

National Seniors

AUSTRALIA

ADELAIDE NORTH-WEST BRANCH

NEWSLETTER

July 2025

Meeting at 1.30 pm on the fourth Wednesday of each month at
Lockleys Baptist Church house, 244 Henley Beach Road, Underdale (parking at rear)

COMMITTEE

President	Brian Mibus (0417 887701)	Committee	Jeanette Molde
Vice-President ..	Trevor Molde (0417 838740)		Heather Dowling
Secretary	Kathy Hancock (0432 101372)		Jenny Mathews
Treasurer	Mavis Smith	Newsletter.....	Trish Mibus (0407 605091)
Activities Coordinator	Annie McCall		

2025 CALENDAR

DATE All dates are Wednesdays	ACTIVITY	AFTERNOON TEA
July 23, 1.30 pm	GUEST SPEAKER – Robin Jarman	Trish Mibus
July 24, 9.00 am – 1.00 pm	SA National Seniors Forum with Chris Grice, National Seniors CEO – Kent Town Hotel (includes morning tea)	
August 13, 12 noon	Lunch/Outing – Semaphore Gardens	
August 27, 1.30 pm	GUEST SPEAKER – Alison Hicks - Genealogy Society	Jeanette Molde
September 10, 12 noon	Lunch – Plant 4, Brompton	
September 24, 1.30 pm	GUEST SPEAKER – Sarah – Scrapbooking Family Trees	Jack and Jan Dixon
October 8, 12 noon	Lunch/Outing – West Beach SLSC	
October 22, 1.30 pm	GUEST SPEAKER – Mataan Dunning (Fiducian Finances)	Katherine Papanikolas
November 12, 12 noon	Christmas Lunch for everyone – Lockleys Hotel	
November 26, 1.30 pm	MyGov and MyAgedCare	Carole Smith

Our June Guest Speaker – Daniel Humeniuk, Metropolitan Fire Service

Home Fire Safety

DIAL 000 if you have a fire emergency and ensure that you know the address of the emergency.

Fire App = “AlertSA” - www.alert.sa.gov.au

Fires in the Home – IT’S IMPORTANT TO HAVE A HOME FIRE ESCAPE PLAN. It’s important that you think about this and put a Fire Escape Plan in place, making sure that all in the house know what to do.

All MFS and Regional Stations have their own identifying number, which is on each of the trucks from that station - Adelaide = 20; Woodville = 24; St Marys = 40; Brooklyn Park = 45 (ie truck number 451 is stationed at Brooklyn Park). Trucks with a number starting with 9 are Rescue trucks and carry 3,000 litres of water. In addition to carrying all the firefighting equipment, they are equipped with heavy hydraulic gear, cutters and spreaders for car accidents and rescue work.

New MFS trucks are equipped with a Burn Over Protection System (BOPS) and can work in CFS areas. These trucks have a system that squirts water on the tyres and roof to cool the truck and allow it to drive out. CFS trucks have higher chassis for hilly terrain and can drive over rougher ground.

Trucks with a number 1 have a general-purpose pump, but don’t have the heavy equipment on board.

Emergency number is 000 – you will be asked what services you want- Police, Fire or Ambulance. This is the only Emergency number to call in Australia. If you call on a fixed line, the operator will know the subscriber and address, but you will need to give additional information. If you call from a mobile, the system will triangulate you within a 3 – 4 sq metre area but it is better to know a street or business address. All emergency services (Police, Ambulance and Fire) are connected, so if you ask for one other services may also attend.

There is an Emergency Plus app which is free to download and will give GPS co-ordinates.

This app has touch buttons to call and give location. There are three words at the bottom – GPS Spot, Street, place. Menu lines show CPR, Poisons, lifelines etc. The AlertSA app (www.alert.sa.gov.au) provides information on incidents and warnings. You can set up to 10 zones to let you know what’s happening in your area, especially when you are on holidays. Maps of fires, dangers, etc are shown but can be filtered out or turned off. When there is a catastrophic fire day go somewhere else for safety.

Smart watches also have a personal alarm and will give GPS co-ordinates.

COOKING FIRES – never leave them alone. Oil can ignite by itself. Keep flammables at least 30cm away - includes tea towels, shelves, spice racks, etc.

If a small fire begins on the kitchen, cover it with a fire blanket but not a wet towel as it will cause steam and steam burns. Put a lid on a pan or a thick wool blanket.

Fire blankets should be stored in the kitchen on a wall near the exit so you can get to it. If the fire is too big, get out and call 000. The Fire Brigade will come as quickly as possible. The Fire Service will need to get into the roof space to ensure the fire hasn’t spread to that area.

Do not put water on a fat or oil fire as it will cause it to flair up. If the fire is big, phone 000 and close doors on your way out to prevent hot gases and smoke travelling through the house. Put keys near exits or turn bolts to get out the doors. Have a torch handy near the door.

Fire blankets can last a long time and are available from hardware stores, ie Bunnings.

Hold the straps and turn the corners back to cover your hands and keep arms out straight. Place over the fire in the middle of the blanket; don’t throw it. Leave the blanket on for 1 hour. If safe to do so, turn off the electricity or gas.

ALWAYS BE SAFE – get out if you can do nothing else.

Oven and Microwaves leave the door shut, go outside and turn off the electricity or gas. Don’t pick up hot handles due to burning or spills. Leave them where they are. Don’t try to carry outside or you will spread the fire throughout the house.

Burns – use running water for 20 minutes to cool burns. Call ambulance for burns bigger than a 20-cent piece. Ambulance officers will check your lungs if you have inhaled gas or smoke. Remember if clothing is on fire, STOP, DROP, ROLL – use a wool blanket and pat down carefully to put out clothes.

Big fires – your safety is most important. Garden hoses will not put out big fires. A higher flow rate is required. **Don’t go back in – Call 000.** Toxicity of a fire is through the roof with plastics, etc. If there are animals or people inside don’t run back in to help.

Equipment for BBQ – gas bottles have a life of 10 years and need to be checked regularly. The condition of the bottle, the O ring, hoses, etc should all be checked. Don’t store them near the BBQ. Always supervise the BBQ and don’t leave it with children around. Clean when finished and use in the open and not under the veranda.

Extinguishers

- Yellow extinguishers are illegal because of the chemicals used and should be returned for a refund.
- Red with a white band have dry powder and pressure gauge. If not in the green area, replace. Can be purchased at hardware stores. Occasionally turn over and shake to free powder.
- Red with black band has Carbon Dioxide (CO₂).

Using a fire extinguisher -

PASS = Pull the pin
Aim at the base of the fire
Squeeze the trigger
Sweep from side to side

Braziers, wood fires, charcoal kettles – Important to have good clearance around the fires. Have a garden hose, buckets of water handy, a first aid kit and no children allowed nearby. When finished look out for sparks; wind will start it up again. tip ashes into a steel bucket with water in it, not the rubbish bin. Don't put the appliance under the house or the ashes in green bin. Make sure ashtrays are out also.

Home heaters – Keep clothing at least 1-2 metres away from a heater, including fan heaters. Check all cables are okay and they are dust free.

Clothes driers – clean lint filters, don't put clothes etc, that have been used with oils or grease in clothes driers – dry them on the line. This includes beauty oils and creams, car oil, kitchen oils. Be careful with wheat bags – they can dry out and combust.

Candles – battery operated candles or lanterns are best. Don't leave candles unattended, particularly with pets around. Extinguish when you leave the house, not on furniture – material or plastic, etc. A fire takes 4 minutes to get out of control. Smoke rises, so you need to get down on floor and crawl out.

Smoke Alarms – It's a legal requirement to have smoke alarms in a house. They need to be replaced every 10 years. If possible, they should be placed in the hallways outside the bedroom door. There are new Bluetooth alarms that are inter-connected, and all go off at once to wake everyone up. **Hearing impaired people can get a vibrating pillow.**

Electric alarms have long life batteries with the replacement date on side of alarm. The green light will show it is connected to electricity, red light – back up battery; red flashing – battery needs replacing. Clean and test regularly. Make sure they are screwed to roof at the highest point where the smoke goes and they are not near a heat source.

If you are upstairs, the fire is on the ground floor and you can't get out, stay in the bedroom, shut the door and put a towel or blanket to block the space at the bottom of the door and open the window. Call 000 and tell them

where you are in the house. MFS will provide more resources – 3-5 trucks. Stay on the phone and talk to the operator until rescued.

Caravan – Carbon monoxide detectors detect gas leaks and are available for caravans.

Electric Blanket – Faulty blankets can burn the bedding. Don't leave on continuously and don't use wheat bags or water bottles with them. Turn off, ideally at the switch, when they are up to temperature. Check regularly; run your hands around them when they are off feeling for hot spots and broken wires. Store by rolling, not folding.

Power boards – don't overload; check cables and power points and only use the number of cords for the number of points available. Don't put double adaptors in power boards. If an extension runs behind furniture check it regularly.

Phones, laptops, lithium batteries – Use the correct charger for each device and don't swap chargers. Don't put under pillow as devices need to get rid of heat. Don't leave charging in car where it gets too hot. Charge on non-combustible materials. Don't charge when asleep. Take off charge when fully charged. Check device regularly when charging.

Batteries – never use or recharge damaged batteries. Don't dispose in the waste or recycle bin – all batteries should be taken to a recycling depot. Don't leave exposed to direct sunlight. Never leave lithium batteries unattended when charging or overnight.

Electric toothbrushes – charge once a week, not high voltage, check they don't get hot.

HOME FIRE ESCAPE PLAN

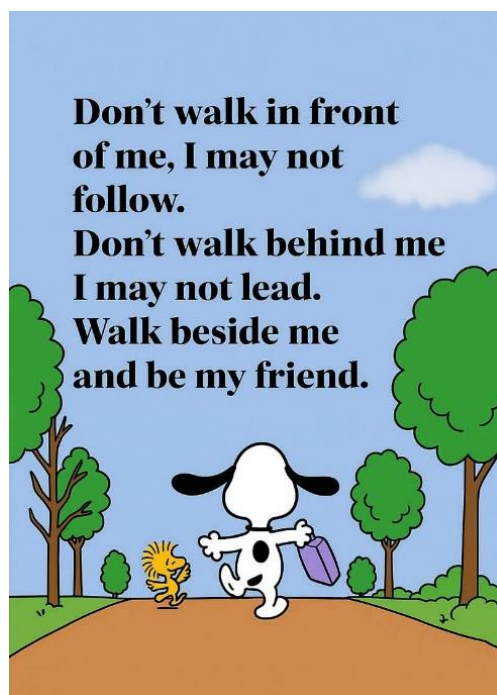
Electric Alarms – interconnected, check test monthly

Plan how you will get out – have two ways out. Will you need assistance, will you be secure, quick exit.

Know key steps to survival – get low, define a meeting place, do a head count, ring 000 from outside, never go back inside. Make sure you can open and close windows. Practise with family.

AlertSA – use the QR code on website or search app store to find, lots of information there. If you have **questions ring 8204 3611.**

Our group celebrated Christmas in July at the Findon Hotel



**Don't walk in front
of me, I may not
follow.
Don't walk behind me
I may not lead.
Walk beside me
and be my friend.**