



Out in the shed with Ted.

Ted McEvoy

Blood Clots/Stroke.

What is a stroke?

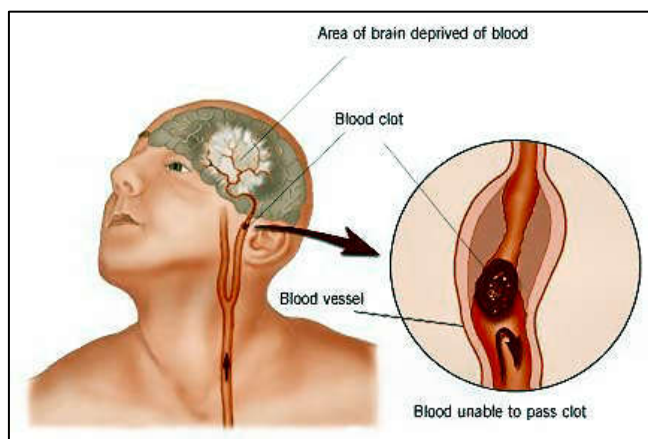
A stroke, or cerebrovascular accident (CVA), occurs when blood supply to part of the brain is disrupted, causing brain cells to die. When blood flow to the brain is impaired, oxygen and glucose cannot be delivered to the brain.

What causes a stroke?

The blockage of an artery in the brain by a clot (thrombosis) is the most common cause of a stroke. The part of the brain that is supplied by the clotted blood vessel is then deprived of blood and oxygen. As a result, the cells of that part of the brain die. Typically, a clot forms in a small blood vessel within the brain that has been previously narrowed due to a variety of factors.

Blood clot

Another type of stroke may occur when a blood clot or a piece of atherosclerotic plaque (cholesterol and calcium deposits on the wall of the inside of the heart or artery) breaks loose, travels through open arteries, and lodges in an artery of the brain. When this happens, the flow of oxygen-rich blood to the brain is blocked and a stroke occurs.



Typical example.

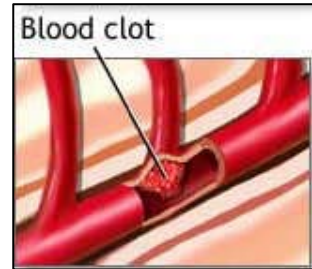
During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, she went about enjoying herself the for rest of the evening

Her husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 pm she passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps she would be with us today. Blood clot

Recognising a Stroke.

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage while people nearby fail to recognize the symptoms of a stroke.



Now doctors say a bystander can recognize a stroke by asking three simple questions:

STROKE: Remember the 1st Three Letters.... **S.T.R.**

- S** * Ask the individual to SMILE.
- T** * Ask the person to TALK and SPEAK A SIMPLE SENTENCE (i.e. It is sunny out today.)
- R** * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call the emergency number "000" immediately and describe the symptoms to the dispatcher.

Doctors say there is now a fourth sign to indicate a person has suffered a stroke, as them to "Stick out Your Tongue".

If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally. The biggest problem is getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours.

SO!! When in doubt, don't muck about, ring 000.

Do not call!!

Mobile phone numbers have now gone public – this means all mobile phone numbers are being released to telemarketing companies and you will start to receive telemarketing calls – nearly always at the most inappropriate time.



If you do not want to be rung, log onto the Federal Gov't link below and enter all your phone numbers (to a maximum of 10) online. This will stop calls from people trying to sell you stuff, but unfortunately, it does not stop calls from certain public interest organisations such as charities, religious organisations, educational institutions and political parties.

It may take up to 30 days for telemarketing agencies to recognise your registration and stop calling your number and if you still receive calls after the 30 days you can [lodge a complaint](#).

To register, click [HERE](#)

Pensions.

If you are in receipt of a DVA pension, with effect from the 20th March, 2010, you will have noticed an increase in your fortnightly payment. The old and the new figures are below:

Pension	Old Fortnightly rate	New Fortnightly rate	Increase
Special rate (TPI) Pension/MRCA Special Rate Disability Pension	\$1,022.10	\$1,069.30	\$47.20
Extreme Disablement Adjustment	\$564.10	\$590.20	\$26.10
100 per cent General Rate of Disability Pension	\$363.10	\$379.90	\$16.80
50 per cent General Rate of Disability Pension	\$181.55	\$189.95	\$8.40
Intermediate Rate Disability Pension	\$693.50	\$725.50	\$32.00
Service Pension - Single	\$671.90	\$701.10	\$29.20
Service Pension - Couples	\$1,013 Couple	\$1,057 Couple	\$44.00
War Widows/ers Pension	\$679.00	\$709.60	\$30.60

Carer's Allowance.

If you are in receipt of the TPI Special Rate, or if you are aged 16 years or over and have a disability and/or medical condition and need a lot of care and attention on a daily basis, your wife or partner might be eligible for the Carer's Allowance. See [HERE](#) to see if your wife or partner is eligible. The payment rate of Carer Allowance, which is effective from 20 March, 2010, is \$106.70 per fortnight. As well as the regular fortnightly payment, on the 1st July each year, your carer will also receive an annual carer supplement of up to \$600 for each person in their care who qualifies you for Carer Allowance.

Injections.

Attached is a letter from Ken Maguire, a Perth based specialist rheumatologist, who has been looking after DVA patient's joint problems for many years. We were recently warned about this but thought it was referring only to Medicare patients, not ALL DVA Cardholders.

As is obvious from the letter, it's up to us to make the appropriate representation. You can read the letter [HERE](#)

Research has shown that 9 out of 10 men prefer women with big boobs.
The 10th bloke prefers the other 9 blokes.

Changes to DVA Cards.

All Department of Veterans' Affairs (DVA) Repatriation Health Cards (DVA Cards) are due to expire during 2010. From March 2010, DVA will begin reissuing all cards. As part of this reissue, there will be some improvements made to the cards.

All eligible veterans, war widows/widowers and dependants will be issued with a new card, however, it is important to realise that the changes will not reduce or change current eligibility to hold a DVA Card.

The changes being made to the cards are to:

- a. increase veteran access to services;
- b. improve provider satisfaction; and
- c. tighten the security of the cards.



The magnetic stripe on the cards will soon contain the following information:

- a. Card holder's full name;
- b. Card holder's file number;
- c. The card type; and
- d. The Card's expiry date.

This change is expected to improve provider satisfaction, as this will enable providers to swipe DVA cards in the same way Medicare or Private Health Fund Cards are currently utilised. By improving the claiming experience for the providers it increases the likelihood of providers accepting DVA cards.

All eligible clients living overseas will be issued with a DVA card for the first time. This will remove the need for veterans to contact DVA to receive a "letter of authority" when receiving medical treatment within Australia. Entitlement to treatment overseas is limited to veterans that have an accepted disability/disabilities and DVA funds treatment of those accepted disabilities only. This process for receiving treatment while overseas will not change.

All DVA cards will have micro-printing and a DVA registered hologram added as security features. The micro-printing and hologram are added security features to ensure non entitled persons cannot reproduce a card.

The reissue of all cards is due to commence in March 2010, this process is expected to take 6 weeks to complete. If you haven't received a new card by the end of July 2010, contact DVA on 133 254 0r 1800 555 254.

More information can be accessed [HERE](#)

Gold Card holders

Holders of a Gold Card (the Repatriation Health Card - For All Conditions) are entitled to the full range of health care services at DVA's expense including medical, dental and optical care, within Australia. They are also entitled to aids and appliances to help them, for example, to remain in their home.



See: [Gold card](#)

White Card holders

Holders of a White Card (the Repatriation Health Card – For Specific Conditions) are entitled to the full range of health care services at DVA expense but only in respect of those disabilities or illnesses accepted as service-related. A White Card may also be issued for treatment for non-service related cancer, pulmonary tuberculosis, post-traumatic stress disorder, clinical depressions or severe anxiety disorders, or the symptoms of unidentifiable conditions (Gulf War veterans only), without the need to submit claim for payment for a disability compensation payment.



See: [White card](#)

Orange Card holders

Orange Repatriation pharmaceutical benefits cards are issued to Commonwealth and allied veterans and mariners who:

- have qualifying service from World War I or II and
- are aged 70 or over and
- have been resident in Australia for 10 years or more.



See: [Orange card](#)

VW.

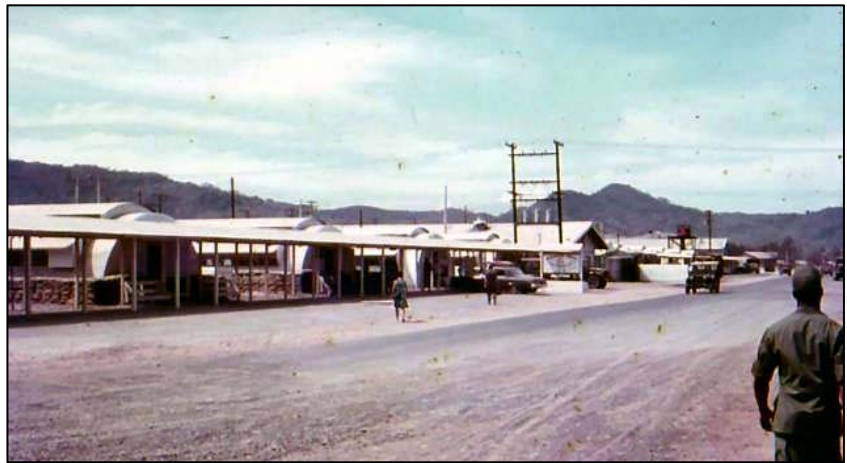
If you've got an old VW beetle, and need to change the belt that drives the generator, here's how to do it. Click [HERE](#).

Australian Servicemen/women deaths in Vietnam.

Barry Hampson is a serving Major in the Australian Army who has been promoted up through the ranks.

He is a Military historian based in Canberra and has set himself the task of writing a book detailing the lives and circumstances of the death of every Australian killed in Vietnam.

He strikes me as a very straight down the line sort of bloke and I am sure that he will achieve what he has set out to do



I am passing this on with the thought that you may wish to contribute on behalf of any of your mates who didn't make it.

Part of it is verbally filling out the profile of what the bloke was like, what were his personal traits, civvy life etc etc effectively a word picture of the bloke beyond the statistical.

If you are interested, Barry has a website at www.barryhampson.com, his email is bazz662@bigpond.com and his mobile is 0424 750 943.

Lamb.

Sam Kekovich, ex North Melbourne footballer, has produced his 2010 lamb chop commercial and you can see it [HERE](#) – you know it makes sense!!



Take your heart for a walk.

Heart Foundation Walking is a network of free community-based walking groups that aims to increase participation in regular physical activity. Volunteer Walk Organisers lead walking groups, offering an enjoyable, social and supportive physical activity option for people within their local community. Aiming to combat the risk factors associated with cardiovascular disease, including physical inactivity, Heart Foundation Walking has nearly 15,000 registered walkers across Australia.



Groups cater for a variety of ages and fitness levels, making it suitable for both beginners and regular walkers. Groups generally meet once or twice a week and walk distances that fit in with the groups abilities and goals.



Mrs Mandy Briagman, Volunteer Walk Organiser, said the program is the perfect way for people of all ages to enjoy fitness at no cost. I think it is great that the Heart Foundation is promoting healthy, free exercise. Anyone can do it regardless of weight, age or physical fitness

Dr Lyn Roberts, Chief Executive Officer of the National Heart Foundation said that walking plays an important role in preventing and managing chronic disease. “Participating in regular walks can help you become healthier and reduce your risk of heart disease and stroke by helping to lower your blood pressure and cholesterol levels,” said Dr Roberts. “Walking in groups allows you to be social and active at the same time”.

Heart Foundation Walking has the added bonus of helping you to stay motivated by providing you with regular incentives when you reach milestones such as 25, 50 and 100 walks.

To join or start a group, or for more information about Heart Foundation Walking call **1300 36 27 87** or visit the web site [HERE](#).

Heart Foundation Walking is funded by the Australian Government through the [Department of Health and Ageing](#).



Australian Government
Department of Health and Ageing

Marketing.

The definitive explanation of **MARKETING**. This will clear up any confusion ...

You're a woman and you see a handsome man at a party.
You go up to him and say, "I'm fantastic in bed."
That's Direct Marketing.

You're at a party with a bunch of friends and see a handsome man.
One of your friends goes up to him and pointing at you says, "She's fantastic in bed."
That's Advertising.

You see a handsome man at a party.
You go up to him and get his telephone number. The next day you call him and say, "Hi, I'm fantastic in bed."
That's Telemarketing.

You see a man at a party, you straighten your dress. You walk up to him and pour him a drink.
You say, "May I," and reach up to straighten his tie, brushing your breast lightly against his arm... And then you say, "By the way, I'm fantastic in bed."
That's Public Relations.

You're at a party and see a handsome man.
He walks up to you and says, I hear you're fantastic in bed."
That's Brand Recognition.



You're at a party and see a handsome man.
He fancies you, but you talk him into going home with your friend.
That's a Sales Representation.

Your friend can't satisfy him so she calls you.
That's Technical Support.

You're on your way to a party when you realize that there could be handsome men in all these houses you're passing. So you climb onto the roof of one situated towards the centre and shout at the top of your lungs, "I'm fantastic in bed!"
That's Junk Mail.

There - I hope you now have a complete understanding of Marketing.

C130A.

What a sad ending for a grand old lady..



A conscience is what hurts when all your other parts feel so good.

Early Days of the U2.

The base is what is now known as Area 51. Back about the time this was happening it was Watertown. The old air taxi was a C-54/118, Douglas DC4 Skymaster, or what was commonly called the "oil leaker". It flew back and forth to Nellis AFB in Vegas.

If you've ever worked on aircraft, or are interested in aircraft, these pictures of the early U-2 aircraft should be interesting to you. You will need PowerPoint.



Click [HERE](#)

DFRB/DFRDB.

What your Labor Government can do for you.

Remember what Kevin 07 said about ex-service personnel before the last election?? Well this appears to be the final instalment of fairness and any recognition of the "unique nature of military service"



Recently a retired Colonel Palmer, who was an ex-RAEME, wrote to Lindsay Tanner, the minister for Finance and De-regulation, concerning the irregularities with DFRB/DFRD. Colonel Palmer is currently employed at a major University so we can assume his letter would have been well put together.

This is the response he got from the [MINISTER](#)

There is a very good website dedicated to Military Superannuation, if it affects you, you should have a look, you can find it [HERE](#).

E-Bay

Does anyone know how to cancel a bid on E-Bay? I put in a bid for a "Mickey Mouse Outfit" and now it seems I am only six minutes away from owning the Collingwood Football Club!



Global Warming



Recently there was a huge rally to protest against Global Warming – there were some very angry people – click [HERE](#).

A visitor's guide to driving in Western Australia

For those who live on the right hand side of Australia, and who have never had the thrill of driving in our vast State, please take note!!!

Like you, we drive right hand drive cars and drive on the left hand side of the road.

However, over here we have an unwritten road code, therefore, it is suggested that you discard your official copy so diligently obtained and studied prior to your visit. The following rules apply to the WA roads, not in any particular order of importance.

1. The correct overtaking lane is the left hand lane. The right hand lane is reserved for sightseeing, making mobile phone calls, and looking for street signs. If someone behind you puts on their high beam when you are in the right hand lane, they do not want to overtake, but, in fact, are trying to give you more light in which to read your street directory. We in the west are so considerate like that.
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2. Tunnels are a big novelty here, despite probably being commonplace where you come from. As a result, you are expected to reduce speed considerably on entering our very own tunnel so you have more time to appreciate the engineering and architecture of this magnificent structure, which is far better than anything in your hometown.
3. In WA, it is illegal to use a hand held mobile phone while you are driving. Please do not let that stop you, your call is important to us. However, we all recognise the inherent danger in using these devices while driving, so it is recommended that whilst using a mobile, please move to the right lane (you should be there already) and reduce speed to ensure you can still respond in a timely manner to any change in road conditions.
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4. Roundabouts are something we have never really got used to. To avoid any confusion, please do not indicate at all, as any indication is confusing. Should you not be to sure who has right of way, feel free to stop in the middle of the roundabout to give way to your left. This is also a great gesture of courtesy, and should anyone toot their horn, it is in appreciation of your courtesy. Likewise, a vertical finger is a wave of "welcome to Perth".
5. On many of our country roads there are overtaking lanes to allow drivers to overtake slower vehicles on sections where it would otherwise be difficult or impossible to do so. You should be mindful of the fact that speed is our biggest killer and you therefore have a moral obligation to drive at least 20kph below the speed limit on the single lane sections, and accelerate to whatever speed is necessary to prohibit those reckless drivers in our midst from overtaking. They are a danger to the community at large and who knows how many lives you will save by such a small contribution as this.

6. Traffic lights are a modern method of regulating the flow of traffic but have the effect of causing vehicles to travel in packs. Therefore, the appropriate method to reduce this effect is to wait until the vehicle in front of you is a reasonable distance from you before you move away from the lights. Ten car lengths or more is considered appropriate. Do not accelerate quickly away from the lights, as this will make you stand out as a tourist.
7. Merging of two lanes into one has its dangers. The obvious way to reduce these dangers is to reduce your speed prior to attempting a merging manoeuvre. While you may be used to merging one for one, this simply does not work here and you should try to stay as close to the car in front to ensure you don't lose your place in the queue.
8. If all the above rules are too confusing, remember that when all else fails, drive in the right hand lane and be totally oblivious to anything that may be happening around you. It is not as easy as it sounds but with some practice you'll find yourself driving like a local in no time.



Follow these simple rules and you are ensured of a pleasant stay in our beautiful state without standing out from the crowd as just another tourist. Enjoy your stay

Got a rat problem – click [HERE](#) for a solution

Roll Models.

These days kids don't seem to have the same sort of Roll Models that we had. When we were kids, the boys roll models were clean living upright wholesome citizens that always put Queen and country first and always helped old ladies cross the road. The girls had roll models that were movie stars who could cook, always wore clothes and crocheted small rugs. Not today, these days Roll Models have bits of metals sticking through parts of their bodies that were meant to be metal free, and either play golf or nick hand-bags off old ladies.

Do you remember who your roll model was when you were a kid?? Someone has invented a Roll Model inquisitor which is supposed to be fail safe. It always comes up with the right answer. Take the small maths quiz following and it will reveal who was your roll model when you were young and fancy free.

1. Pick your favourite number between 1-9
2. Multiply that number by 3.



3. Add 3 to that number
4. Then again Multiply by 3
5. You'll get a 2 digit number....
6. Add the digits together.

Now, remembering the final number, click [HERE](#) and the name opposite your answer was your roll model – never fails.

After starting a new diet, I altered my drive to work to avoid passing my favourite bakery. I accidentally drove past the bakery this morning and as I approached, there in the window were a host of goodies. I felt this was no accident, so I prayed, "Lord, it's up to you, if you want me to have any of those delicious goodies, create a parking place for me directly in front of the bakery." And sure enough, on the eighth time around the block, there it was!