



## November 2025 Newsletter

**Our mission is to provide a supportive and informative environment for people with lung conditions, as well as their families and carers.**

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**NEXT MEETING:** Thursday 8 January 2026  
10:15 am – 12:00 noon  
Weston Creek Labor Club  
Teesdale Close, Stirling ACT 2611

**Join the discussion on planning for the year.**

### Dates to remember

- Friday 28 November lunch at Snapper, Southern Cross Yacht Club.
- Friday 12 December, Christmas lunch at Café Sosta, Red Shed, Black Mountain Peninsula.
- Next meeting Thursday 8 January 2026.

**This is the last newsletter for the year. The next one will come at the end of January, bringing you all that's happened over the last two months.**

**Geoff and I wish you a Merry Christmas and a Happy New Year and hope you have a lovely restful, or active, holiday.**



**Geoff Cox**



**Helen Cotter**

## Look at all we've done over the year

Helen Cotter

I'm amazed when I look at all that we have done over the year – and such a variety of things. We need to thank all the people who have helped organise these activities – and those who have participated in them and made them successful.

### Meetings

We've had 11 meetings this year – we won't have one in December as we have our Christmas lunch the next day. We had speakers at six of those meetings; and discussions at the other five.



Here we are at the August meeting.

### Speakers

Our speakers included

- ✓ Dylan Grubb from **EQUID Allied Health**, the Chifley Community gym;
- ✓ Richie Talbot from UC talking about assisting the Physio students;
- ✓ Michelle Cullen from Chronic Conditions Network on consumer rights;
- ✓ Ben Cropp from ACT Policing on dealing with hackers and scams;
- ✓ Maryanne Kent from Niagara Therapy;
- ✓ Sonia Anfiloff on singing and breathing.

Such a variety.



September meeting with Sonia Anfiloff and Jim Black.

## Discussion meetings

We discussed a variety of topics:

- ✓ reviewed the COPD Breathlessness Action Plan that Marina was involved in developing;
- ✓ discussed our program for the year – speakers and events;
- ✓ looked at how Lung Life is going and what needs to be done – and/or improved;
- ✓ members talked about some of their memorable experiences;
- ✓ members discussed their experiences of systemic/ social barriers.

## Friday lunches

Friday lunches – in a variety of venues – were well attended and enjoyed. We had lunch at:

- ✓ Southern Cross Yacht Club (Snappers) - twice
- ✓ Oaks Brasserie, Yarralumla
- ✓ Rock Salt Bistro, Hawker
- ✓ Irish Club
- ✓ Mawson Club – Christmas in July
- ✓ Rosemary x 8 and 20, Kingston
- ✓ Café Sosta/ Red Shed, Black Mountain Peninsula
- ✓ Botanic Gardens
- ✓ George Harcourt Inn, Gold Creek.



## Special events

These involve planning and take a fair bit of effort – we really appreciate the work and time that goes into them.

- ✓ The volunteers for the University of Canberra Physio students
- ✓ The stall at the Seniors Expo, Kingston Bus Depot
- ✓ The Botanic Gardens lunch and bus trip around the Gardens
- ✓ The stall at the Governor General's Open Day
- ✓ World COPD day
- ✓ The Christmas lunch – organising venue; hampers; raffles; etc.



One special event was the finalising of our lovely new pamphlets, banner and business cards. Thanks to Marina for all her organising.



## Newsletter

As with the meetings, we have had 11 newsletters a year; none in December because of the holiday period. Every newsletter contains a summary of our meetings, including our business, discussions and/or speakers. This is to remind people who were there and to let people who couldn't come know what's happening.

As well, we had articles on the following:

- ✓ **Health:** we had information on **various lung conditions**; on the importance of **drinking water**; on the **lung cancer screening program**;

on Australia's health in brief; on **flu tracking** research; on **PBS** scheme; the problem with **coughs**; medical and social model of looking at disability followed by the **health risks** of wood heater smoke; barriers to medical care; **dementia** – a leading cause of death; Breathlessness Intervention Program (ABIS); **self advocacy** in health care.

- ✓ **Quality of life:** tips for the older generations; for improving flexibility; importance of being generous and having gratitude; Take Control, Live Well Program; World COPD Day.
- ✓ **Items of general interest:** **Mollie's car**, now in the National Museum; **Val Dempsey's award**; **Geoff's travel** from Tamworth to Coonabarabran – with photos; **puzzles** from Chris; our wonderful **travel experiences** from various members; Wattle Day; information on our new pamphlets, banner and business cards; item on a famous **Doughnut Kitchen** in Bendigo and Melbourne.
- ✓ **Other items:** One of our long term members, **Chris Gray**, moved to Brisbane to be near family. Chris often stood in when Marina was unable to take the meeting.

We had two deaths: **George Watts** who used to send in lovely photos of his travels; and **Pam Gaston**, a long term member who had been unable to attend for a long while because of illness.

## Overall

We can see from this how relevant the newsletter is, containing items of both health and general interest. It's been brought to you by both Geoff Cox and Helen Cotter, with help from the people who send in articles or items for articles – much appreciated – and with help from the editorial committee who correct any typos etc – especially many thanks to Chris Moyle for her sharp-eyed corrections.

Our great thanks go out to Marina, our Coordinator, who has masterminded the year's activities as well as being involved in other activities that help spread the word about Lung Life. And our thanks go out to all the members who assisted in the various activities and who attended our meetings, bringing their ideas and spirit. We look forward to another great year in 2026.

## A Burning Question

Comment on an article in The Conversation 17 Oct: **Blocked bays and failed handshakes: many public EV chargers are unusable – despite being 'online' Oct 15 2025.**

*In our last newsletter, we wrote about systemic (or social) barriers to health and quality of life using wood heater smoke as an instance. Here's another instance. It's a comment on an article in **The Conversation** (17 Oct 2025) about EV chargers. It may or may not be relevant to you.*

## EV charging

"I feel you missed the elephant in the room: disability access. If you look at the picture in your article, it shows a common fault in installed EV chargers in Australia: the charging pedestal (ie the cabinet with cables etc) is installed on a concrete plinth which makes it extremely difficult for a person with a disability to reach the controls or cable dock. It is unnecessary: the hardware is designed to install at road level."

*Doug Foskey, Lismore NSW.*

