herbal remedies. Medications can produce possible side effects that can lead to falls, such as drowsiness, confusion, dizziness and unsteadiness

Tell your doctor if you are concerned or have felt any of the side effects listed above, especially if you are starting a new medicine. Keep a list of all your prescription and non-prescription medicines, and always take this to doctor appointments.

Talk to your doctor if you are taking or thinking about taking any alternative, natural, or herbal remedies.

Always adhere to instructions on the label and other instructions from your doctor or pharmacist.



RETIRED TELECOMMUNICATIONS EMPLOYEES ASSOCIATION

Autumn Leaves Lunch

Springwood Bowling Club
81 Macquarie Road,
Springwood

*The May 2025 newsletter will have the
map and train timetable information*

Thursday, 15TH May 2025

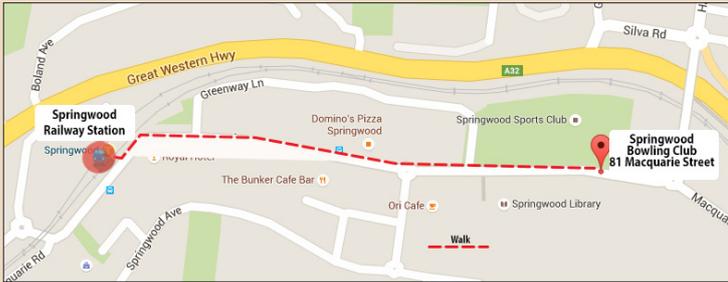
We meet between 12 and 12.30pm at the Club.

THE RTEA IS HAVING ITS TRADITIONAL AUTUMN LUNCH ONCE AGAIN. EACH YEAR AT THIS TIME, WE MOVE AWAY FROM OUR COASTAL LUNCH SITES UP TO THE LOWER BLUE MOUNTAINS. THE LUNCH AT SPRINGWOOD PROVIDES A SPECIAL OPPORTUNITY FOR OUR MEMBERS IN THE BLUE MOUNTAINS AND WESTERN SYDNEY TO JOIN TOGETHER OVER LUNCH.

Central to Springwood		Lithgow - Katoomba - Springwood		
<i>Central (Country Terminal)</i>	10.09 am	<i>Lithgow</i>	9.26 am	
<i>Strathfield</i>	10.22 am	<i>Katoomba</i>	10.16 am	11.16 am
<i>Parramatta</i>	10.34 am	<i>Springwood</i>	10.55 am	11.55 am
<i>Blacktown</i>	10.44 am	Autumn Leaves Lunch Thursday, 15 TH May 2025		
<i>Penrith</i>	10.58 am			
<i>Springwood</i>	11.29 am			

Going home from Springwood towards Central, the first practical departure from **Springwood to Central leaves at 1.55pm**, stopping at these main stations; **Penrith 2.26 pm, Blacktown 2.46 pm, Parramatta 2.52 pm, Strathfield 3.04 pm**, then **Central 3.17 pm**. **Later departures** are at **2.29 pm, 2.55 pm, 3.25 pm and 3.55 pm**.

Going home to the west of Springwood a train departs Springwood at 2.29 pm, then arrives **Katoomba at 3.08 pm**. Other trains departures from **Springwood to Katoomba** are at **3.59 pm and 4.09 pm**. Finally a train leaves **Springwood at 2.53 pm for Katoomba at 3.34 pm** and arrives at **Lithgow at 4.34 pm**





2025 Social Calendar

Autumn Leaves Lunch at the Springwood Sports Club

As the hues of autumn surround us, it is the perfect time to come together for our much-loved traditional Autumn Leaves Lunch. Join us for a warm and welcoming gathering at the Springwood Sports Club, where you can enjoy delicious food and conversation with fellow members.



This event is an excellent opportunity for our members from the Blue Mountains and western Sydney to connect without the hassle of long-distance travel. For those closer to Sydney, getting there is relatively easy, as you can board a fast inter-urban train from Central and stations in between to Springwood Station.

The Springwood Sports Club is just a ten-minute stroll from the Springwood Station.

Lunch at the Manly Club



We visited the Manly Club for the first time last year, and it turned out to be an exceptional find - a short walk from the ferry terminal with a nearby gallery to visit before lunch. The food and service was the first class. Well worth our second visit.

Lunch at Sydney Rowers Club



Our highly anticipated early spring luncheon at the Sydney Rowers Club is always a favourite, drawing an enthusiastic group of members. Located in Abbotsford, the club is just a Rivercat ferry ride away to and from Circular Quay, with service conveniently running every twenty minutes. Once there, you will enjoy appetising dishes - especially the seafood - while you enjoy the waterfront views from the club's dining area.

Tour of the Sydney Opera House



We are in the early stage of planning a tour of the Sydney Opera House. We will keep you informed of developments.

Annual Trip Away Sunday 12th October to Saturday 18th October

Watch this space for exciting news coming soon.

CHRISTMAS LUNCH



We are wrapping our 2025 social calendar in style with a festive Christmas Lunch at the Petersham RSL Club! Gather with fellow members for a delightful multi-course meal filled with holiday cheer and great company. To add a little extra sparkle, we will have exciting lucky door prizes up for grabs. Let us celebrate the Christmas season together!



Retired Telecommunications Employees Association General Meeting Timetable for 2025

**General Meetings are held on the 4TH Thursday of the month,
Starting time is 11 am.**

April 2025 General Meeting

24TH April 2025

*Guest Speaker: Prof Ed Davies - Australian
Media*

Petersham RSL

August 2025 General Meeting

28TH August 2025

**O'Donohues Hotel
Emu Plains**

May 2025 General Meeting

22ND May 2025

Woy Woy Hotel, Woy Woy

September 2025 General Meeting

25TH September 2025

Petersham RSL

June 2025 General Meeting

26TH June 2025

Petersham RSL

October 2025 General Meeting

23RD October 2025

Petersham RSL

July 2025 General Meeting

24TH July 2025

Petersham RSL

November 2025 General Meeting

27TH November 2025

Petersham RSL



Secretary: Bruce Muirhead
22 CAMERON AVENUE,
BAULKHAM HILLS
NSW 2153

Retired Telecommunications Employees Association

NEW MEMBER APPLICATION FORM

Email Address: webadmin@rtea.net.au

The Retired Telecommunications Employees Association welcomes new members who have worked in Telecommunications. The Association holds monthly meetings followed by lunch, an option to meet with former workmates. We hold several social functions throughout the year, and we email members a monthly newsletter.

- 1. Complete the Form**
- 2. Send the completed application to the RTEA via one of the following options:**
 - Click the Submit button at the bottom of the form, your application will be sent via your email client to us
 - If your email client doesn't support option {a}; save the completed form as a PDF file and email it to the Secretary at [email address].
 - Print the form, complete by hand if necessary, and post the completed form to the address shown on the top of the page. Please do not include a cheque or cash with your form, we can only accept payment by a bank transfer.
- 3. Make your Payment via a Bank Transfer (The form shows the Bank Details)**
 - A one-time membership fee is \$20.
 - A purchase of a "Name Badge", at \$15 will (including delivery) makes the total payable amount - \$35.
- 4. Additional Information:**
 - The membership fee is a one-time payment with no annual fees.
 - Your information will remain confidential and will not be provided to third parties.

Your Details

First Name Last Name Spouse/Partner Name

Address Line 1 Address Line 2

Town/Suburb State Postcode

Email Address Phone/Mobile

Retired Telecommunications Employees Association has regular social functions to which Spouses and Partners are welcomed.

The Retired Telecommunications Employees Association does not share members' email addresses with third parties and without their expressed consent.

Former Company/Workplace Worked Outside of Telecommunications?

Retired Telecommunications Employees Association accepts membership from persons outside of telecommunications and without a retiree association.

Wish to Purchase a Name Badge?
Our badge costs \$15 which includes delivery. Name on Badge

Tell us about your work history in Telecommunication. If you worked with the PMG/Telecom/Telstra and a Technician in Training let us know the year you commenced as a TIT. Our members hold regular reunions for the TIT entrance year.

Confirm your Application

I am applying for membership of the Retired Telecommunications Employees 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 and to confirm your membership application:



Email Application

Payment amount and how to pay

Payment Amount: \$20

The Association can only accept payment by Bank Transfers (electronic payment)

Great Southern Bank BSB 814-282, eSaver Account No: 10642769.

Please include your surname in Details on your bank's transfer transaction form.