



AIR MAIL

ROYAL AUSTRALIAN AIR FORCE ASSOCIATION

"Fostering the Spirit of Friendship and Perpetuating the Honour and Ideals of Her Majesty's Air Forces"

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> WHAT'S
INSIDE



Hall of Fame inductee

Pam Halbert's services to the West Australian community were recognised with her induction to the WA Women's Hall of Fame.

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Volunteering appreciated

Wendy Geddes has been an active volunteer for the Association for more than six years resulting in a Certificate of Appreciation being awarded.

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Memorial Spitfire restoration



The Spitfire is carefully removed from its stand

THE Spitfire has gone, but it will be returned.

As reported in our last edition, the Memorial Spitfire was in desperate need of restoration. The ravages of time, humidity and wind have slowly damaged the aircraft. We have now removed the aircraft to have it professionally restored to its original glory as a permanent reminder.

The area was a buzz with volunteers and onlookers on Thursday, 10 March as the crane lifted the Spitfire from its pole.

The wings have now been removed and a shipping stand built for the fuselage.

The aircraft, will be transported to Welshpool where it will be completely stripped of paint and the fibreglass will be restored. The unit will then be painted with a modern and durable finish.

When complete the aircraft will be transported back to AFME, re-assembled and then repositioned onto its pole.

We anticipate to have the Spitfire back on display for ANZAC Day celebrations.



The Spitfire at the Association's former Adelaide Terrace Home



Memory Quilt for Alice Ross-King Care Centre

AFTER hundreds of hours and thousands of stitches, the finishing touches have been made to a special Memory Quilt which is being donated by AFME's "Which Craft?" Group to the new Alice Ross-King Care Centre.

Led by RAAFA residents Beverley Hewett, Vivienne Rowney and Maxine Chambers, some 15 ladies from the "Which Craft?" Group have met on Thursdays for the past 12 months to create dozens of unique individual blocks for the quilt. The quilt is naive appliqué and piecing in country colours.

With the blocks having been pieced together and quilted by Greg Critchley using a Free Motion Quilting Machine, the final touch was for the "Which Craft?" Group to come together to sew on the binding for the quilt.

Beverley said the concept of the Memory Quilt is that each block features an image or design which could help to trigger

happy memories for residents in the new aged care centre.

"We have Eagles and Dockers socks, beehives, apple trees, a cottage with a flower garden, dogs and cats, all little images which might encourage people to reminisce about their own past," she said.

"We are so proud of the finished result; it is a beautiful quilt in soft muted country colours which is warm and lovely to look at. What the ladies have achieved is excellent."

New faces are always welcome to join the group, which meets from 2.00pm to 4.00pm on Thursdays in the Craft Room at the Village Hall at AFME.

Some ladies choose to bring their own crafts to work on, but the group's volunteer leaders Beverley, Maxine and Vivienne also put together activity kits and suggested craft ideas for ladies who are new to crafting.

On the tarmac



State President, David Peet

By David Peet

Quote

"VOLUNTEERS don't get paid, not because they're worthless - BUT because they're priceless. We make a living by what we get, but we make a life by what we give."

by Winston Churchill.

RAAFA National

CEO John Murray and State Secretary Ron Onions flew across to Melbourne on 8 February to attend a special RAAFA National Conference dealing with membership and changes to the National Constitution, possibly in the form of a Public Company Limited by Guarantee (PCLG).

This item was again researched by our staff and legal team and the WA Division were not in favour of the suggested governance structures that were being proposed. Further details and options have been requested for consideration at future meetings. Unfortunately due to a prior commitment I was unable to attend on your behalf.

RAAFA events

The 74th Anniversary of the Bombing of Darwin Commemoration Ceremony was held on 21 February.

It was a defining event in Australia's history. It should never have happened, but gradually the details of this first major assault on the Australian mainland are being reported. Maybe on the 100th anniversary of this attack we will learn the full truth! There was in fact an attempt to mine the Harbour and four of the Japanese I-124 submarines were part of the attack. One was sunk with all hands (80) and remains in 60 metres of water off Darwin.

RAAFA Annual Dinner

Make a note in your diaries that the RAAFA Annual Dinner will be held at Bull Creek on 16 April 2016. Ticketing is through your local Estate Office or Bull Creek Head Office.

As always, good music and good food in the company of old and new friends. Make up your own table of 10 or we can arrange for you. Estate buses will be available. I look forward to seeing you there.

Spitfire refurbishment

A reminder to all of those concerned about the disappearance of the Spitfire at Bull Creek. As reported in the last edition of Air Mail and the Museum Newsletter, the Spitfire is undergoing some well needed restoration. The aircraft was removed in early March and it is hoped to be returned to the entrance of the Estate on 21 April.

Many other refurbishments are in the process of being undertaken with the replacement of failing telephone cables with fibre optics and security and lighting on the villages to be upgraded.

RAAFA Head Office moving

Head Office is on the move. Premises have been located in Applecross as the pressure of space within the current Head Office building in Bull Creek has reached critical mass.

With the commencement of the operation of the Alice Ross-King Care Centre lifting our staffing levels from 470 to 550 and the associated payroll, HR management, accounting processes and general business

activity we needed to find more room.

An office has been identified at 2 Sleet Road, Applecross that will provide us with space for expansion and the growth expected over the next two years.

The move is expected to take place in May depending on telephone and computer setups.

There should be no interruption to the lifestyle at AFME, Bull Creek as all management of the Estate is already in place.

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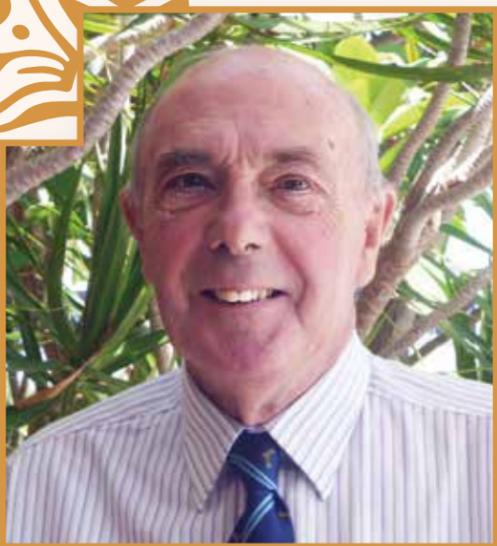
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For Submission deadlines please see page 11

The Padre's Piece



By Padre David

OVER recent years at the Mandurah ANZAC Day March and Ceremony at the Mandurah War Memorial, the participation of young people has been notable. The students chosen from our local high schools to give an address have been first class. Their contribution has been both thoughtful and thought provoking and they have certainly added to the respectful dignity of our ANZAC remembrance.

Our experience at Mandurah has been replicated at ANZAC ceremonies in many locations.

In the early days of the Fremantle Football Club, Daniel Bandy, one of their original players, was quoted in a community newspaper saying "It is important to preserve the memories of those who fought in wars, to give our younger generations some understanding of the sacrifices our forefathers made".

However, in that same edition of the paper a young boy who was then just 10 years of age was also quoted. I think his name was Keith Garvin. He said "I think we must always remember what happened. However, because it was so long ago, I think it's hard for someone my age to fully comprehend what the war would have been like". He was being honest. Some of the young people who join us on ANZAC Day may feel the same.

However, it's through the interaction of

the generations that we can pass on an understanding of the importance of why we show our respect and honour those young men and women who in so many fields of action, contributed so much and even gave their lives that we might enjoy the sort of society we do today.

It was 10 years ago that Graham Maybury wrote in Seniors News "You and I represent the front line of response to a young generation searching for reliable role models. Unsung, unheralded people like you are quietly living lives of principle without publicity or pretence. You bring security and stability to the present generation's search for identity".

Participation in the ANZAC March and attending ANZAC ceremonies along with the community and the young people of today's society makes a strong statement about the things that are most important for life - for everyone's life and for every generation.

Shalom

Meadow Springs volunteer sundowner

By Fran Hewitt

ON SUNDAY, 7 February 2016 a sundowner was held in the Amenities Room at RAAFA Estate Meadow Springs in appreciation of some very significant volunteers.

As you know, volunteers are an important part of any organisation and RAAFA is no exception. This enjoyable event was organised to provide Meadow Spring residents with an opportunity to say thank you to the volunteer bus drivers and "Herbie" drivers.

The event was arranged and catered for by the Meadow Springs Residents' Branch with the residents enjoying each other's company.



Fran and John Hewitt

CEO's perspective



CEO, John Murray

By John Murray

THESE next few months will prove to be a very busy time with the opening of the new Care Centre, the development of our community based services, upgrading of Karri Lodge and the consultation process commencing on the Bull Creek master plan. On top of this, RAAFA's Head Office will be moving to Applecross due to space restrictions to cater for the growth that RAAFA is currently going through.

Alice Ross-King Care Centre

The Alice Ross-King Care Centre is nearing completion with the expected handover date from the builder, BGC, at the end of March. The next stage requires the preparation of the building to accommodate the staff and residents with considerable work to be undertaken to fit out the 102 bed care centre.

The Human Resources Department staff along with the General Manager - Aged Care and Community Services, Karen Borthwick are in the process of recruiting up to 80 staff to operate the new centre, which will bring our staffing levels up to 550 across the Association.

To ensure all systems and processes are in place to be able to welcome the residents to their new home in May, staff will be commencing on 18 April.

The new Centre will cater for all levels of care including dementia specific.

Admissions will be staged over the coming months.

This new centre has an expected turnover of close to \$10M per annum which will effectively boost RAAFA's annual turnover of \$56M per annum.

Community services

A team of committed staff including the Welfare Officers from our sites have developed a survey for residents within our Estates to look at what services they would like delivered into their homes. This information will give us important data in our endeavours to supply a broader service provision on our Estates, especially for those who are looking to have RAAFA provide options such as cleaning, catering, laundry services and care.

Bull Creek Master Plan

The Bull Creek Master Plan is in the process of being reviewed and the next step will be a process of consultation with the membership and residents within the site, outlining the potential for further development on the location. The initial focus will be at the front end of the Estate to look at the requirements for the Club, amenities and facilities for the Museum.

Karri Lodge

Karri Lodge is also earmarked for an upgrade to its facilities to enhance the quality of the rooms and community centre for those in the dementia specific unit. This upgrade is estimated to be in excess of \$2.5M to achieve and it is hoped that we can commence the project in the beginning of the new financial year.

Head Office move

The Head Office move will take place in May to a new office location at 2 Sleet Road, Applecross. This move provides us with the opportunity to not only accommodate existing staff but allows space for further growth as the rest of the developments and business grows in time.

Charitable Purpose

I would like to take the opportunity to thank all the members of the Branches, Estates and those aligned with specific ex-service groups for their efforts in working with their members to create community and social events across the organisation. RAAFA (WA Division) Inc is arguably the most active in terms of its services in engagement with its members across Australia and we have an opportunity to use those very powerful connections with our members and community to ultimately provide a better service to younger veterans.

The Charitable Purpose Committee has met and is in the process of inviting key people from the Department of Veterans' Affairs, Veterans and Veterans Family Counselling Services and other ex-service organisations to meet and see how we can progress the activities of RAAFA into the broader community and support younger veterans.

I hope you all have a wonderful Easter and I look forward to progressing what is now some major steps in developing further services and capacity for RAAFA to serve ex-service personnel and the wider community.

End of an era

By Margaret Murray

IT IS sad to report that the Sunderland Branch has now joined the ranks of some of RAAFA's other branches and come to the end of its era as part of the Association.

My thoughts lead back to the origins of those formative days when a group of Sunderlanders got together over a few drinks after an ANZAC Parade in Perth City. Those conversations resulted in laying the foundations of the Sunderland Branch. My late husband, Vic Murray, was instrumental in setting up the Branch's Charter on 15 February 1982 under the umbrella of RAAFA Bull Creek. He was helped by a band of people including Tom Darby, Ray McPharlin, Jack Ramsay, Jack Moir and Jack Darcey. Ross Watts, Chris Dixon and Paul Bird formed part of a small contingent that also assisted with some of the required formalities.

This was well over 40 years ago. The most significant Sunderland Branch events were the Bi Annual Squadron Reunions which were arranged and conducted by each



A Sunderland moored in Sydney Harbour in 1944

State (except Northern Territory). The Reunions continued for well over a decade producing very enjoyable occasions with great camaraderie. Sadly the Branch has gradually fallen into decline due to both natural attrition and the inability of so many members to travel.

Casting my mind back to the inaugural Sunderland days from when Vic and I became residents of Air Force Memorial Estate in 1978 I recall memories of the Brass Band, Annual Fetes, and an Estate that was very small. There was only one Museum Wing under the care of Frank Purser.

And now, at the fall of the curtain, it is perhaps appropriate to mention the wartime

efforts of those daring young Sunderland WWII men in their mighty flying machines. They operated in the Atlantic Ocean and Bay of Biscay and it is reported that their contribution to WWII resulted in 784 U boats being sunk plus 218 U boats scuttled or surrendered.

Well done boys. RIP forever!

As a matter of interest, statistics from the Department of Defence disclose the Squadron produced three Air Vice Marshalls, eight Air Commodores, 10 Group Captains and 11 Wing Commanders, eight of which rose from the ranks.

New flight simulator

By Alan Rye

IN THE north wing of the Aviation Heritage Museum a new flight simulator is nearing completion. The cockpit nose section of a Beechcraft King Air, is being fitted with the full computer system for the flight simulator.

The training program is being overseen by Museum volunteer, Guy Vertannes who has constructed the computer and the cockpit interior has been superbly prepared by Museum volunteer, Brian Jones.

The use of the simulator is being shared by the Aviation Museum Youth Club and the Air Force Cadets which now have a Flight based in the Museum. The simulator will only be available for use under direct supervision of an instructor and you must be over 13 years of age.



Bombing of Darwin

THIS year marked the 74th Anniversary of the Bombing of Darwin with the annual commemoration ceremony held at AFME Memorial Wall on Sunday, 21 February where crosses were laid in memory of fallen comrades.

Morning tea followed the ceremony in Langley Hall where guests enjoyed the opportunity to catch up with old friends. Historic photographs put together by Charles Cugley showing Darwin after the bombing were also on display.

A screening of the 30 minute documentary, "Legacy of the WWI Aviators" followed morning tea. The documentary explores a little known chapter in Australian aviation history, telling incredible, true stories of the group of pilots who came together to establish and operate Australia's first commercial airline in remote Western Australia and included footage of flying during WWI and three Bristol tourers (converted FB2s) flying to Geraldton. The film received rave reviews from guests.

Guest speaker, Wing Commander Graham Williams, gave an informative address on the sacrifices Australians paid for freedom on our own doorstep, taken from works by Dr Tom Lewis OAM, excerpts of which follow.

It is now slowly being realised by Australians that the country was at war on its northern frontier. Although the details of the terrible day of 19 February 1942 are now being more fully understood, there is still much to be done by all of us to realise the sacrifice, fatalities, victories and defeats we endured on our home ground as a nation.

The first air raid itself you may be more familiar with. It was launched from four aircraft carriers, 350km north-west of the Territory. The Japanese had a new technique unknown to the Allies. They combined all of their carrier aircraft into one massive

formation, which attacked as one.

The aircraft set course for Darwin. On the way they shot down a reconnaissance US Navy Catalina, which had taken off that morning to hunt for the enemy.

The Zeroes also shot up a parked C-53 aircraft on the runway at Bathurst Island, and in the process, hit the radio hut where missionary Father McGrath was sending out a warning. It was discounted in Darwin however, as it was believed he had sighted ten Kittyhawk P-40s which were returning from a mission to Java.

The air armada approached from the south giving them the element of surprise and negating the need to turn back after bombing.

The first attacks happened at the boom net which protected the harbour, 8km away.

Others set about the ten Kittyhawks, which by now five had landed to refuel, while the others stayed on top to cover. Those on the ground raced down the runway to take

off and give battle. But it was an uneven contest. The P-40s on the ground lacked height and speed, and all had been taken by surprise. Most of the Kittyhawk pilots were inexperienced and were facing veterans of Pearl Harbor, and the China invasion. Nine of the P-40s were shot down and four pilots killed.

By now the big bomber fleet had reached the town. The 81 Kate high level machines bombed from 10,000 feet, their ordnance stitching a line from the wharf - there were 64 ships in the harbour - up across Government House, to the Post Office and town.

The Post Office took a direct hit. Although Darwin's women and children had almost all been evacuated the previous December, essential occupation workers remained. Almost all of the Post Office staff were female, and they all died.

Now the 71 dive bombers moved in and attacked the shipping. By now all of the vessels that could, were beginning to move to get both searoom and the ability to dodge

aerial attack. One of those less successful at evasion was the destroyer USS Peary. Hit by a bomb in the stern she began sinking, but her gunners kept firing to the last, but 88 men died.

The raid only lasted another 10 to 15 minutes. The finale to the raid was the mighty explosion of the freighter Neptuna, whose cargo of 200 depth charges detonated, sending a giant mushroom cloud hundreds of feet into the sky.

The raid killed 235 people, destroyed 30 aircraft, and sank 11 ships. A second raid arrived with 54 land-based bombers near midday, targeting the RAAF base most efficiently. By this time there was panic in the remaining civilians, and many began to move out by road to the south.

This was only the beginning of the war in the north. The raiders kept coming.

It was not until the end of 1943 that the bombing stopped, but reconnaissance flights continued. The last enemy aircraft was brought down in the NT on 12 June 1944.



Representatives from DVA, Naval Association and Allied Merchant Seamans Association pay their respects

ANZAC Day Services

ONE day in the year involves the whole of Australia in solemn ceremonies of remembrance, gratitude and national pride for all our men and women who have fought and died in all wars. That day is ANZAC Day - 25 April.

ANZAC Day 2016 information:

There will be ANZAC Day services at more than 100 locations throughout the State, including our RAAFA estates. This year, attention will move from Gallipoli to The Western Front, as we remember the thousands of Australians who died 100 years ago at places like Poziers and Fromelles.

There will be some key changes this year for ANZAC Day Services in Perth City.

The ANZAC Day Parade through Perth will start at 9am not 9.30am and will travel along a different route.

The Australian Defence Force will step off from the corner of Barrack Street and St Georges Terrace, followed by veteran-carrying vehicles and military jeeps, and the ex-Services Units, Corps and Regimental Associations. The parade will march east on St Georges Terrace, right into Victoria Avenue then left into Langley Park for the Commemorative Service.

The Dawn Service will be conducted at the State War Memorial on Fraser Avenue commencing at 6.00am.

The Gunfire Breakfast will be held in Stirling Gardens on St Georges Terrace (adjacent to Council House) at 7.00am.

The Commemorative Service begins at 11.00am and will be held at Langley Park (not the Supreme Court Gardens) as in previous years. The program will feature the Salvation Army Perth Fortress Band and an 80-strong choir brought together from Schola Cantori, Chorus Angelicus, Phoenix, The Alumni Singers and Aaralyn Children's Choir. The Commemorative Service will conclude at 12noon.

Sunset Services - At Kings Park, the traditional service on Monday, April 25 will be preceded by the popular Sunset Services, held each evening from Wednesday, 20 April from 5.00pm to 5.30pm at the Flame of Remembrance with themes as follows:

Wednesday, 20 April - 100th Anniversary of the Battle of Poziers.

Thursday, 21 April - 100th Anniversary of the Battle Mouquet Farm.

Friday, 22 April - 50th Anniversary of the Battle of Long Tan.

Saturday, 23 April - 100th Anniversary of the Battle of Romani, Egypt and the 100th Anniversary of the Battle of Magdhaba, Sinai Desert.

Sunday, 24 April - 100th Anniversary of the Battle of Fromelles.

Details of the Order of the March and Form-Up Areas will appear in the April edition of the Listening Post, on the RSLWA website and in The West Australian the week prior to ANZAC Day.



Youth Club Members having fun with model aircraft

Putting you in the picture

THE last Aviation Museum Youth Club meeting included a picnic and was held at Jandakot Airport. It was a nice, cool day for the picnic and was a great success with lots of activity on the airfield for commentary by the group leaders.

The aim of the Youth Club is to instruct school age children about all aspects of aviation, foster a natural interest in aircraft and learning to fly. We teach the history of manned flight and how important the role of the Air Force is in defense.

Meetings are held in the Meg Olive Room at AFME, opposite the Museum, on the third Sunday of each month from 10.00am to 11.30am with the next dates being 17 April and 15 May 2016.

During the April school holidays we plan to run an Engine Course in the Museum workshop where we learn to dismantle and then rebuild our Lycoming aero engine. It will be on Saturday, 9 and Sunday, 10 April from 1pm each day. There is no charge for the course.

There is a limit of only six members, and priority will be given to those who haven't completed the course before.

If you know anyone interested in joining the Aviation Museum Youth Club, please contact Alan Rye 9311 4353 for more details. It is a great opportunity for the kids to get together and learn about aviation in a fun and friendly environment.

Bomber Command Commemoration Day



Sunday, 29 May 2016

You are invited to join us for the annual ceremony marking Bomber Command Commemoration Day.

**THE CEREMONY WILL BE HELD AT THE
MEMORIAL WALL, AIR FORCE MEMORIAL ESTATE, BULL CREEK
SUNDAY, 29 MAY 2016
COMMENCING AT 10.00AM**

We shall honour the memory of 125,000 Australian and allied aircrew who served in Bomber Command. Of those, 55,500 were killed in action and over 10,500 were taken prisoner.

The ceremony will include the laying of crosses by invited guests and Branch Presidents and a short address. This will be followed by morning tea in Langley Hall. You are then welcome to tour the Aviation Heritage Museum with its WWII displays, including a Lancaster Bomber.

Medals may be worn.

Please advise your attendance by Friday, 20 May to Tara Wright on 9311 4444 or twright@raafawa.org.au.

Remember Them

by Ruby Metcalf

IT'S many many decades since our soldiers marched away

And many lie in foreign soil, to this very day.

The nurses tended to them, when they were in pain;

Their care and dedication, with no thought of gain.

I can shut my eyes and see them anchored in the bay;

Hear bands and people cheer as they marched away.

The anchors raised and heavy hearts watched them as they left;

And many wives and mothers were lonely and bereft.

Why can't we learn a lesson, that love gives so much more;

The nurses in their uniforms, which they proudly wore.

The way they helped the wounded and the shell shocked men

And if they were needed, would do it all again.

Let's bow our heads and give thanks, to all who served our nation:

From outback towns and city streets, no matter what their station;

Who keep us safe and keep us well with deeds both brave and daring

With their love and comradeship, their mateship and their caring.

Your Division Councillor Allan Henshaw

ALLAN Henshaw joined Division Council in January to fill the casual vacancy created by the election of Ron Onions from Division Council to State Secretary. This position will come up for election at the RAAFA AGM in October.

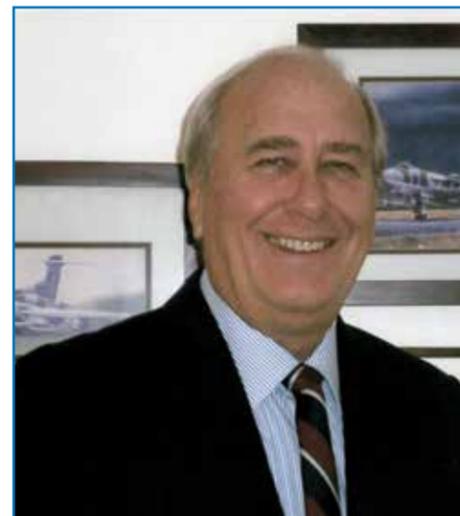
Allan joined the RAF as a Boy Entrant straight from school in 1963 and left as a squadron leader in 1993 to emigrate to Australia.

He was a member of the Administrative Branch of the RAF specialising in human resources, law, accounts, education, real-estate, families and catering – in other words, everything that wasn't flying or engineering! He was a flight commander at the RAF College, Cranwell instructing officer cadets and was a senior staff officer at the Ministry of Defence in London specialising in Pensions and Additional Pay. His last post was as Officer Commanding Administration Wing at RAF Benson.

On arrival in Australia he did a stint managing the thoroughbred racing club in Northam and then spent a number of years at Northam Air Services where, apart from managing the business, he test flew and ferried aircraft around WA with some solo ferry trips to the Eastern States.

In 1999 he was a Councillor for the Shire of Toodyay and from 2001 to 2005 was the elected Shire President. Whilst in this role he was a member of the WA Planning Commission and Vice Chair of the Avon Regional Organisation of Councils amongst other appointments. On his retirement from Council he was appointed to the State Ministerial Advisory Committee on Electricity Supply until the change of Government in 2008.

He is an accomplished hypnotherapist and is a Life Member and past President of the Professional Hypnotherapists of WA. He has been an executive Board Member of the



Hypnotherapy Council of Australia since its formation in 2010.

He believes that it is important to have ex-serving Air Force members on the Division Council in order to effectively serve retired members and residents and to form a bridge with currently serving members of the RAAF. To that end he is currently trying to get round all the RAAFA Estates, so please say "hello" if you see him.

Lodge upgrades

VIVIAN Bullwinkel Lodge has undergone a major facelift over the past few months.

The renovations have included a number of key practical and functional upgrades which will help make life easier for both staff and residents alike.

Vivian Bullwinkel Lodge Facility Manager said the upgrades include a new and improved front entrance, upgraded dining areas, renovated upstairs sitting area, the installation of a comprehensive CCTV system, and a new nurse call system for staff and residents.

Renovations focussed on creating more practical, user-friendly spaces for residents and staff.

They started in September last year, and, overall, staff and residents are completely delighted with the changes.

Lodge staff and residents have been heavily involved throughout the renovation process, adding in their “two cents worth” to help ensure the upgrade really caters to those who will be using the spaces the most.

Dining areas

Driven by the feedback, it was clear that the two dining areas needed a major overhaul to create light, airy and practical spaces. The areas now have new interior décor, with modifications made to exterior canopies to let more light into the rooms.

The paint colours in the new dining areas have been chosen by the residents, with beautiful light peach walls and white ceilings to create bright, airy, open spaces.

The existing names of the two dining areas

- Lancaster and Halifax - have been retained and new custom designed blackboards fitted, which incorporate drawings of the two aircraft.

Outside each room, frosted window murals have been created using the two aircraft, with a special nod to a past resident, who was a former Lancaster pilot.

In recognition of Henry Ricketts’ service, the call number of his aircraft has been included in the new design.

Outdated curtains were removed and replaced with simple modern sheers, which help to maximise the natural light.

A resident’s daughter, Beth Laurenson, is an interior designer, who offered to help create new centrepieces for each dining table. A village resident also donated some pieces of beautiful artwork which add a positive cheerful mood to the dining area.

In addition, the kitchen area has been extended to create a more functional space.

On the upper floors, two smaller toilets have been combined to create one much more practical unisex disabled toilet.

Front entrance

A practical new entrance has been installed, which has improved the front vista the Lodge. The new entrance includes a large undercover pickup/dropoff area, and dual sliding glass security doors, which are operated from the front reception area.

Sitting area

In the upstairs sitting area, a new reading space has been created with comfortable



The new entrance to Vivian Bullwinkel Lodge

armchairs, jampacked bookshelves and lots of natural light due to a huge new window that overlooks the wider Merriwa Estate.

It’s a nice little space for residents to spend time reading, relaxing, watching the goings-on outside, or to see the sunrise.

CCTV

While Vivian Bullwinkel Lodge previously only had limited CCTV capabilities, the comprehensive new system allows staff to keep track of residents, staff and visitors throughout the facility, 24 hours a day.

From a security point of view it’s fabulous because staff can keep track of what’s happening and be reassured of everyone’s personal security.

Nurse call system

The new nurse call system allows staff and residents to register different types of calls, depending on what they require.

The system also works in the courtyard and outdoor areas, which makes life a lot

easier for staff doing activities with residents outside if they need to call for support.

What Vivian Bullwinkel Lodge’s residents think

88 year-old resident Rose Bungard said she has found the new areas “very, very nice”. She highlighted the new resident sitting area and upgraded dining room facilities as her favourite new spaces.

“It’s nice to see the new tablecloths and placements in the dining area, it looks inviting to eat there,” she said.

“I won the competition to name the dining rooms with the help of my son-in-law a few years ago now, and I like what they’ve done with the Lancaster and Halifax murals and menu boards, it really finishes off the room.”

Resident Yvette Brown said the upstairs dining area is “fabulous”.

“I like the friendliness and the open space. I don’t have any complaints. The staff are always lovely and it’s a great place to be.”

RAAFA Member inducted into WA Hall of Fame

RAAFA Member **Pam Halbert** has been inducted into the WA Women’s Hall of Fame, at a ceremony in Perth that coincided with International Women’s Day on 8 March.

Pam was one of 16 WA women to be honoured at the induction ceremony attended by Governor Kerry Sanderson and Deputy Premier Liza Harvey.

Pam is one of WA’s first female Anglican deacons and priests. Her memoir, *Desert Deacon*, is a tale of courage and faith. From her childhood in outback Queensland, through South Australia, Western Australia and the Far North, her pioneering spirit and perseverance have helped her through some of life’s greatest challenges.

Pam wrote her story to encourage young women and their fathers to value their daughters and not, through male control, damage their self-value and potential for life.

Pam, who was a victim of domestic abuse

to a man her father forced her to marry, said the most important skill to learn was confidence.

“Confidence is something that we are then able to use to bring out the courage to do things,” she said.

“We have to know ourselves, trust ourselves.

“I ask myself the question: ‘Do I still want this poor situation to continue?’ Then I look for the choices. There are always choices.”

Pam said she was not overly religious but had great faith and always prayed for help with what life threw at her and the wisdom to make the right choice.

And life has certainly thrown plenty her way. At 17, she applied to take a nursing course at Sydney Hospital, arriving to find her controlling father had cancelled her admission.

Her mother died when she was just 10. “That was the steepest learning curve of my

life when I realised I would have to look after myself,” she said.

Her second – but this time happy – marriage, to Alex Halbert, lasted 10 years before he died of cancer in 1985.

Ms Halbert was ordained a deacon in 1988.

Her first parish was at Bull Creek, but she dreamed of working in the Goldfields and three years at Leinster followed, where she ran counselling services and travelled deep underground, which she described as “an amazing experience”.

She returned to Perth and was a priest at various locations including Willagee, Pinjarra, Dawesville and Wannanup. You may remember Pam from the twice-monthly services she also ran until recently at our



Photo by Jon Hewson courtesy of Community Newspaper Group

RAAFA Estate Meadow Springs.

It has been 11 years since Ms Halbert retired, but she still officiates at funerals and provides spiritual guidance to those who ask for it.

In her later years, she has been involved in various charities including Save the Children, Frederick Irwin Anglican School and the Peel Zonta Club.



Allied serviceman awarded

By Stuart Usher

IN JUNE 2014, the French Government offered to honour all surviving Allied servicemen who participated in the liberation of France in WWII with the Legion d'Honneur. More than 3,000 survivors subsequently received the medal and one of them was Cambrai Village resident, John Durbin.

A former member of the British Merchant Navy, John received his medal from Patrick Kedemos on behalf of the French Ambassador, HE Christof Lecoutrier in Perth on 16 December 2015. The Legion d'Honneur will now complement John's other medals for maritime service in the Atlantic, the Mediterranean and the Pacific theatres of WWII.

John, who now enjoys the exalted title of "Chevalier of the Legion d'Honneur", was born and bred in Bristol, UK and went to sea for the first time at the age of 15. In 1942 he participated in the invasion of Madagascar, then held by the Vichy French. In the Mediterranean he was involved in convoy duties in support of the beleaguered island of Malta, his ship being continually harassed enroute by enemy aircraft, one of which ultimately succeeded in blowing off one of his ship's two propellers.

Seeking repairs, and using her hatch covers as sails to help compensate for the missing

propeller, the ship then embarked on a dangerous, unescorted voyage via Algiers and Bermuda to New York, where John celebrated his 17th birthday.

On D-Day, 6 June 1944, John was back in the thick of it when his ship set sail for the beaches of Normandy, landing Canadian infantry and supplies on Sword Beach on 8 June. At this time, like it or not, he was obliged to renew his acquaintance with Stuka dive bombers and German shore based 88mm guns, both of which kept up a continual assault on the Allied ships lying just offshore. Firing anti-personnel rounds, the 88mm guns did a great deal of damage to ships and men alike, John himself being hit by flying metal splinters which, thankfully, left him with no permanent injury.

Leaving the Merchant Navy in 1946, John met and married his wife Peggy. He later joined the UK Police serving until 1957, before setting up home in Rhodesia where he ran two farms. But, with the unfortunate change of regime in what is now Zimbabwe, John and Peggy were obliged to leave the country in virtually what they stood up in, and with their two daughters, started a new life in Western Australia in 1985, setting up home in Kallaroo.

They moved into Cambrai Village in 2002.

Amity does it for the kids

THERE'S nothing like Christmas-time to make us reflect on how we can all help those less fortunate than ourselves – and so Amity Village really got into the spirit of the Albany Toy Run to help WA children.

The Toy Run, which was held on 12 December 2015, is an annual event held in Albany by the Salvation Army. Bikers and bike enthusiasts are encouraged to take part in a fantastic festive drive through the town, with their motorcycles festooned with children's toys, which are then donated to underprivileged children.

Estate Manager Irene Smith and her partner Richard took part in the 2015 Toy Run on their decorated Ultra Glide Harley Davidson, along with 350 other bikes of all shapes and



sizes. Amity Village resident Hilary Millar also took part in the ride, and Irene says the trio made the most of the route passing by Amity Village.

"This is the second year I have tizzed Richard's bike up like a Christmas tree, and joined in the ride. I am only the pillion as I need my hands free to wave madly at the Amity Village residents who gather outside the Village perimeter walls to cheer on the cavalcade which meanders past the Village," Irene said.

"And then along North Road, there about six heads poking over the back wall of one of the resident's unit, all cheering on the bikers!"



RAAF ASSOCIATION ANNUAL DINNER

Saturday, 16 April 2016

Come and enjoy an entertaining evening, catching up with old and new friends whilst enjoying some music.

SATURDAY, 16 APRIL 2016 AT 6.30PM FOR 7.00PM, IN LANGLEY HALL, AFA CLUB, BULL CREEK.

Tickets \$45 per head

Includes pre-dinner drinks, 2 course dinner, table wine, tea and coffee.

MENU

MAINS CHOICE

Oven Baked Rack of Lamb with herb crust and pink peppercorn sauce
or Chicken Breast with filling of Prawns and garlic butter oven baked and seafood sauce
or Tasmanian Salmon Oven Baked with Hollandaise sauce.

DESSERT

Pavlova and fresh fruit and cream
or Mango Mousse served in brandy snap basket.

Dress: Men - lounge suit. Ladies - after five wear. Miniatures may be worn.

Create a table of 10 or we can organise for you.

Tickets available until Monday, 4 April from Estate Offices and Head Office. Call 9311 4444 for details.

Estate buses will be provided.

WARVRA member

By Joyce Johnson

AT THE Merriwa Residents' Branch first bi-monthly meeting for 2016 an important item was discussed to consider the Branch becoming a member of Western Australian Retirement Villages Residents Association (WARVRA).

WARVRA was formed in 1991 to provide a voice for the residents of retirement villages in Western Australia. It is a non-profit, incorporated body without party political or religious affiliation, run by a committee of volunteers elected by its members.

So that the residents were fully informed about WARVRA, it was decided to invite a representative to address the residents before taking a vote on whether to become a member of their Association.

Ian Nordeck from WARVRA attended a Branch meeting on 22 February where he explained the purpose of WARVRA and the benefits of membership. He answered all questions and satisfied enquiries.

The Residents' Branch Committee ensured that attendees understood the main aim in becoming a member of WARVRA was to add numbers and therefore power to this Association. Being part of the RAAFA group, residents enjoy many benefits and safeguards not afforded to those in other villages and as a member of WARVRA it was felt our numbers would help these villages gain some advantage in negotiations.

After considering all the facts and the reasons behind the wish to join, members of the Merriwa Residents' Branch voted unanimously to join WARVRA.

Amity a jewel in Albany's crown

RAAFA's smallest Estate, Amity Village Albany, punches well above its weight when it comes to offering a sensational lifestyle for retirees in Albany, located 400km south of Perth.

Estate Manager Irene Smith sings Amity's praises as a beautiful location for retirees who enjoy a slower pace of life in rural WA. She says Albany offers the best of both worlds – it's both a sea change and a tree change at the same time.

"We are surrounded by beautiful beaches, rivers and mountains here in Albany and the wider Great Southern region, there are so many natural hidden treasures," Irene said.

"Albany is big enough to have everything our residents want, but still small enough to feel like a comfortable big country town."

But according to Irene, the best part of all is the wonderful inclusive and active community of residents who live at Amity.

"There is always something happening in our village, and we have a wonderful group of residents who really make the most of these offerings," she said.

"We have an 'early morning coffee crowd' who meet for their morning cuppa in the Clubhouse each morning; and we have a range of great weekly activities including carpet bowls, billiards, rummy-cup and other card games. Our residents always enjoy happy hour at the Clubhouse on Friday evenings.

"We also have a strong focus on positive ageing and 'finding 30' to keep fit, whether that's by taking part in our exercise groups in the gym and pool, or just walking around the village each day."

As with all of RAAFA's estates, Amity Village is well-equipped with a variety of excellent modern amenities for residents including a village gym and pool, men's workshop, chapel and Clubhouse. RAAFA offers a village bus service for shopping trips and social outings. In the past residents have visited Whale World, local wineries, seen the local Christmas lights displays, and even gone as far afield as Mt Barker.

"The location of Amity is fabulous for our residents. We're within walking distance to the Albany CBD and North Road Shopping Centre with dozens of cafes on our doorstep. We are also in close proximity to Albany Hospital, doctors and allied health services, and the Albany Leisure and Aquatic Centre," Irene said.

"In addition, the village is serviced by public transport, with a bus service stopping just outside the village entrance."

And one last thing makes Amity a great place to live: the climate.

"Generally when Perth is sweltering our days are cooler – which makes it much easier to sleep at night. It's a myth that it rains all the time here though, we just have more 'gentle weather'," Irene said.

Playing the right notes at Amity

AMITY Village Albany's woodwork shop is a popular spot for male residents who enjoy flexing their creative muscles to work on a variety of projects, depending on their personal interests.

One of the village's long-term residents, Ross Blackburn, has been honing his woodworking skills over the past 12 months, having taught himself how to handcraft electric bass guitars.

So far Ross has handmade three fully-functioning electric basses – one for each of his children – using a variety of West Australian timbers.

Ross said most of the machinery in the workshop has been donated by residents over time, and each resident who uses the workshop enjoys spending time on different projects.

"This is a completely new hobby for me – I hadn't done any woodworking since leaving high school many years ago," Ross said.

"But in the past 12 months or so I've had



the time to start doing things like this. There's a lot of information you can look up on the internet, and I thought I'd have a go at it; after all, you only live once, so why not give it a go? I've surprised myself with how well they've turned out."

For the first instrument, Ross used Mulga timber from the Goldfields, as well as Woody Pear, Jarrah and Sheoak; in the second bass he incorporated Woody Pear, Huon Pine from Tasmania, Sheoak and Mulga; and the last bass was created using a combination of Sheoak, Tuart and Mulga.

"I'm thoroughly enjoying it so far. It takes me about three months to create each instrument. I buy all the electrical components separately, because I don't have the skills to create those just yet," Ross said.

Albany link makes for a special ANZAC Day

ANZAC Day and Remembrance Day each year continue to hold a particularly special meaning to residents at Amity Village in Albany.

For more than 40,000 of the first troops to leave Australia in WWI, Albany was the last sight of Australia they had as their ships left anchor on 1 November, 1914.

At Amity Village residents mark ANZAC Day and Remembrance Day each year with this poignant fact in mind.

Amity Village resident Lorraine Halsall, who is the secretary of Amity's Ladies Social Club, helps to coordinate the commemorations with fellow resident Bob Wych.

"ANZAC Day and Remembrance Day are most important for us here in Albany, and we are passionate about keeping the memory of the ANZACS and Australian servicemen and women alive," Lorraine said.

"Our services are simple but meaningful. We have a simple address, lower our flags, and lay wreaths at our memorial on the Estate. After the service we always have a cup of tea and toast for ANZAC Day and then some of our residents go into town to take part in the parade.

"We have several residents who are ex-servicemen and women, and many of us have parents who served in WWI, or siblings who served in WWII. One of our residents, Neil McPherson, was a prisoner of war who worked on the Burma Railway, and he will be travelling back to Thailand for ANZAC Day this year. In his place, his daughter Jo will be reading an address at our service.

"I am 85 now, but in my day my father always made sure we went to the marches in Melbourne, where we lived. I think it's very important that these things are brought forward to the youth of today."



Tai Chi helps residents relax

A GROUP of Amity Village Albany residents have been discovering the unique benefits of Tai Chi, thanks to a new group set up by resident Mal Greenhalgh.

Mal, 69, is a long-term student of Tai Chi, which he says has a range of physical and mental health benefits for older people.

He has started running a regular Tai Chi group for about a dozen village residents twice a week.

"I've been doing Tai Chi for about 13 years and the benefits I've gained out of it over the years are incredible," Mal said.

"It's the sort of thing that if someone said 'it's going to do this for your body and bones' you'd scoff at it. But because you do the movements very slowly it builds the

strength of your muscles and bones, and stretches and contracts your tendons.

"When people get older they sometimes don't use all their muscles as they did when they were younger and more active, so Tai Chi is a good way to keep exercising those muscles in a very gentle way."

Mal says he makes an effort to ensure the Amity sessions are relaxed and fun for the residents who come along.

"We always have a joke and a laugh, so it's not all serious exercise all the time," he said.

"We use the chairs a fair bit, so that people don't have to stand on their feet too long, and we've been working on learning how to 'sit' up and down in a safe injury-free way."



Lorraine Halsall at last year's ANZAC Day ceremony

Down South

by Ruby Metcalf (Written 2007)

THERE'S a city on the coast. Albany is its name:

Leave it off a place to see, but only if you're game.

Its scenery is wonderful, its beaches are spot on.

There's cafes, places to explore and soon your time is gone.

There's a monument on Mount Clarence that you can go and see,
A tribute to those gallant men, who fought to set us free.

A whispering wall surrounds it, if you care to try,

And a pine tree from Gallipoli is growing quite near by.

Whale World is worth a look, telling of the trade,
When whales were hunted daily, so profits could be made.

The Sandalwood Factory will fill an hour or two.

There's an Alpaca farm not far away – you can enjoy that too.

If you like to snorkel, the "Perth" is there to see;

It's sitting on the bottom of the bay, not out at sea.

There's cruises up the river on the Kalgan Queen;

Whale watching on two other boats, the best you've ever seen.

Mokare stands so proudly in a central place,

He talked peace and understanding to the settlers face to face.

Patrick Taylor's Cottage, the old farm and the gaol,

And an old boat that used to float, proudly under sail.

So if you want to take a break, head South my friends and see

Some of the best on offer and much of it is free.

The Stirlings and Porongorups, Mt Barker, Denmark too –

Wherever you may wander, its Australian through and through.

Meritorious achievements

TWO long time residents of Cambrai Village received RAAFA Certificates of Merit at the 18 February Cambrai Branch, Quarterly General Meeting.

Rene Henry and **Maureen Farrell** were recognised for their contributions to many facets of village life since moving into Cambrai Village in 2000 and 2001 respectively.

Rene is the co-ordinator of the annual Cambrai Fete and Maureen is a member of the Fete Committee which involves a tremendous amount of organisational skill and good old fashioned hard work leading up to the Fete.

In the formative years of the Village, Rene organised club entertainment, social functions, bus trips, etc. Her energy and leadership has encouraged many residents

to be involved in some way or other, which in turn, has built up a strong feeling of community.

Both ladies have held the position of Treasurer on the Residents' Branch and Maureen is still a member, standing in as Acting Treasurer when required.

Maureen has been a part of the Social and Activities Committee since its inception and is currently the Secretary. This Committee plays a major role in organising functions, entertainment and trips for the Residents' enjoyment.

As the editor of the Village newsletter, the "Cambrai Chronicle", Maureen undertakes the task of compiling and proofing submitted articles. She also plays a vital role in the Cambrai Audio Visual Group and Computer Club and is one of the contact



LtoR Maureen Farrell and Rene Henry

people for the new Village internet provider.

The element of surprise was achieved when both Rene and Maureen received their awards and both expressed their thanks to RAAFA, the Branch and the residents for their nominations and kind words.

Sugar Bird Lady competition

THE inspirational life of trailblazing female pilot Robin Miller will be introduced to a new generation of school children through a competition being held by RAAFA's Aviation Heritage Museum this term.

Nicknamed the "Sugar Bird Lady", Robin Miller was a woman far ahead of her time when she pursued her passions to qualify as both a nurse and a commercial pilot in the 1960s.

She combined these skills to the benefit of thousands of West Australians through her commitment to Polio vaccination programs, creating an innovative distribution program which led her to travel to the remote reaches of the State working with WA's most remote communities.

Now RAAFA's Aviation Heritage Museum is hoping to introduce the story of the pioneering Sugar Bird Lady to local school children through an art competition open to all school-aged students within the City of Melville. Application forms and details are available from the schools.

CEO John Murray said the competition aimed to honour the memory of Robin Miller and the invaluable contribution she made to health in WA, while raising the profile of women in medical aviation.

"The Sugar Bird Lady was a pioneer in her field who no doubt helped save many lives through her passionate commitment to

vaccination and health in WA," he said.

"The Robin Miller Art Competition will encourage young people from Year I through to Year 12 to create artworks around the theme of the Sugar Bird Lady and women's contribution to medical aviation."

The museum is home to several significant Sugar Bird Lady artefacts which are on display to the public.

To enter the competition, students must submit any art work (photographs, drawings or paintings) to a maximum A1 size.

The competition closes on Friday, 27 May at 3.00pm. Judging will be held in early June. Prizes will be awarded to winning students in the following four categories; Years 1-3; Years 4-6; Years 7-9 and Years 10-12; in addition to a prize for the winners' schools.

Prizes up for grabs in each category include a Ioz limited edition Silver Coin from the Perth Mint; and \$250 worth of aviation-focussed books donated to winning schools.

About the Sugar Bird Lady

Robin Miller was born in Subiaco in September 1940, the daughter of Dame Mary Durack, part of the well-known WA pastoral family, and Captain Horatio (Horrie) Miller, a significant figure in Australia's aviation history who co-founded



Museum volunteer Brian Farr with some of the Robin Miller artefacts

MacRobertson-Miller Airlines (MMA) in 1934.

She was given the name "Sugar Bird Lady" by Aboriginal children because she distributed Polio vaccine in cubes of sugar to more than 30,000 children in remote North-West communities over a two year period.

Her career later included working with the Royal Flying Doctor Service as both a nurse and as a pilot, and she competed in the All Women's Transcontinental Air Race across the USA. She passed away in 1975, after which her husband established a memorial foundation to assist other nurses to obtain their flying license.

Volunteer appreciated

WENDY Geddes was awarded a Certificate of Appreciation at the Bull Creek AFA Club's Aussie themed BBQ on 29 January by RAAFA Vice President, Clive Robartson. She was completely taken by surprise at the recognition of her volunteer work and was a humble recipient of the award.

Although Wendy has not been a RAAFA Member for very long, and does not live on a RAAFA estate, she has been an active

volunteer for the Association for over six years and was nominated for the award by the members of the Memorial Estate Residents' Branch.

Wendy's dedication to AFME residents extends to assisting every Tuesday on the shopping bus, accompanying the ladies who are visually impaired while they do their shopping and at times, when a resident is unable to travel on the bus, taking their list

and doing their shopping for them.

She also volunteers at the RAAFA commemoration ceremonies, welcoming guests and providing the crosses for use in the ceremonies and assists registering attendance of the members at the AGM.

Her professional and friendly approach is always greatly appreciated by AFME residents and staff.



Notes From Branches and Groups

Cambrai Branch

Lindsay Lane

lindsaylane1543@hotmail.com

We are still open to receiving nominations for RAAFA certification in recognition of volunteer work by a resident you feel deserves recognition.

The "Legacy of the WWI Aviators" 30 minute film produced by the Aviation Heritage Museum is being made available for viewing at Cambrai Village. Time and date to be confirmed. Technology permitting, we might also be in a position to have it included on the in-house TV channel.

Upcoming events

Friday, 8 April, Sundowner, Club Room, 5.00pm.

Wednesday, 13 April, J&J Carriage Homestead Museum, Gingin visit. Morning tea and lunch included.

Saturday, 16 April, RAAFA Annual Dinner, Bull Creek. Tickets \$45.00 on sale until Monday, 4 April from Estate Office.

Monday, 25 April, ANZAC Day Dawn Service, 6.00am.

Sunday, 8 May, Mother's Day 3 course lunch, \$20.00.

Thursday, 12 May, Mandurah Canal Cruise and Movie.

Thursday, 19 May, Quarterly Meeting, 9.30am.

Sunday, 29 May, Bomber Command Commemoration Day Ceremony, Memorial Wall, AFME, 10.00am.

Mandurah Branch

Ruth Poat

Our first General Meeting for 2016 was held on 18 February with three new members welcomed. We now have 233 financial members. Eighty members attended the meeting which was followed by dinner in the Club and entertainment by pianist, Joe Leach.

Upcoming events

Saturday, 16 April, RAAFA Annual Dinner, Bull Creek. Tickets \$45.00 on sale until Monday, 4 April from Estate Office.

Thursday, 21 April, General Meeting, Middleton Hall, 4.00pm followed by hot meal and entertainment.

Sunday, 15 May, Tivoli Theatre performance of Las Vegas Lights. 40 seats have been booked. Chicken and chips will be served at interval, with tea and coffee supplied. BYO nibbles, drinks and glasses. \$25.00 per person.

Sunday, 29 May, Bomber Command Commemoration Day Ceremony, Memorial Wall, AFME, 10.00am.

Meadow Springs Residents' Branch

Fran Hewitt

jandfhewitt@msvillage.com.au

Sunday Movies are becoming popular. We have seen some good movies and it is a lovely way to spend a Sunday afternoon with a cup of tea and biscuit for a small cost. Some of the upcoming movies scheduled for April/May are Rabbit Proof Fence, Paper Planes and Saving Grace.

Upcoming events

Saturday, 16 April, RAAFA Annual Dinner, Bull Creek. Tickets \$45.00 on sale until Monday, 4 April from Estate Office.

Sunday, 17 April, Movie, 2.00pm.

Tuesday, 19 April, Tea and Talk will be a Meet and Greet, 10.00am.

Monday, 25 April, ANZAC Day Service 8.45am followed by lunch at 12.30pm.

Tuesday, 10 May, Cameo Loretta Fashion Parade, 9.30am for 10.00am start.

Sunday, 15 May, Movie, 2.00pm.

Sunday, 29 May, Bomber Command Commemoration Day Ceremony, Memorial Wall, AFME, 10.00am.

Sunday, 19 June, Movie, 2.00pm.

MER Branch

Judy Bland

gjb41@bigpond.com

Upcoming events

Saturday, 16 April, RAAFA Annual Dinner, Bull Creek. Tickets \$45.00 on sale until Monday, 4 April from Head Office.

Monday, 25 April, ANZAC Day Dawn Service, Memorial Wall, 6.45am. All welcome to attend.

Friday, 6 May, Garden Island bus trip. 9.00am to 3.00pm. Bookings to Fay O'Brien on 9311 4380.

Tuesday, 10 May, Fashion Parade, Village Hall, 10.00am. Tickets \$10 from Fay O'Brien.

Monday, 23 May, General Meeting, Langley Hall, 10.00am.

Sunday, 29 May, Bomber Command Commemoration Day Ceremony, Memorial Wall, 10.00am.

Merriwa Branch

Joyce Johnson

joycejohnsson54@gmail.com

Movie nights

Thirty five people attended our first movie

night for 2016 in February for the screening of "The Best Exotic Marigold Hotel". Movie nights will be a regular occurrence every second Tuesday of the month and the bar will be open from 5.30pm. Movie nights are free and open to all residents and their guests and include tea, coffee and biscuits and most people bring nibbles or dinner. Feel free to enter the Main Hall from 5.00pm with the movie starting at 6.00pm, to enjoy the preshow cartoons and shorts. Sandwich and cheese platters can be ordered at the bar prior to the night for \$5.50 each.

Sunday roast

The first Sunday roast for the year on 14 February was well attended. This will be a regular event every month. Special occasions such as Mother's Day and Father's Day will include something special to mark the occasion.

Bingo

Bingo is held in the Main Hall on the second and fourth Wednesday of the month, eyes down at 7.30pm. Money raised goes towards facilities for Merriwa residents. The higher the attendance the higher the payouts for each game. We have a raffle each week with all proceeds going to local charities. Bookings not required and don't forget to bring your friends.

Upcoming events

Friday, 1 April, Residents' Bistro Dinner.

Sunday, 10 April, Roast Lunch.

Monday, 11 April, Residents' Bi-monthly Meeting.

Tuesday, 12 April, Movie night.

Wednesday, 13 April, Bingo, eyes down at 7.30pm.

Saturday, 16 April, RAAFA Annual Dinner, Bull Creek. Tickets \$45.00 on sale until Monday, 4 April from Estate Office.

Tuesday, 19 April, WRAAF Friendship Luncheon.

Monday, 25 April, ANZAC Day Dawn Service, Memorial Wall, breakfast following.

Wednesday, 27 April, Bingo, eyes down at 7.30pm.

April Devonshire Tea, date TBC.

Friday, 6 May, Residents' Bistro Dinner.

Sunday, 8 May, Mother's Day roast lunch.

Tuesday, 10 May, Movie night.

Wednesday, 11 May, Bingo, eyes down at 7.30pm.

Tuesday, 17 May, New Residents afternoon tea - by invitation.

Wednesday, 25 May, Bingo, eyes down at 7.30pm.

Sunday, 29 May, Bomber Command Commemoration Day Ceremony, Memorial Wall, AFME, 10.00am.

Sunday, 20 November, Merriwa Annual Fete.

WRAAF Branch

Judy Bland

gjb41@bigpond.com

Upcoming events

Tuesday, 5 April, General Meeting, Meg Olive Room, 7.00pm.

Saturday, 16 April, RAAFA Annual Dinner, Bull Creek. Tickets \$45.00 on sale until Monday, 4 April from Head Office.

Tuesday, 19 April, Friendship Lunch at Merriwa, 12noon. Bookings to Laeraine 9306 2681.

Monday, 25 April, ANZAC Day breakfast at Mercure Hotel, 7.30am followed by March. Bookings to Judy 9311 4401.

Tuesday, 3 May, General Meeting, Meg Olive Room, 7.00pm.

Sunday, 29 May, Bomber Command Commemoration Day Ceremony, Memorial Wall, 10.00am.

Tuesday, 7 June, General Meeting, Meg Olive Room, 7.00pm followed by casserole supper. Further details in WRAAF Newsletter.

New Welfare Officer

AS PART of RAAFA's continuous improvement plans, there will be some changes made to the current shared Welfare Officer position at both Cambrai Village and RAAFA Estate Merriwa.

Over the last 12 months, the increase in provision of services provided to our Residents at both Cambrai and Merriwa required RAAFA to review the current structure we had in place for the Welfare Officer position.

In doing so, a decision was made to recruit a permanent, part time Welfare Officer dedicated to RAAFA Estate Merriwa, which will increase the number of days the Welfare Office is open; from 2 days to 4 days per week.

Please welcome Suzanne Free, Suzanne comes to us from Alzheimer's Australia WA. Suzanne can be contacted on 9400 3778 Monday to Thursday.

Vanessa Priestley will still continue in the Welfare Officer role at Cambrai Village on a full time basis.

Bull Creek AFA Club

Phone: 9311 4460

Trading Hours



Bar

Monday to Thursday, 11.00am to 6.00pm
Friday, 11.00am to 10.00pm
Saturday, 3.00pm to 6.00pm

Specials

Monday and Wednesday, Happy Hour drinks, 4.00pm

Monday to Friday, morning coffee and afternoon tea with muffins and cakes, 9.30am to 5.30pm

Monday lunch, \$10.00 Roast of the day
Monday, Chase the Ace, 4.00pm to 5.30pm

Tuesday lunch, \$10.00 fish and chips
4th Wednesday, A la Carte dining night (bookings at bar)

Counter lunches

Monday to Friday, 11.30am to 1.30pm

Dinner dance

Friday, 5.30pm to 10.00pm

Events

All bookings at the bar.

Saturday, 16 April, RAAFA Annual Dinner, includes two course dinner and music. Tickets \$45.00 on sale from Head Office.

Monday, 25 April, ANZAC Day Lunch, 10.30am to 3.00pm.

Sunday, 8 May, Mothers' Day brunch, 10.30am to 1.30pm.

Closed Monday, 6 June, WA Day Public Holiday.

Residents requiring transport out of volunteer buggy hours, please contact the bar and we will organise pickup.

Cambrai Club

Phone: 9304 5401

Trading Hours

Bar

Tuesday and Wednesday, 4.00pm to 8.00pm
Friday, 12noon to 2.00pm

Friday night opening times may vary, contact Club for details

2nd and 4th Friday, 5.00pm to 8.00pm

Specials

Tuesday and Wednesday, Happy Hour, 4.00pm

Wednesday, morning tea, 10.00am to 11.00am

Tuesday and Wednesday, dinner, 6.00pm to 8.00pm, Picardy Restaurant

Friday, Happy Hour 5.00pm when function on

Events

Sunday, 8 May, Mothers' Day, delicious three course roast lunch.

Alternate fortnights on Friday, either a Buffet or Sundowner. Book early as both events are popular. Don't forget to invite family and friends. We look forward to seeing you there.

Merriwa Club

Phone: Club 9400 3640

Kitchen 9400 3642

Trading Hours

Bar

Tuesday to Saturday, 12noon to 6.00pm

2nd and 4th Tuesday of the month, Movie

Night bar open until 8.30pm

Closed Sundays and Mondays

Specials

Wednesday, Happy Hour, 4.00pm

Thursday, morning tea, 10.00am to 11.00am

Thursday, games night, Chase the Ace, 4.00pm to 6.00pm

Friday, Happy Hour, 4.00pm

Friday, Dinner, Main Hall, 5.00pm to 9.00pm

Saturday, coffee and cake, 2.00pm to 3.00pm

Saturday, fish lunch \$9.00, 12noon to 1.30pm

Counter lunches

Tuesday to Saturday, 12noon to 1.30pm

Events

April Devonshire Tea, date TBC

Sunday, 8 May, Mothers' Day Roast lunch, 12noon for 12.30pm start

Meadow Springs Club

Phone: 9582 5375

Trading Hours



Bar

Monday, 10.30am to 2.30pm

Tuesday, Thursday and Friday, 10.30am to 6.00pm

Wednesday, 10.30am to 8.00pm

Saturday and Sunday, contact bar staff

Specials

Monday to Friday, morning tea from 10.30am. A variety of scrumptious cakes available at low prices!

Monday, Roast lunch, \$12.00

Tuesday, fish and chips lunch, \$10.00

Wednesday, Chase the Ace, bingo, horse racing and evening meal. Small and regular size meals available.

Thursday, Happy Hour 4.30pm, Sports Bar.

Counter lunches

Monday to Friday, 11.45am to 1.30pm

Updated menu and wine list

We have some wonderful additions to the menu including Vegetarian Quiche, Pie of the Day and Bacon and Egg Burger. Our wine list has also been updated.

Events

Please contact the Club for bookings. Our friendly staff are looking forward to having you join us.

Friday, 8 April, Dinner, 6.30pm. A la Carte menu, with pre-dinner drinks from 6.00pm.

Monday, 25 April, ANZAC Day buffet lunch, \$23.00. Doors and bar open 12noon.

Sunday, 8 May, Mothers' Day luncheon.

Friday, 13 May, Dinner in Beaufort Restaurant, 6.30pm, with pre-dinner drinks from 6.00pm.

Friday, 10 June, Dinner, 6.30pm. A la Carte menu, with pre-dinner drinks from 6.00pm.

Motels

Time for a getaway? You can book a stay in one of our motel units for just \$75.00 per night (including continental breakfast). Bookings on 9582 5375.

Since 1982 it has enhanced the lives of young women as well as men. The book begins in WWII with the need to pre-train capable and committed "keen lads". Over 30,000 Australian boys were air cadets 1941-1945 with almost 13,000 going on to active service in the war.

Air Force Cadets survived into peacetime to become an aviation focused youth development organisation, providing flying training in a military atmosphere with the aim of inspiring cadets to join the RAAF. There are currently over 8,000 Air Force Cadets and adult staff around Australia. Aviation-centered youth development in a RAAF service environment remains their central focus.

Books are available via www.lulu.com or see the AAFC website.

Cadets graduation

By Ron Onions

ON THE evening of Friday, 22 January 2016 my wife and I were invited by the Officer Commanding, Australian Air Force Cadets – No.7 Wing to attend the Annual Parade at Pearce Air Base. At the Annual Parade I was proud to witness young Cadets graduate as Cadet Under Officers, Cadet Warrant Officers and Cadet Senior Non-Commissioned Officers.

My wife Milly was unable to attend, due to a hip replacement, but I had the pleasure of witnessing an outstanding demonstration of parade ground drill by more than 100 of the Cadets gathered together from as far away as Darwin, down to Albany. Their salute was taken by their Wing Commander who had flown in from her Base in Pt Cook.

I was treated like royalty from the moment I entered the front gate, being escorted to the Officers Mess then down to the parade ground, where many parents and friends of the Cadets had gathered. I was then directed to the VIP seating in order to have an uninterrupted view of the proceedings.

The PC 9s made an impressive sight, making several passes over the parade ground in tight formation, arriving with precise timing.

At the conclusion of the presentation of prizes, I then proceeded to the Officers' Mess where we were feted with light refreshments.

What I am trying to say here is that I saw some wonderful young people and a Service that assists them in their endeavors, who are prepared to instruct them in the ways of the Air Force and all the credits, knowledge and respect that goes with it.

As you might have guessed, they blew me away. I congratulate them all.



SUBMISSIONS FOR AIR MAIL

Deadlines are:

6 May for June/July issue

1 July for August/September issue

2 September for October/November issue

All Scribes, please note that articles of interest are always gladly received and accompanying photos need to be of a high resolution. You are most welcome to submit prior to the deadline.

Please send articles electronically to airmail@raafawa.org.au in the first instance or via snail mail to Julie Stearne, AFME, Bull Creek Drive, Bull Creek WA 6149.

RAAFA Welfare Team

NORTH

Vanessa Priestley 9304 5280
Cambrai Village
Suzanne Free 9400 3778
RAAFA Estate Merriwa

CENTRAL

Carena Slattery 9311 4562
AFME Bull Creek

SOUTH

Angeline Carleton 9582 5369
Erskine Grove and RAAFA Estate Meadow Springs

SOUTH WEST

Irene Smith 9841 8311
RAAFA Amity Village Albany

The Welfare Service aims to:

- Assist ALL MEMBERS, no matter your location, to maintain and improve quality of life
- Encourage and maintain independence
- Provide information and referrals
- Link you to services to assist with individual needs

EVENTS

AFME Bull Creek

All events, \$2.00 donation unless otherwise stated, morning/afternoon tea included.

Weekly - Orion Function Room

Monday, 11.30am - Falls Prevention Clinic with a professional Physio

Fees apply, rebates available. David is working wonders. Home visits available.

Wednesday, 10.00am - Gentle Gym with professional Exercise Physiologist

Let Emma help you retain your fitness in 2016.

Friday, 10.00am - Seated Yoga with professional fitness instructor

Funded by City of Melville. \$6.00 per session.

April

Fridays, 1 and 29 April, 8.30am - All Saints intergenerational program, Orion Function Room

A wonderful opportunity to share some of your growing years of "yesterday" with a dynamic group of "today's" children.

Thursday, 7 April, 10.00am - WA Army Museum, Orion Function Room

Welcome Graham back with all his enthusiasm, artefacts and valuable information surrounding this incredible museum.

Tuesday, 12 April, 10.00am - Black dog animal therapy, Village Hall

If you are interested in animal "feel good" therapy, please join us whilst we relax with the assistance of our adorable canine comforter.

Thursday, 14 April, 10.00am - Author and Poet, William Dickie presents "A Window to the Soul", Orion Function Room

This extraordinary book of poems isn't what you would expect. Unusually thoughtful and insightful, William has brought together on paper family and friends, joy, laughter and sadness. Book signings and a colourful personality.

Tuesday, 19 April, 2.00pm - Gems Ladies Group "Basilur exclusive premium tea presents", Village Hall

Meet Natalia who has courageously broken the mould to step out of a flourishing executive career to sell tea! Colourful, refreshing and exotic. Business woman, mother, cook and seller of fine experiences.

Friday, 22 April, 10.30am - Brain training with Caitlin, Orion Function Room

More puzzles, mental struggles, benders and twisters! Come along and put yourself to the test with this much loved morning.

Thursday, 28 April, 10.00am - Seniors Recreation Council of WA activities, Orion Function Room

Pole walking returns. For those looking to make new contacts and gain technique or for a standalone fitness regime that improves posture, increases heart rate

and keeps you groovy!

Exergaming For Seniors - Low impact virtual games using the XBOX Kinect game console. Get into bowling, darts, table tennis, ten pin bowling and adventure games.

May

Tuesday, 3 May, 10.00am - Healthy heart diet explained, Village Hall

A presentation that can help guide you towards healthier choices with a healthy morning tea provided.

Thursday, 5 May, 10.00am - Heart Foundation WA, Orion Function Room

Let's keep the rhythm and beat shall we? If you want a healthy heart, let's get down to business with the people who know just how to keep the ticker ticking.

Thursday, 12 May, 10.00am - Brian Eulstein presents, Orion Function Room

Be entertained and intrigued by a local novelist as he shares something about himself and his craft.

Thursday 19 May, 10.00am - Eric McCrum, Orion Function Room

Uluru will be the topic in the style that only Eric can deliver. Pictorial colour with outstanding narration. Not only a storyteller but an expert on all things nature. Don't miss seeing him as he winds down his extensive public speaking career.

Tuesday, 24 May, 10.00am - Keith Eddington and the original Endeavour crew, Village Hall

Have you wondered who was on board the Endeavour? Perhaps they aren't the folk you think they are. Come and learn more about this event that changed the course of history.

Thursday, 26 May, 10.00am - Water and wellbeing, Orion Function Room

We water our pot plants and lawn. Why don't we water ourselves more often? Let's talk about the importance of keeping hydrated. Tips on how, and reasons why.

Fridays, 27 May, 10 and 24 June, 8.30am - All Saints intergenerational program, Orion Function Room

It's not too late to get involved.

Tuesday, 31 May, 2.00pm - Gems Ladies group, Village Hall

Featuring Natureco - complimentary therapies.

Erskine Grove/Meadow Springs

Every Tuesday, 10.00am - Social club for Members living with memory loss, Erskine Grove Clubhouse

Run by Alzheimer's Australia WA. Bus transportation available for Members not living on the Estate. For those already accessing services/support through Alzheimer's Australia WA, eligibility details can be obtained from their Mandurah office 9535 8772. Contact Angeline for more information.

Merriwa Estate

Every Thursday, 10.00am - Group functional fitness, Meeting Room

Fitness Instructor/Personal Trainer to the senior age group, Craig provides low impact fitness sessions on living a healthier happy lifestyle and nutritional advice. All fitness levels welcome.

Every Tuesday, 9.00am - Australian Hearing, Please phone 9204 9200 for an appointment. A qualified Audiologist will perform full hearing tests, fitting of hearing aids, new batteries, etc.

Cambrai Village

Every Wednesday, 8.00am - Group Functional Fitness, Cambrai Club

Fitness Instructor/Personal Trainer to the senior age group, Craig provides low impact fitness sessions on living a healthier happy lifestyle and nutritional advice, learn the correct way to use the gym equipment and have your fitness levels monitored. All fitness levels welcome.

Thursday, 31 March 10.00am - Wills and Estate planning information session, Cambrai Club

All welcome. Find out about the importance of having a Will, who can challenge your Will and Estate planning. Morning tea provided. Please register your interest on the board in the foyer.

MAKE THIS YOUR FIRST CHOICE FOR AGED CARE



RAAFA'S ALICE ROSS-KING CARE CENTRE WILL BE READY FOR RESIDENTS VERY SOON.

We will be conducting tours through the new Care Centre on Tuesday, 26 April for any interested RAAFA estate residents.

Please contact Jacqui on 9311 4443 to register interest or ark@raafawa.org.au