



## September 2025 Newsletter

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

**Editor:** Geoff Cox  
[lung.life1@hotmail.com](mailto:lung.life1@hotmail.com)

**Coordinator:** Marina Siemionow 0429 629 180  
[lung.life1@hotmail.com](mailto:lung.life1@hotmail.com)

**NEXT MEETING:** Thursday 9 October 2025  
10:15 am – 12:00 noon  
Weston Creek Labor Club  
Teesdale Close, Stirling ACT 2611

**Guest speaker: Raj the Chronic Care Nurse**

### September Meeting

Helen Cotter

We began this meeting with our guest 'speakers', **Sonia Anfiloff and Jim Black** (pictured right), who gave us breathing tips while entertaining us with singing. It was lovely to see a full house for this session.

Sonia mainly spoke of the importance of **relaxing your whole body**, including your lower half, to make sure the muscles are at ease and to give a more natural flow of breathing.

If you put two fingers on your belly button, you should be able to feel the fingers move apart when you breathe. This is sometimes easier to do on your back in bed.

Yoga breathing exercises are a good way to help with breathing.



## Our Guest Speakers

**Sonia Anfiloff** has many years of performing, teaching, coaching, and programming experience. Her performing career to date has been filled with travel, roles, competitions, recitals, requiems, opera tours, concerts, masterclasses, teaching, coaching, conducting and mentoring.

Sonia's passion is to give singers, and anyone wanting to sing, the tools and confidence to know they are in control of their voices. Sonia loves to share beautiful, compelling music, and to connect with the broader community with joy, tears, laughs, warmth, fun, and musical hugs.

She has recently been appointed as the Artistic Director of National Opera - Canberra.

She has just finished performing in *Der Rosenkavalier*.

**Jim Black** has been reawakening his passion for performance, returning to the stage after a break. He has previously performed roles with a number of Canberra based theatre companies and studied at the Canberra School of Music. He has just finished performing as Baron Ochs in *Der Rosenkavalier* with the National Opera - Canberra.

At the meeting a question was asked about the dreaded issue of persistent cough or hypersensitive cough. Again, Sonia emphasised the need for relaxed muscles. Breathing with a closed throat helps create a tickle or a spasm. Often with emotion, the muscles tighten, causing the feeling of a need to cough. Try to relax those throat muscles.

Clearing your throat causes more friction and encourages your body to produce more mucus – so it's best not to clear your throat.

Some other tips and comments included:

- Those flutter contraptions that many of us use are good in that they create vibrations which help open up the voice.
- If safe to do so, a breathing technique to use in the car is to say the letter zzzzzz until you run out of air. But then, DON'T GASP IN THE AIR, just breathe in as normal.

Toward the end of the session, Jim and Sonia entertained us with some delightful songs: Jim, a bass singer, sang *Ole Man River* and *The Impossible Dream* (from *Man of La Mancha*); and Sonia sang Cole Porter's *In the Still of the Night* and *The Last Rose of Summer*. All very lovely.



Following our guest speakers we had some **general business**. Marina showed us the new Lung Life website, now up and running <https://sites.google.com/view/canberrallunglife>. She also showed us the new pamphlets and business cards.

### Dates to remember

- On Friday 26 September at 12:00 noon, we are lunching at **Café Sosta** in The Red Shed, Black Mountain Peninsula.
- On Thursday 9 October, our speaker will be Raj, the **Chronic Care Nurse**.
- On Friday 24 October, we will be visiting the **botanic gardens**, riding in their bus at 2:30pm.
- **World COPD Day** is on Wednesday 19 November. Details about this event later.
- On Friday 12 December, we will be having our **Christmas lunch** – details to come later.

## Interstitial Lung Disease (ILD)

Maureen Bell

I am just home from holidays in Darwin, Uluru and Kata Tjuta and have now caught up with the Lung Life August Newsletter.

As a long term sufferer of **Interstitial Lung Disease** (diagnosed in March 2010)

I would like to add a few supplementary remarks to the information on ILD in the August edition, especially on treatment options.

### I feel that the order for treatment, post diagnosis should be:

1. Pulmonary rehabilitation, together with anti-inflammatory medication
2. Supplementary oxygen
3. Lung transplant.

Medication which slows down progress of the disease is now available on PBS. The two available meds are pirfenidone (Esbriet) and nintedanib (Ofev). A third medication which is being assessed by the Therapeutic Goods Administration, for later assessment by the PBS, is nerandomilast. I am taking it in addition to pirfenidone as part of an ongoing Fibroneer clinical trial, with beneficial effect. I do not take supplementary oxygen.

"Dr Google" gives a rather pessimistic outlook for people diagnosed with the more specific **IPF (Idiopathic Pulmonary Fibrosis)** and has not sufficiently updated its information. However, there is specialised support for IPF. An online group iPuff <https://lungfoundation.com.au/find-support-service/ipuff-support-group-people-living-with-ipf-pf/> meets on the 2nd Wednesday of the month, and Lung Foundation Australia has online resources and peer support.

*Note: **ILD** is a term encompassing over 200 lung conditions, including **IPF**.*

*Maureen is happy to talk to anyone who has questions - [maureen.bell@gmail.com](mailto:maureen.bell@gmail.com) or 0434 877 957.*



*Like Maureen, your editor also recently visited the NT – Uluru, Kata Tjuta (pictured) and Kings Canyon.*



## Our New Intensive Recruitment /Marketing Drive

Marina Siemionow

Historically we've used a stall at COTA ACT (Council on the Ageing) 'ACT Seniors and Better Ageing Expo' as our vehicle to make ourselves known to the community. This year we've decided to ramp up our efforts to see if we can enhance our visibility across the community and build up our membership.

What has been decided, along with running the stall at the Expo, is to renew all our marketing products, both paper base, and digital. We have also placed an advertisement in the *Canberra Weekly* which will run for six weeks to coincide with the COTA advertising campaign for the Seniors Expo.

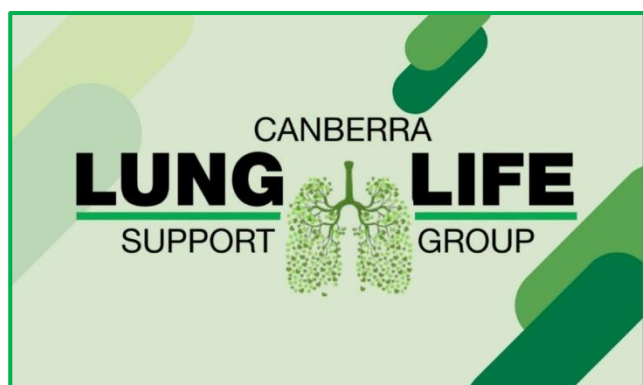
Over the last few months members have been working hard to review our current brochure, update our logo, decide on our 'look' and review our mission statement and purpose. This has provided a basis for developing our suite of updated marketing products.

We've developed a consistent 'look and feel' across all of our products. These include business cards, a brochure, a banner, pens with our logo, and most importantly a new website. Hopefully it will attract interested people and enable them to quickly access all of the information about us and what we do. You'll also find a calendar on the website which provides current details for all our monthly events. The website also gives you access to the newsletters which have come out in the last twelve months.



Check out this link to our website <https://sites.google.com/view/canberrallunglife> and let us know what you think by emailing us on: [lung.life1@hotmail.com](mailto:lung.life1@hotmail.com).

You can also hover your phone over the QR code on the business card or brochure to check it out.



# ABOUT US

We are a face-to-face support and self-advocacy group, run entirely by volunteers.

We are a place of trust and belonging for people living with chronic lung conditions, their families, and carers.

We provide a safe and welcoming environment to meet others, share stories, form friendships, talk through challenges and have fun.

We encourage each other to live the best life possible.

## GET IN TOUCH



1800 654 301



lung.life@hotmail.com



<https://bit.ly/45OFCsE>



### WE CAN HELP YOU!



Supporting people with chronic lung conditions, as well as their families and carers.



## MONTHLY MEETINGS

Our meetings offer support and often feature guest speakers who provide insights on topics such as:

- chronic illness
- medical information
- social information
- sustaining quality-of-life

## MONTHLY LUNCHES

We offer social connections and friendship by arranging monthly lunches at a variety of cafes and clubs across Canberra.

## MEETING DETAILS

### WHEN?

The second Thursday of every month.

### WHAT TIME?

10:15am - Noon

### WHERE?

Weston Creek Labor Club  
4 Teasdale Close, Stirling, ACT

### WANT MORE?

Stay on after the meeting for lunch at the club, or join us on the last Friday of every month for our social lunch.

## WHAT DO WE DO?

We focus on the well-being of all our members and share practical tips for navigating life with a chronic lung disease.

We foster a welcoming and caring environment where people feel heard and understood.

We bring people with similar experiences together to share, support, and learn how to live the best life we can with whatever chronic lung condition we may have.

We enable people to share insights with each other that can only come from first-hand lived experience.





## 'Out of the box': How two men's doughnut vision sparked an Aussie institution

*'The Senior'* and Helen Crombie



*The American Doughnut Kitchen's wagon in Bendigo in the 1950s. Picture from American Doughnut Kitchen website*

Three-quarters of a century ago, Arnold Bridges and Dave Christie were just two struggling businessmen looking to make ends meet in the shadow of World War II. They bought the fledgling business, the **American Doughnut Kitchen**, which has now become a Melbourne institution.

The American Doughnut Kitchen is celebrating its 75<sup>th</sup> anniversary this year and has been family-run since it was first established at Melbourne's Queen Victoria Market in 1950.

At first they sold at various agricultural shows but later found the permanent base. As well, in 1954, they bought a 1930 REO Chassis and built their first food wagon.

Their daughter Julie took over when Arnold Bridges passed away in 1996. The business is now run by Julie's daughter and son-in-law, Belinda and Justin Donoghay.

They believe the business has become such a huge success because of its consistency and quality. There's been no changes to the recipe. The jam is the same jam that they've been using for 75 years. Everything is consistent.



*Julie Boening working in the wagon in Moomba in the late 1960s. Picture from the American Doughnut Kitchen website*

Reference: <https://www.thesenior.com.au/story/9058511/how-struggling-war-era-businessmen-launched-a-doughnut-empire/>