

Hi Everyone,

I hope everyone is well. I hope your enjoying your new driveways. It has made an improvement to the village. We will look further into doing a pathway to the old carports hopefully in the near future.



## **Fire Safety Forms**

If you have not returned your fire safety forms you will notice they are attached to this month's newsletter. If you ask Pete nicely he will assist you and bring them back to the office.

## **Maintenance**

Pete will start cleaning your air-conditioner filters this month and next to ensure they are clean coming into summer. If you have noticed your air-conditioners are not working too well please let us know so we can arrange servicing. If you have any maintenance please ensure you call the office to advise so Pete can come prepared with tools to fix

## **Peter's Scheduled Visits**

**Tuesday 29th September**

**Tuesday 26th October**

**Tuesday 24th November**

**Tuesday 15th December**

# Beat The Heat This Summer

## **Drink plenty of water**

Drink plenty of water even if you do not feel thirsty

- If your doctor normally limits your fluids, check how much to drink during hot weather.
- Avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse).
- If you go outside, carry a bottle of water with you.
- Stock your fridge with cold water and freezer with ice.

## **Keep your body cool**

- Drink cold drinks and eat smaller cold meals such as salads and fruit.
- Wear light coloured, loose fitting clothes made from natural fibres like cotton.
- Stay out of the sun.
- If you must go outside, apply sunscreen, wear a hat.
- Plan your day around the heat – avoid being outdoors between 11am and 5pm.
- Take cool showers or baths.

Minimise physical activity, do all household chores early in the morning when it is coolest.

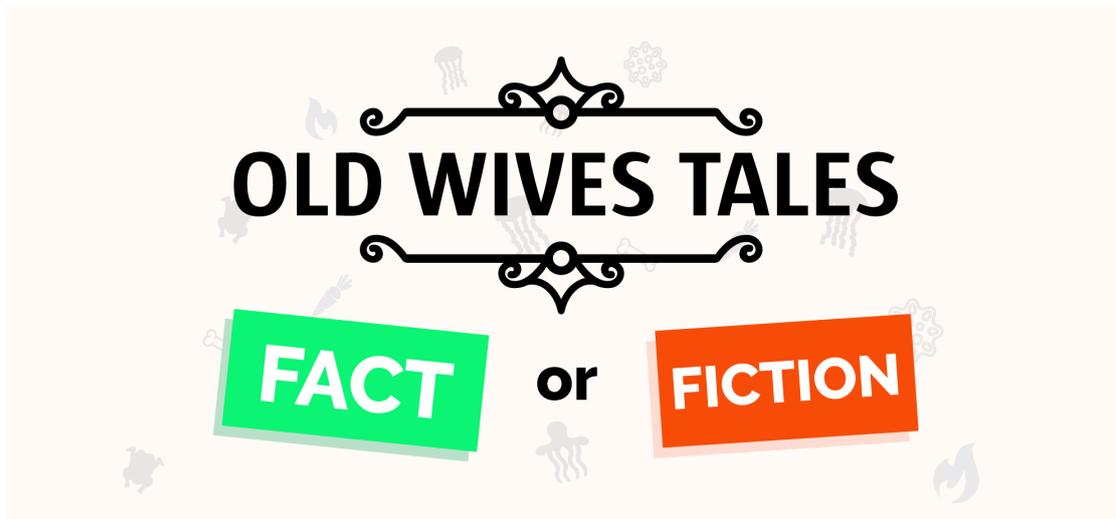
## **Keep your house cool**

- Cool your house by closing windows, shutting curtains and blinds, opening windows at night if you can to let in cool air.
- Use air-conditioning if you have it (make sure it's set to cool).
- If you don't have air-conditioning, spend time in a cool place like a library, shopping centre or cinema.
- Know which room in your house is the coolest (this will often be on the ground floor on the south side).
- If there is no power or you can't get to an air-conditioned space, spend time in the coolest part of your house.

<https://www.health.nsw.gov.au/environment/beattheheat/Pages/stay-healthy-in-heat.aspx>

# Old Wise Tale - Quiz

- 1 The Five Second Rule \_\_\_\_\_
- 2 You lose most of your body heat through you head \_\_\_\_\_
- 3 Pregnancy: If a woman's carrying low, it's a boy; if she's carrying high, it's a girl \_\_\_\_\_
- 4 Life speeds up as you get older \_\_\_\_\_
- 5 Feed a cold, starve a fever \_\_\_\_\_
- 6 Chocolate causes acne \_\_\_\_\_
- 7 Sleep on it \_\_\_\_\_
- 8 Spicy foods can cause ulcers \_\_\_\_\_
- 9 If you go outside with wet hair, you'll catch a cold \_\_\_\_\_
- 10 Too much TV is bad for your eyes \_\_\_\_\_



# Answers to Old Wives Tales

- 1 False.** The time your food spent on the ground matters very little to bacteria; they'll crawl onto it as soon as it hits the floor!
- 2 False.** You can lose heat through any part of your body that's exposed to the elements.
- 3 False.** If a woman's carrying high, this may be her first pregnancy or her body's in good shape. Stomach muscles have a tendency to become more elastic with each pregnancy, so a belly that's seen more than one pregnancy may hang a little low.
- 4 True** (it seems to). When we are children, we are constantly being introduced to new things and ideas that leave lasting impressions on our memories. We gauge time by memorable events and fewer new things occur as we age to remember, making it seem like childhood lasted longer.
- 5 False.** Both high fevers and colds can cause fluid loss. Drinking plenty of liquids such as water, fruit juice, and vegetable juice can help prevent dehydration. And with both fevers and colds, it's fine to eat regular meals — missing nutrients may only make a person sicker
- 6 False.** Although eating too many sugary, high-fat foods is not a good idea for anyone, studies show that no specific food has been proven to cause acne.
- 7 True.** Sleeping on it improves decision-making.
- 8 False.** Spicy foods may aggravate ulcer symptoms in some people, but they don't bring about ulcers.
- 9 False.** Cold weather, wet hair, and chills don't cause colds; viruses do. People tend to catch colds more often in the winter because these viruses are spread more easily indoors, where there may be more contact with dry air and people with colds. Dry air — indoors or out — can lower resistance to infection.
- 10 False.** Watching television won't hurt your eyes (no matter how close to the TV you sit).

# Ordinary Seaman

## Edward 'Teddy' Sheean VC



Edward 'Teddy' Sheean was born on 28 December 1923 at Lower Barrington, Tasmania, fourteenth child of James Sheean, labourer, and his wife Mary Jane, née Broomhall. Soon afterwards the family moved to Latrobe. Teddy was educated at the local Catholic school. Five foot 8½ inches (174cm) tall and well built, he took casual work on farms between Latrobe and Merseylea. In Hobart on 21 April 1941 he enlisted in the Royal Australian Naval Reserve as an Ordinary Seaman, following in the steps of five of his brothers who had joined the armed forces (four of them were in the Army and one in the Navy). On completing his initial training, he was sent to Flinders Naval Depot, Westernport, Victoria, in February 1942 for further instruction.



In May Sheean was posted to Sydney where he was billeted at Garden Island in the requisitioned ferry Kuttabul, prior to joining his first ship as an Oerlikon anti-aircraft gun loader. Granted home leave, he was not on board Kuttabul when Japanese midget submarines raided the harbour and sank her on 31 May. Eleven days later he returned to Sydney to help commission the new corvette HMAS Armidale (I), which carried out escort duties along the eastern Australian coast and in New Guinea waters. Ordered to sail for Darwin in October, Armidale arrived there early next month.

On 29 November Armidale sailed for Japanese-occupied Timor, in company with the corvette HMAS Castlemaine, to withdraw the exhausted Australian 2/2 Independent Company, evacuate about 150 Portuguese civilians and 190 Dutch troops, and land soldiers to reinforce Dutch guerrillas on the island. Arriving off Betano before dawn on 1 December, the ships rendezvoused with the naval tender HMAS Kuru, which had already taken the civilians on board. When these people were transferred to Castlemaine, she sailed for Darwin, leaving the other two vessels to carry out the rest of the operation. From 12:28 Armidale and Kuru came under repeated attack from Japanese aircraft. Despite requests, no air cover was received.

# Ordinary Seaman Edward 'Teddy' Sheean VC

## The Loss of HMAS Armidale (I)

Shortly before 14:00 on 1 December 1942, Armidale, by then separated from Kuru, was attacked by no less than thirteen aircraft. The corvette manoeuvred frantically. At 15:15 a torpedo struck her port side and another hit the engineering spaces; finally a bomb struck aft. As the vessel listed heavily to port, the order was given to abandon ship.

The survivors leapt into the sea and were machine-gunned by the Japanese aircraft. Once he had helped to free a life raft, Sheean scrambled back to his gun on the sinking ship. Although wounded in the chest and back, the 18-year-old sailor shot down one bomber and kept other aircraft away from his comrades in the water. He was seen still firing his gun as Armidale slipped below the waves. Only 49 of the 149 men who had been on board survived the sinking and the ensuing days in life rafts.



# Ordinary Seaman Edward 'Teddy' Sheean VC



## Recognition

Sheean was mentioned in dispatches for his bravery and in 1999 HMAS Sheean, a Collins Class submarine, was named after him - the only ship in the RAN to bear the name of a sailor.

In 2020, following a sustained public campaign to have Ordinary Seaman Sheean's selfless actions appropriately recognised, an expert panel recommended to the Australian Government that he be considered for the award of a Victoria Cross.

On 12 August 2020 the Australian Governor General, His Excellency General the Honourable David Hurley, AC, DSC, (Retd) announced that HM Queen Elizabeth II had approved a posthumous award of the Victoria Cross to Ordinary Seaman Sheean.

In doing so, Ordinary Seaman 'Teddy' Sheean, became the first member of the Royal Australian Navy to be awarded Australia's highest honour for valour.



## Our other services & locations

### Community Care

**Eleanor Bohr**  
**Amaroo Dementia Day Club**

Lavington  
ph (02) 6025 1776

**Trish Robinson**  
**Home Care Packages - HCP**  
**Commonwealth Home Support Program - CHSP**

Lavington & Henty  
ph (02) 69293244

**Henty Meals on Wheels**  
Community Centre Ivor Street  
Henty, NSW, 2658  
ph (02) 6929 3244

**Sandy Brown**  
**Home Care Packages - HCP**  
**Commonwealth Home Support Program - CHSP**

**DVA**  
Wagga Wagga  
ph (02) 6921 3219

### Independent Living

**Sal Anderson**  
**Hillsborough Retirement Village**

32 Sydney Road  
Beechworth, VIC, 3747  
ph (02) 6025 1776 fax (02) 6025 5712

**Murray Vale Self Care**  
340 Moore Street  
Lavington, NSW, 2641  
ph (02) 6025 1776 fax (02) 6025 5712

**Myoora Independent Living**  
Allan Street  
Henty, NSW, 2658  
ph (02) 6025 1776

**Park Hall Village**  
Park Hall Village Place  
Wodonga, VIC, 3690  
ph (02) 6025 1776 fax (02) 6025 5712

**Elms Self Care - Retirement Village**  
Balfour Street Culcairn, NSW, 2660  
ph (02) 6025 1776 fax (02) 6025 5712

**Cassie Coxsen**  
**Gumleigh Gardens Retirement Village**  
23 Albury Street  
Wagga Wagga, NSW, 2650  
ph (02) 6971 9357

**Knightleigh Cottages**  
Cnr John & Nicholas Streets  
The Rock, NSW, 2655  
ph (02) 6971 9357

**WT Wilson Homes**  
Near Cnr North & Operator Streets  
West Wyalong, NSW, 2671  
ph (02) 6971 9357

### Residential Care

**Christine Fulthorpe**  
**Gumleigh Gardens Hostel**  
29 Shaw Street  
Wagga Wagga, NSW, 2650  
ph (02) 6931 0409 fax (02) 6971 9610

**Leonie Mardling**  
**Holbrook Village Hostel**  
45/47-55 Bowler Street  
Holbrook, NSW, 2644  
ph (02) 6036 2817 fax (02) 6036 3618

**Kerralyn Bullock**  
**Jindera Gardens Hostel**  
80 Creek Street  
Jindera, NSW, 2642  
ph (02) 6026 3799 fax (02) 6026 3477

**Judy Osmand**  
**Oolong Hostel**  
97 Sturt Street  
Howlong, NSW, 2643  
ph (02) 6026 6800 fax (02) 6026 5111

**Jaqui Hastings**  
**Murray Vale Shalem Hostel**  
342 Wagga Road  
Lavington, NSW, 2641  
ph (02) 6025 4889 fax (02) 6040 0359

**Susan Weston**  
**Myoora Homestead Hostel**  
Bartsch Ave & Keighran Street  
Henty, NSW, 2658  
ph (02) 6929 3200 fax (02) 6929 3602

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**For any general enquiries please contact the regional office:**

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Lavington NSW 2641  
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e regionaloffice@upamurray.org.au  
www.upamurray.org.au