



# 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



### Painting combats Parkinson's

RAAFA Merriwa resident, Pat Hall, uses painting to combat her Parkinson's disease. The hobby was suggested when she was diagnosed and now Pat finds it relaxing when her limbs stiffen or shake.

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### Another Centenary

There must be something in the water at RAAFA estates as Francis Bell is the latest resident to make the magic 100. Frances lives in McNamara Lodge and celebrated the event with family and friends.

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## 90 Pages Later

WITH a list of VIP guests including Mike Nahan, the WA Opposition Leader, and RAAFA State President Graeme Bland - as well as a dozen or more students from All Saints College, the 90's party held at AFME on Friday, 22 September was the place to be.

Organised by Welfare Officer, Carena Blair, the event was thoroughly enjoyed by everyone involved and included a beautiful high tea served by the students.

During the celebrations, there were speeches from CEO John Murray, State Opposition Leader Mike Nahan, and teachers from All Saints College.

"It is a privilege to have you all here today to celebrate your own individual 90 plus years of history," said John Murray. "You have many reasons to celebrate and it is wonderful to be here celebrating with you."

According to Carena, this special celebration came about when Sandy Komen, General Manager Connected Living, approached the Welfare Officers and asked for ideas to celebrate the residents who had reached their 90's.

"Initially I didn't have any set ideas," said



Terry Priestly and Harry Fischer with an All Saints student



Ken Haines with All Saints students

Carena. "But when I was walking my dog, in my mind I saw a book being turned to page 90.

"I thought of my own childhood and the pages became years and it struck me that as children, we don't think of how our life will look at page 90, but that's essentially how the 90 Pages Later project began."

Carena explains the idea was to capture something of each person's life and put it into words.

"I've been humbled and remain grateful to everyone who has helped to take me on the incredible journey of their lives."

What they said about the 90s party? "I thought it was just beautiful," said Iris Heuchan. "The children who were there really made it. The looks on their faces said it all. They enjoyed it just as much as we did and it was lovely to see and talk to them. What's more, the food was wonderful and I've put the certificate I received in my scrapbook. It was a very special morning."

"It was an absolutely wonderful idea and I really enjoyed it," said Fran Anderson. "The little lass sitting next to me was chatting away and it was lovely to talk to her, she was very happy to sit and tell me what she was doing at school. I think everyone enjoyed it as it was such a pleasant morning,"

Congratulations and thank you for sharing the story of your amazing 90 years!



Margaret Brown and Frank Pimm



June Wilson and Maureen Robinson

## Celebrating a decade

TUESDAY, 26 September marked the 10<sup>th</sup> anniversary since the opening of Vivian Bullwinkel Lodge in Merriwa.

To mark the occasion, dozens of residents gathered for a celebration, which was attended by WA's past Governor, Dr Ken Michael AC, who officially opened the new facility back in 2007.

The milestone event was a huge success, with Frank Pimm, Cambrai Village resident showing his pictorial presentation of the building process stage-by-stage, followed by an extremely informative talk by resident Des Wright.

During his speech, Des reminded guests that it had been a decade since the opening, in the very same room.

"On that occasion the then CEO, Brigadier Gerry Warner, spoke about Vivian and her life," Des said.

"He reminded us that she had tried to enlist in the RAAF in 1941 and, ironically, had been rejected because she had flat feet. Those flat feet did not hinder her service to Australia, but Vivian must have wondered how different her life might have been had she joined the air force instead of the army.

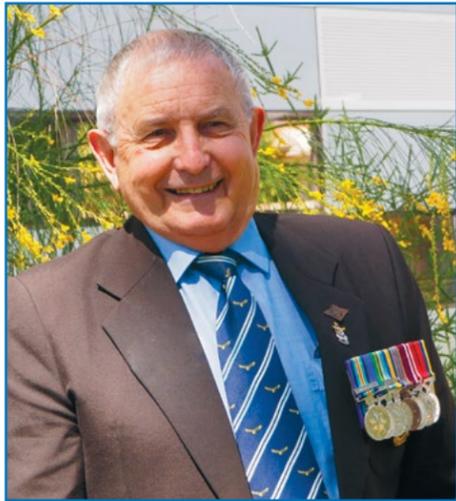
"She may not have been on Banka Island that day or endured years of privation as a prisoner of war. But Australia and the world may have been denied the extraordinary personality and professional integrity of that amazing lady.

"So what would Vivian say to us all, staff, residents and visitors here today, and especially to the nurses, therapists, carers and domestic staff of this wonderful place that bears her name," questioned Des.

"I believe she would echo the words of Matron Drummond as the line of young nurses walked stoically into the surf at Radji Beach on that day seventy-five years ago: "Chin up girls. I'm proud of you all, and I love you all."

Long live the memory of Vivian Bullwinkel – A great Australian and congratulations to the team at RAAFA for a wonderful and fitting 10th anniversary of Vivian Bullwinkel Lodge.

# From the cockpit



By Graeme Bland

I WOULD like to introduce Tina Lewis who is our acting Executive Assistant whilst Michelle McCullough is away having her first baby. Tina is contactable at Head Office on 9288 8431 or [tlewis@raafawa.org.au](mailto:tlewis@raafawa.org.au).

## RAAFA AGM results

RAAFA (WA Division) held its 2017 Annual General Meeting in October where Ron Onions was reconfirmed as State Secretary.

RAAFA Awards were presented to past division councillors. I thank everyone who attended and found out where we've been, where we are at, and where we are going. A full report is elsewhere in this issue.

## What we do

We had a very serious incident at Amity Village Albany recently with a car crashing into one of our units. The residents who lived in the unit were lucky to get out scot-free and our senior management were on-site within hours sorting out temporary accommodation.

## National Council

National Council met in November to finalise the National Strategic Plan and prepare for the acceptance of certification as a Company Limited by Guarantee (CLG). It has been necessary for the National Body to convert to a CLG to allow them to apply for a Deductible Gift Recipient (DGR), improved governance, accounting practices and reporting.

The change to a CLG won't give National any control over State Division assets, but will provide guidance to Divisions for governance, advocacy and representation at higher levels of Government for veteran support.

As mentioned in the previous edition, National has decided to simplify their name to Air Force Association to connect with the current generation of serving members, but this does not mean that we need to change our name.

## Intra State visit

We had a visit from the AFA National Secretary and State Presidents from New South Wales and Victoria investigating our operations in retirement living and care of the elderly. They went away extremely impressed, realising that something similar is necessary for their future sustainability.

## New Leadership Award

In conjunction with the No 7 Wing Australian Air Force Cadets we have created an annual Leadership Award open to Australian Air Force Cadets, which provides \$1,000 and two-months work experience at RAAFA. The winner of the inaugural award will be announced in January 2018.

On behalf of the Division Council and myself may I wish you a very enjoyable Christmas and may the New Year bring all that you ask of it.

Don't forget to 'Stay on your Feet'.



LtR Bob Porteous, John Lyall, Alex Kerr, Doug Arrowsmith, Owen Loneragan and Cliff Byfield

## Bravery and courage honoured

ON Tuesday, 31 October, six very special gentlemen were honoured. Doug Arrowsmith, Cliff Byfield, Owen Loneragan, John Lyall, Prof Alex Kerr and Bob Porteous were all presented with the medallion for Bomber Command by RAAFA State President, Graeme Bland, in what was an emotional day for the ex-servicemen.

Graeme said he felt very honoured to be in the presence of such great men.

"I cannot imagine what you have gone through, with many of you completing over 30 missions," he says.

"You were young and adventurous, I'm sure you did not appreciate the danger you were in, but the rest of the world needed you and you responded."

Asked how he felt after receiving the award, Cliff Byfield said he felt privileged to have lived long enough to receive the medallion, when so many of his comrades did not.

Prof Alex Kerr said it was a special day, particularly as so many friends had lost their lives in Bomber Command, something that was never forgotten.

"I've had an absolutely wonderful life," Prof Kerr said. "I was shot down over Germany and escape three times and fortunately I was successful the third time. But the German people were very good to me and during my time as a prisoner of war I completed a degree at Oxford and also London University, so the

Germans treated me well.

"I often feel like the luckiest person on this planet and I regard my four years in Germany as some of the best years. They taught me a great deal about human nature, regaining my personal confidence and adopting leadership roles.

"The Germans saved my life as I had taken seven bullets and was considered to be near death when they captured me and I was put into hospital."

Owen Loneragan had a similarly remarkable story to tell.

"I undertook 30 missions and I was the only Australian in the entire crew, with two New Zealanders, two Scotsmen, an Irishman and a Geordie from Newcastle all part of my squadron, which was based in Lincolnshire," he said.

"Unfortunately my two New Zealand comrades were not so lucky, with the pilot and navigator being killed on a separate mission, I survived and was one of the lucky ones."

RAAFA congratulates all recipients of the Bomber Command medal, including the gentlemen who could not attend, but received their medal at separate events - Frank Mouritz, Murray Maxton, Brian Walley and Ivan Howell. We honour each one and have huge respect for their bravery and courage.

Lest we forget.

## Living well and independently

MORE than 200 residents at Cambrai Village went along to this year's annual Health and Information Expo on Thursday, 28 September, despite cold, wet weather on the day.

More than a dozen organisations were there to show their wares and provide information to seniors about their products and services that assist residents to live healthy, independent and enriched lives.

Organisations that participated included Alzheimer's Australia WA, Australian Hearing Products, St John Community Transport, Daily Living Products, Unicare Health, Merriwa Pharmacy and RAAFA Connect to name a few.

The village volunteer and activity groups were also present to discuss the positive benefits that volunteering can provide, along with the many activity groups available for all residents at Cambrai Village.

The atmosphere was just like a carnival, with lots of hustle and bustle, and residents keen to learn more from the experts. A delicious morning tea was provided, along with raffles throughout the morning.



There was lots of useful information at the expo

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See page 11 for submission deadlines

Vanessa Priestley, Welfare Officer and Dementia Champion at Cambrai Village, said the morning was a huge success, with those attending passing on extremely positive feedback.

"The expo takes a fair bit of work, and a special thanks to all of the volunteers who helped to get it off the ground; without their continued support we would not be able to provide such a valuable event," Vanessa said.

"We're committed to the health and well-being of our residents, so putting on this annual event is really very much part and parcel of our welfare strategy."

# CEO's perspective



By John Murray

THE season to be jolly is upon us and like many of our staff I am looking forward to a chance to catch up with family and friends over the Christmas period. I ask if you come across our staff over this period, to express your gratitude for them supporting the needs of our residents and members, whilst everyone else is kicking back and relaxing.

The year has yet again seemed shorter than the last, with much being achieved. The annual reports provided by the State President, Graeme Bland, and myself are attached for your reading.

The year ahead is also presenting as a significant time when RAAFA continues to improve existing services and facilities along with growth in our estates.

I would like to acknowledge the outstanding effort that the RAAFA teams have put into not only supporting our existing members and residents, whilst also looking how we respond to the needs of future generations. I look forward to outlining what the future plans are once further processes are completed.

Take care and may you all have a great Christmas and Happy New Year

## Guildford GEMS

HAVE you visited Guildford recently? The ladies of the AFME "Gems" Group have and enjoyed hearing some of the history of this unique treasure which is on our doorstep.

Guildford abounds with history and is the most intact town of first settlement in Western Australia dating back to 1829. It is probably the only town of first settlement in Australia not to have expanded beyond its early boundaries and has no buildings beyond the colonial two-storey scale, because the town is contained by the Swan and Helena Rivers on four sides.

It was also a significant military centre in WWI being the home of the 10th Light Horse, headquarters of the Artillery, the 13th Field Engineers, Signallers and Army Service Corps attached to the Remount Depot. The training area and bases were located to the south of the town at South Guildford.

The Guildford ANZACS project has identified over 700 men and women who served in WWI. These men and women lived, worked, studied or worshipped in the town of Guildford.

The Guildford Association is a very active group working to conserve and identify the history of the town. A very significant project has been the identification of the original homes of the Guildford ANZACS and with the agreement of the current owners, a poppy plaque has been placed on the dwelling. You can undertake a self guided walk along the Guildford ANZACS Poppy Trail by visiting the website [www.guildfordanzacs.org.au](http://www.guildfordanzacs.org.au) and downloading a map.

When "Gems" visited Guildford in October, they had the privilege of visiting historic Kings Cottage in Meadow Street, owned by Barbara Dundas, President of the Guildford Association Inc. Barbara is the daughter of Mollie Gordon, well known to residents at AFME. From Kings Cottage we visited Stirling Square to see the ANZAC Memorial Rose Garden, followed by a delicious Devonshire tea at the delightful Maddison Cottage Cafe.

"Gems" meet at the Village Hall at AFME on the third Tuesday of the month from 2.00pm to 3.00pm. For more information contact Sue Dunne on 9312 0510.



The GEMS ladies in Guildford

## The Padre's Piece



By Padre David

GUESS you might well be expecting me to talk about Christmas, but I want to reflect on the period that leads up to Christmas that we call Advent.

Next Sunday, 3 December, is Advent Sunday the first of four Sundays before Christmas.

The word Advent means Coming and Advent has been described as a season of preparation in which Christians recall the hope and the expectations that came and comes with Jesus in past, present and future experiences of life.

But it's a fair comment to ask what is the relevance of a Coming in the northern hemisphere long ago to our life experiences here in the southern hemisphere? "In the bleak mid-winter" was one of the favourite carols I grew up with in England. But Christmas in Australia is a midsummer outdoor festival in the heat and glare of the sun with bush fires and blowflies. Our Australian experience was wonderfully captured in the late 1940's by the publication of Five Australian Christmas Carols by John Wheeler and William James. "Out on the plains the brolgas are dancing". "The north wind is tossing the leaves. The red dust is over the town".

In 1985 Professor James Tulip proposed that the Australian Council of Churches conduct a national competition for an Australian Christmas carol. He wrote "Advent in Australia is a time when the red gums are a revelation of subtle colouring

as their old bark peels off. It's as if a great silent ritual is taking place... as a tribute to the divine oneness with the world which is the meaning of Christmas". The winner of the carol competition was Jeff Guess and he gave us some new images. He speaks of "light breaking" of "flowers of purple blooms". The chorus of the carol is "Melaleuca morning mantle, cascades from heat and from night; beats upon its royal holly, birth of peace and love and light"

Advent is the beginning of a new year in the life of the Church, but it also means there is an ending. Life these past twelve months has not been smooth. There is open warfare in a number of parts of this world. Hard economic times too. The gap between rich and poor continues to grow – yes and that includes in Australia too.

In our personal lives there has been illness – maybe a loved one dying and for many, life has been tough. Is there really an ending and new beginning? Is there a new Coming and where is the Good News that the Church talks about? Where is it to be found?

I would suggest that it is where it always has been – in and amongst us. Look around and wonder and enjoy the Australian Advent-Christmas experience. In spite of the crass commercialism of our modern Christmas, look around and see the God-given moments of our ordinary everyday experience – family, love, caring, the opening of your heart to the less fortunate who also have their Christmas. Look out on this world – the warbling of the magpies, the colours of the parrots, the drumming of the cicadas, and the reds of the bottlebrushes, the purples of the Geraldton wax and the orange of the Christmas bush. These are Australian Advent moments – God given moments.

Sense the presence of the God who comes. May we have the wisdom and eyes to see and hearts to understand and celebrate this Advent – Christmas.

Shalom

## Mokine Memorial Ceremony

THE Annual Mokine Memorial Ceremony was held on Sunday, 8 October. This year was the 75th Anniversary commemorating the four RAAF airmen killed when their Avro Anson aircraft crashed near Clackline on 9 October 1942 whilst on a training mission.

Residents from AFME and Meadow Springs attended the ceremony along with RSL members and the public. The ceremony was followed by a lunch catered by the Northam RSL Sub-Branch.

It was a very pleasant day and we thank those who attended, the AAFC Cadet Drum Band,

the RAAF for a Hawk flypast and Northam RSL Sub-Branch for carrying on the tradition created by the City of Perth Branch.



Some of those attending the ceremony



By Graeme Bland

# State President's Report

## RAAFA Clear Skies

We have also developed RAAFA Clear Skies to work in conjunction with our Charitable Purpose Committee for support and involvement with the needs of ex-Service personnel. This Committee has enabled RAAFA to be able to support the Veteran respite camp at Meentheena, near Marble Bar, and make a contribution to the Indigenous Veterans' Annual Memorial Ceremony at the State War Memorial to help ensure its continuity.

Also thanks to the assistance of RAAFA Connect we have been able to help two serving Air Force members and their families.

## Scholarship Awards

The McIntosh Memorial Scholarship and Swetman Aviation Education Fellowship Trust amounts have increased and we have created a new Leadership Award for the Air Force Cadets of No 7 Wing.

## DVA

I have represented RAAFA on the WA Department of Veterans' Affairs Deputy Commissioners' Ex Service's Forums as well as being appointed by the RAAFA National Council as a delegate to the DVA Operational Working Party in pursuit of being a watchdog over the quality of service delivery by DVA to Veterans.

## Commemorative activities

Our commemoration programme saw very successful and well attended ceremonies for the Bombing of Darwin, Bomber Command and the Mokine crash as well as being your representation at other ESO commemorations at the State War Memorial.

RAAF Pearce held their birthday Anniversary evening event in our Aviation Museum for the third year with a representation of the few 'Blue Uniforms' left at RAAF Pearce and a mix of former ADF Members.

## Aviation Heritage Museum

The Aviation Heritage Museum received over 20,000 paying visitors in the past 12 months in addition to visiting RAAFA Members who are admitted free. A Flight of Air Force Cadets now operates out of the Museum.

## Veteran Support Centre

The Veteran Support Centre at Bull Creek has been exceptionally busy this year, especially after losing one Pension Officer due to health issues.

A total of 265 interviews, 117 claims, 56 new clients and 1,652 volunteer hours were managed by one Advocate and two trainees. We have experienced an upsurge of VRB cases due to rejected claims submitted by clients not seeking ESO assistance first.

The high loss of experienced Advocates and Pension Officers is significant in WA and has put a huge load on those remaining. We are endeavouring to establish another Veteran Support Centre in the Mandurah area.

## Chaplaincy services

We are investigating Chaplaincy services to meet our member and resident pastoral needs. RAAFA has extended the availability of our Short Stay Accommodation on three of our estates to members of the Totally and Permanently Incapacitated Association in WA to assist them with accommodation for their country members who come to Perth, for medical and hospital services.

## RAAFA National

It was with deep sorrow that we learned of the passing of Air Vice Marshal Brent Espeland AM who was our National President and was laid to rest with a full military funeral in Adelaide on 10 October 2017. May he rest in peace.

The WA Division has also provided legal resources and associated costs to support RAAFA National with its constitution review and provision of a draft incorporating the consideration of

a Company Limited by Guarantee for National Council to consider.

For better recognition by serving members and the community at large, National Council has decided to revert to the simpler name of 'Air Force Association' which is now in effect under the new National Constitution. The Air Force Association Limited Board will consist of Divisions constituted as Members plus the Company Executive.

## Annual Dinner

Our coup of the year was being able to have Air Chief Marshall Sir Angus Houston AK AFC (Ret'd) as the guest speaker for our Annual Dinner on 15 June 2017.

## Conclusion and thanks

In conclusion I offer my personal thanks to the Division Councillors and the CEO, for their time, patience and commitment to our Division and the support of its ideals. I am very appreciative of your input and also of the efforts put in by the following:

- Our management group;
- The magnificent team of carers who put the needs of others first and foremost;
- Our branches and their committees for the social support they provide; and
- Our staff, many of whom you don't see or hear from, but are there looking after RAAFA and our members interests. May I also commend our Executive Assistant Michelle who keeps myself and the CEO on a tight reign, and recently Tina who is taking over whilst Michelle has time off to increase WA's population. We all wish Michelle well.

I also am very thankful to my wife Judy, who is my backup, morale booster and barometer, for her commitment and patience required of a State President's wife. Thanks my dear you are truly appreciated even when I have missed a belt loop on my trousers.

Well done RAAFA!

IT HAS been a very busy and exciting year in Western Australia with RAAFA playing a big part in the Defence Community, supporting Veterans and providing for our Members. Looking at the big picture we have done very well and as our resources grow we will continue to do better.

## Division Council

The WA Division has had a very active year since our last AGM with a change of five Division Council positions, myself as State President, Clive Robartson retained his position of State Vice President, Ron Onions remained as State Secretary and in fact has retained his position this AGM. David Peet was elected to Division Council, but resigned due to ill health and newcomers were Lindsay Lane and Denise Nicolay. Allan Henshaw kindly returned to fill the vacancy created by David Peet's resignation. We have been very appreciative to have the continued services of Geraldine Carlton, Tony Brun and Peter Bryant as our Appointed Councillors.

On your behalf, I thank the Division Council members for their contributions.

An area of concern will be the 2018 AGM when at least five positions will need to be filled by either the existing incumbents or new blood. It will be in the hands of you, the Members.

## RAAFA Connect

Our Home Care Department under the new banner of RAAFA Connect enables clientele to receive care in their own homes.



By John Murray

# CEO's Report

the 2017 Annual General Meeting of the Royal Australian Air Force Association (WA Division). This year has been very satisfying as many of the plans that were developed by the Division Council and the executive team in late 2013 and updated in 2015, have now been achieved with the development of growth strategies to support veterans and members more broadly in the years ahead.

## Strategic plan

The Division Council and executive team met in January 2017 to develop a new strategic plan. It was clearly identified that the organisation needed to redefine the elements

of its structures and services to enable clarity in the operations of what is now a \$60M business.

The Division Council and executive team, subsequently worked on reviewing the structure of the organisation with the development of the 'Realising One RAAFA' report delivered on 14 August 2017.

Leading up to this review, there were some changes within the executive team and the responsibilities and accountabilities of some of the executives. It was clearly identified that a redefinition of the structure to enable the appropriate oversight of the residential care

and RAAFA Connect community-based living services, which lead to the position of General Manager Aged and Community Care, being made redundant with a splitting of the roles.

The Executive Team then identified the requirement of a Chief Operating Officer to take responsibility for the Seniors Living portfolio and to support its further development as per the strategic objectives previously set. This led to the recruitment of Tonia Zeeman, formerly a senior executive with Brightwater Group. Tonia has brought an enormous amount of knowledge and skill to the organisation and has worked tirelessly with our team to develop a view of the



organisation through a different lens to enable us to achieve multiple changes and successes in our objectives.

Within our senior management team, Sandy Komen was recruited into a new position of General Manager, Connected Living to manage the RAAFA Connect Seniors Living portfolio. This has enabled the development of services within our estates supporting seniors requiring home-based support, supporting their independence within our estates. Sandy also came from the Brightwater Group and was responsible for the development of the community-based services at Brightwater taking it from a \$2M to a \$25M a year business.

The residential aged care facilities also required a review of its senior management. This resulted in the recruitment of Carol Bartlett as General Manager Residential Care, which has shown significant improvements in the operations and turn around in our financial performance.

## Achievements

- Opening of the Alice Ross-King Care Centre by the Governor on 3 August 2016.
- The approval of the brand strategy in July 2016, which has now been substantially implemented with the rebranding of RAAFA within Western Australia.
- The approval by Division Council for the purchase of the Two Rocks six-hectare site in August 2016. An essential and significant site overlooking the ocean at Two Rocks providing the opportunity to develop RAAFA services in the northern corridor. This Two Rocks development is also supported by a report submitted by Verso Consulting in September 2017 to Division Council, which outlines the opportunities that can be undertaken from a demographic perspective for the development of Two Rocks.
- By-laws of the organisation were revised in August 2016.
- Air Force Memorial Estate, Bull Creek masterplan revised and approved December 2016.
- The strategic plan review in February 2017.
- The presentation of the revision of the clubs' performance and suggested strategies were presented and approved by the Division Council in April 2017.
- The Division Council supported the shared services cost allocations in April 2017, which was essentially a contested issue within some of the estates, in particular Meadow Springs.
- The development of the Air Force Association Club, Bull Creek was approved in June 2017 to progress to planning and costings for construction.

I would like to thank the Division Council for all of their support over the past 12 months in what has been significant change with some difficult decisions at times having to be made in relation to the direction of the organisation. I have certainly appreciated the level of critical analysis of information provided. However, I also sense the Division

Council have seen a much more contemporary and professional approach to presentations to the Division Council enabling a much easier process for them to make decisions.

## Sleat Road, Applecross

The relocation of the Head Office from Bull Creek to our current office space in Applecross was also progressing during this period, with the stabilisation of systems to support the team that supports RAAFA today. This has involved a lot of redefining in the way we operate and has been on many perspectives a very positive move for the organisation.

## Aviation Heritage Museum

The museum has presented a long term challenge and complexity for the organisation but also represents the very heart and history of the organisation.

The existing buildings have been reviewed on a number of occasions with proposals to extend. With the development of the masterplan the question was raised about the future of the museum and what would be required of it in the next 40 years. A complete review of that museum has identified the potential need for alternative structures to be developed in the next 5-7 years. This project will require significant time and resources to ensure this iconic collection is preserved and presented for the public to enjoy for many years to come.

## Department of Veterans' Affairs

During the last 12 months we achieved 'Approved Provider Status' provision of nursing services to veterans and this week we have been advised that we are now an 'Approved Provider for Home Care Services'. This will now enable RAAFA to broaden its service provisions via RAAFA Connect to veterans both on our estates and in the broader community.

## Mandurah rates case

The rates case for Erskine Grove was fought over a period of seven years, with a result now being achieved. This subsequently had a positive impact on the Meadow Springs Estate. It involved two State Administration Tribunal hearings and two cases being heard in the Supreme Court, which were found in favour of RAAFA, placing a large demand on the organisation to continue to pursue the case for the benefit of the organisation and its residents. The estimated cost has been in the order of \$200,000 for RAAFA to achieve this outcome for our residents.

## Enforceable undertaking

The enforceable undertaking that was imposed upon RAAFA as a result of the poor management of communication issues with Amity Village in 2012 was lifted after negotiations with the Department of Commerce. The enforceable undertaking was removed from the Department's website in November 2016 with the subsequent lifting of the enforceable undertaking in August 2017.

## Meadow Springs redevelopment

A proposal to redevelop the Meadow Springs

Estate with 60 apartments, which would have supported those needing additional services, was not supported by the residents on the estate. There were flaws in the communication process with the residents and there have been many lessons gained from this. My belief is that with a different approach and greater clarity of the project benefits we may be able to gain support for this important development in time.

## Karri Lodge refurbishment

Karri Lodge had a wing of approximately 30 beds that required major refurbishment. It was completed and become operational in October 2017. There was a financial impact of approx. \$1M while the refurbishment was being undertaken. However, the increase in the quality of service we can now provide specifically for residents travelling with Dementia is enormous. The care is modelled on the same principle that is operating within the Alice Ross-King Care Centre.

## Shanghai technology visit

We were visited by senior government officials from the city of Shanghai looking at the technology that we have in place at AFME and the assisting technology that has been developed to support seniors in their own homes. This is recognition that RAAFA has made significant advances improving and advancing our technology beyond many providers within Western Australia. The technical staff have now been invited to participate in an aged care technology conference in Shanghai later this year.

## Representation lobbying, interacting with politicians

Over the 12 months I have had meetings related to residential care, retirement living, community-based services and promoting the services and work RAAFA does within Western Australia. Meetings have been held with Mick Murray, Minister for Seniors Western Australia; the Minister for Health's Chief of Staff; Ken Wyatt, Federal Minister for Aged Care; The Hon Mike Nahan, Leader of the Opposition WA; Ben Morton, Member for Tangney; Hon Liza Harvey, former Deputy Premier; and the Governor of WA, Her Excellency the Honourable Kerry Sanderson AC.

## Presentations

I have on a number of occasions made presentations to various organisations on both a casual and formal basis including presentations to the management teams of LandCorp and ANZ leadership regarding the direction of aged care and retirement living in Western Australia and the role RAAFA wishes to take.

## AFME AFA Club

The master planning of the AFME site has continued with the build of an alternative AFA club currently being designed.

## Awards

RAAFA was recognised at the 2017 ACSA Excellence in Care awards, for the "Projects: Innovation and Best Practice Award". This

award is determined by the sector, and is the award for the best development and care provision model, recognising the outstanding efforts of the staff and management team of the Alice Ross-King Care Centre.

## Conclusion

The items that have been outlined are a very brief summary of the work that has been undertaken. We have over 20 projects underway within RAAFA. There is still a significant amount of activity to progress RAAFA to a position where it will support its future developments and maximise opportunities as they arise.

The process of sitting back and reflecting on this last period has been an enlightening and positive process for myself and our team.

Many of these achievements have demanded efforts over and above the requirements from many staff and I would like to sincerely thank all those who have contributed to these positive outcomes, and I look forward to the growth and benefits that we can provide our members for the years ahead.

I wish to thank sincerely the Division Council, staff, volunteers and our members for the support that you have given over the past 12 months and we will continue to develop and provide services for all those who need.

As there is a large number of people reaching the age 65+ over the next 10 years it will mean that our service demand will increase. We are looking forward to developing innovative services to respond to these demands.



**ENTRY PRICES**

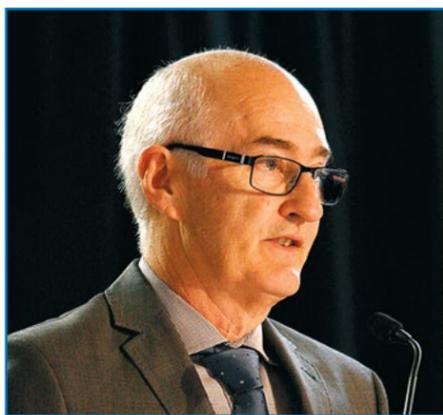
Adults	\$15
Children (4 to 16)	\$7.50
Children (under 4)	Free
Family (2 adults and up to 4 children)	\$35
Students and Concession Card Holders	\$10
RAAFA (WA Division) Members	Free

**GROUP BOOKINGS (6 OR MORE)**

Adults	\$8
Pensioners and Children	\$5

Bookings to be made at least one week in advance.

**OPENING HOURS**  
**10.00am to 4.00pm daily**  
Closed Christmas Day, Boxing Day, New Year's Day and Good Friday.  
Bookings and enquiries on (08) 9311 4470.



By Robert Parker

## Chief Financial Officer's Report

together with some key new senior roles will ensure we can appropriately manage the Association's finances and ensure safeguarding of the assets and entry/RAD loans from residents.

### Audit

The Association's auditors, Shreeve and Carslake, have again provided an unqualified opinion on the annual financial statements.

Additionally, during the year we selected BDO, Chartered Accountants, to undertake a review of our internal controls related to the Treasury function. An internal controls audit looks at the integrity and robustness of our policies, procedures and other controls. The Treasury function includes management of term deposits, credit cards and expenditure authorities. We obtained excellent feedback from the audit and have implemented the auditors recommendations to enhance our controls. We will continue this program of internal controls audits on a rolling basis.

### Results

#### Trading Performance

The financial industry often use Earnings before Interest, Tax, Depreciation and Amortisation, known as EBITDA as a method of comparing operating results across diverse industries. In our case, the Association produced an EBITDA of approximately \$10.1M. With depreciation applied, a modest accounting surplus, after extraordinary items, of \$382,240 was derived. Whilst this is a positive result, it is important to make the

following observations:

- Interest income earned from term deposit investments was up due to higher balances held, but interest rates have remained suppressed at record lows.
- Care Subsidy revenue was up 19% on prior year. Two factors being full year effect of Alice Ross-King Care Centre and enhanced ACFI review and claims processes.
- Earnings before Depreciation were \$10.1M (LY \$8.2M). This represents a yield of 2.7% on Gross Assets [LY 2.9%] (at book written down value).
- Gross Turnover (ie all sources of normal trading revenue) increased by 14% ie \$6.9M to \$56.2M.
- Depreciation and amortisation increased by approx. \$1.5M (LY \$0.7M). Full year charge on Alice Ross-King Care Centre being the main factor.
- Salaries and wages costs increased by 18% (LY 17%) over last year.
- Full reversal of accrued rates for the Erskine and Meadow Springs estates upon successful outcome of court case against the City of Mandurah.

#### Balance Sheet

Gross assets have increased to nearly \$376M. This is an increase of approximately \$24M, largely due to incoming RAD funds with full occupation of the Alice Ross-King Care Centre.

On the other side of the ledger, resident accommodation loans now total \$333M.

At 30 June we have cash and investment deposit holdings of nearly \$100M. This is a 30% coverage which is relatively consistent across the industry.

The Association has no external borrowings, and this should remain so for the foreseeable future, subject to various development plans over the medium term ahead.

The equity of the Association increased marginally from \$33.7M to \$34.0M.

It is the continuing role of executive management, with strategic guidance from Division Council, to maximize the use of these assets, be that property or people, to ensure RAAFA achieves sustainable operating surpluses.

All of this to be done with due recognition of the rights of members, residents, and staff and with the Associations charter and history.

### Division Council remuneration

It is a requirement of the Constitution that any change of policy be presented to members, at an AGM, for approval. There has been no change in the policy since the prior year, but the total quantum of remuneration currently stands at \$34,100 across all elected Council members.

In closing, I would like to acknowledge my staff in the Finance Department and members of Division Council and Audit Committee for their support and assistance over the year.

IT is my pleasure to present to you a report on the Financial Statements for the year ended 30 June 2017.

2017 provided opportunities and challenges, in equal measure, to our operational sustainability with the following noted items:

- Enhanced and ongoing review of our residential care funding, known as ACFI, to maximize funding from government,
- First full year of the Alice Ross-King Care Centre and the financial implications of the resident directed care model,
- Capital expenditure of approximately \$3.5M on refurbishment of 30+ beds at Karri Lodge, together with the consequent loss of revenue for that period,
- Introduction of IT based rostering system to assist with efficient use of our human resources, and
- Finalisation of a process to select a replacement financial system and planning for implementation before next financial year end. This decision,

## Work rewarded

AT the RAAFA AGM four past Division Councillors whose support, commitment to improvement, advice and encouragement to their fellow Division Councillors and senior management were acknowledged with the presentation of a Certificate of Merit and three Certificates of Service.

**David Peet** was presented with a Certificate of Merit. David held the positions of Division Councillor, State President and State Vice President during the period 2012 to 2017.

Initially a RAAFA member until 1966, David re-joined in 1998. In 2008 David and his wife Dianne moved into RAAFA Estate Merriwa and he was elected to the position of Branch President for three years.

In 2012 David was elected RAAFA State Vice President and progressed to State President in 2014, holding both positions for their 2-year term. In 2016 he was elected a Division Councillor until his resignation in May 2017 due to poor health.

**Bob Bunney** was an elected Division Councillor during the periods 1997 to 2004 and 2013 to 2015.

Bob previously held the positions of State Secretary from 1997 to 2004 in conjunction with General Manager (CEO) from 1997 to

2005. Bob was re-elected in 2013 as State Secretary until his resignation in 2015.

**Bill Anderson** was an elected Division Councillor during the period 2012 to 2015.

Bill and his wife Grace have been members since 2007 and residents at AFME since 2011. Bill was a volunteer at the Aviation Heritage Museum library from 2007 until 2014.

Bill served on Division Council from 2012 as a Councillor as well as being the Chair of the Division Audit and Risk Committee. Bill was elected into the position of State Vice President in 2014, resigning in 2015.

**John Purchase** served on Division Council during the periods 2014 to 2016.

John Purchase has been a resident of RAAFA Estate Merriwa for nine years and for five of those edited and produced the estate newsletter. He is a member of the Mudlarks and the Merriwa Maintenance Men.

John served on Division Council from 2014 as a Councillor as well as being the Chair of the Audit Committee.

Division Council thanks you for your valued and outstanding service to RAAFA.



LtR Wellah Woodcott, Kevin Woodcott, Carena Blair and Norma Smith

## Exergaming champions!

THERE'S no doubt about it, they have the fire of experienced gamers in their eyes and now they have the trophy to prove it.

Exergaming is a technologically based 'game' similar to XBOX. It's great for balance and coordination and is a valuable exercise activity.

Some of the RAAFA All Saints team journeyed to the Seniors Recreation Council Exergaming Tournament on Friday, 21 October.

They left smiling and came back laughing after a year's partnership with some keen students volunteering from All Saints College.

The intergenerational partnership is an extension of the All Saints Pilot program, which is now in its third successful year.

Every Tuesday after school, a happy bunch of All Saints kids join Wellah Woodcott and her team - Pamela Smart, Lyn and Frank Hobbs, Erica Munnik, Norma Smith, Kay Barton and Kevin Woodcott - at AFME for games, laughter and lollies.

The intergenerational exergaming team is a Perth first for Martin Yates from the Seniors Recreation Council WA, who presented the team with a trophy and certificates.

Well done team! Let's see if 2018 brings home another trophy. Fingers crossed...

## Opening the season

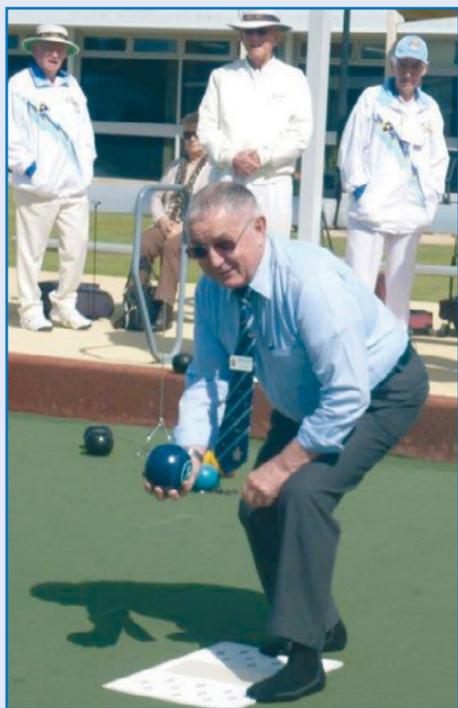
By Kevin Thomson

THE Bull Creek AFA Bowling Club conducted the official opening of their 44th year on Saturday, 2 September.

Bowling Club President Carroll Marshall welcomed special guests, members and friends to a lunch in Langley Hall and then called upon State President, Graeme Bland to officially open the 2017/2018 Bowling Season.

Graeme wished the Bowling Club success for the season and mentioned the importance of the bowling clubs in providing physical and social activity throughout the estates and competitively in the Bowls WA Pennant Competition.

Following lunch the bowlers officiated the opening on the greens with the traditional spyder and the first bowl of the season was delivered by Graeme Bland, followed by a competition for the Bowling Club President's Cup.



Graeme Bland rolls up the first bowl of the season



## Passion for painting

DESPITE Pat Hall being diagnosed with Parkinson's disease more than 20 years ago, she hasn't let her illness prevent her from doing the things she loves.

After being told by her doctor that she needed to use her hands or potentially lose the use out of them, it was suggested that she take up painting as a hobby.

"My first reaction was to say, that's not for me, I can't paint," says the 79-year-old who was born in England and moved to Australia with her family when she was 18.

"But 20 years later it is a very big passion of mine and it helps me to relax, particularly when my limbs stiffen and I get the shakes."

Pat's particular passion is folk painting, and she often traces pictures onto canvas which she then fills in.

"I find it very rewarding to do paintings for my family, and if they like the end result they can have it," she laughs. "I enjoy the lessons at Merriwa and go every week, and then I continue to paint at home whenever I get the chance."

Pat, who has lived at RAAFA's Merriwa Estate for almost 10 years, admits she loves her home and community.

"It's a great place here, it's very friendly and I enjoy doing lots of volunteer work. I help people with dementia and those who have difficulty hearing or have lost their sight, and I really enjoy that," she adds.

"I'd say to anyone who is thinking of starting a new hobby, give it a go. You never know, if you try it you might just love it."

## A rosy life remembered

REMEMBRANCE Day is particularly special for Alice Ross-King Care Centre resident Rose Howard, not least because her father was an ANZAC.

Rose, who went to school at Mount Lawley Primary before going on to Perth Girls School and then Perth Technical College, followed in her father's footsteps, so to speak, and went on to join the Women's Auxiliary Australian Air Force (WAAAF) in October 1942.

"I worked as a nurse at the Red Cross Blood Bank but that wasn't for me, so I left and became a clerk in the RAAF stores department," says Rose, who turned 96 this year.

"I was always given local, but very interesting, postings and I enjoyed my experience in the WAAAF very much.

"I went on to join the WAAAF Branch, primarily to help RAAFA, then went on raise money for local charities and was treasurer for 29 years."

Rose met her husband – Jeffrey Russell Howard – at State Ships, while she was on a cruise. He was a radio officer at the time, and they went on to get married and have two children, a son and a daughter.

Rose was discharged in Melbourne in 1945, after which she went on to work for a stockbroker in Perth for nearly 30 years. She experienced many booms and busts over those years in different commodity areas like iron ore, nickel and oil.

The family lived in Doubleview before moving on to AFME, where she has now lived for more than 30 years and has been afforded life membership of the organisation.

Despite her age bringing about some problems with her hearing, Rose still maintains a sense of humour. After being asked what she wanted to be when she grew up, she laughs "taller than I actually became."

As for her thoughts about her life generally, Rose says she has been very lucky in so many ways.



"I have always worked on trying to keep fit and have enjoyed reasonable health; really that is everything isn't it?" she said.

## Clyde Evans remembers

AT 96 years young, Clyde Evans has packed in a lot of life.

Born in Subiaco, Clyde has worked in a number of careers, including panel beating, spray-painting, servicing farm machinery and working with Elders as a merchandise clerk for many years where he was the chief of the insurance department before he retired.

But it was Clyde's time in the army and navy that he admits really shaped him as a man.

"I joined the Navy when I was 20 years old because my mum wouldn't let me join up before that," said Clyde who is now an avid gardener at Karri & Tuart Lodge on the Merriwa Estate.

"I enlisted at Freo as a writer, writing out jail warrants for those who had deserted. It was very strict in those days.

"Then I got transferred to Albany where there was a submarine fleet, and I went straight to New Guinea where I was in the Navy special branch, specialising in coding and deciphering.

"After my stint in New Guinea, I went to officer training school in Melbourne, where I was made a Sub-Lieutenant, but while I was doing the course the war ended, and that's when I started working with the Americans to send the Japanese prisoners back.

"There was a big Japanese base at New

Britain and Rabaul and we worked with the army to send 30,000 prisoners of war back to Japan."

Clyde explains that he was sent back to Australia when he had an accident playing football and trod on a beer bottle, needing 30 stitches in his leg. He was told to get on the next ship back home, where his sweetheart Shirley was waiting for him and they were married four days after his arrival in Sydney.

After marrying, Clyde settled back to work at the railways, and he and his wife had six children, four boys and two girls.

"We didn't talk much about the war years, it



was just something you didn't speak about," he said.

"My children have brought me a great amount of joy, I have been blessed to have a lovely family and now I have 11 grandchildren and 19 great-grandchildren."

# Contributing to the community

WHETHER it's delivering meals made at the club or pulling a pint behind the bar, Meadow Springs Estate resident May Brett has always been willing to roll up her sleeves and volunteer.

May, who moved into the estate in 1999, previously had a long association with AFME, where she volunteered for many years, bringing bingo to the residents, as well as helping out at the many fetes and barbecues.

Today, she is particularly active with the outings organised at the estate, and she and her husband Hugh book and organise theatre trips at the local performing arts centre.

"We are both all-rounders and help where we can," says May. "The whole idea of RAAFA is to help each other and contribute to making the community the friendly place it is."

"Neither my husband nor I have been ones to sit back and do nothing, we've always been happy to help and, in return, it has given us a very full social life."

"I would say to anyone thinking about living at Meadow Springs to remember one thing, it's totally up to you what you make of it, there's plenty you can do and get involved with, but equally you can also live a very quiet life if that's your preference."

May is adamant that she enjoys living



at Meadow Springs and is keen to visit previous residents who now live at McNamara Lodge for a chat and a cup of tea.

"Up until a couple of years ago, we knew pretty much everyone on the estate because

of the voluntary work we were doing, especially from working behind the bar, which I enjoyed immensely," she adds.

"I gave that away a few years ago though, and I couldn't say if I can still pull a good beer," she laughs.

## Peace of mind

FOR Luce Rouwenhorst, feeling secure is one of the biggest benefits of living at the popular Meadow Springs Estate.

"There is plenty of support here and I feel very safe," says Luce who originally hails from Holland.

The 89-year-old bought a brand-new unit when she moved into the estate 18 years ago, in 2000.

"We used to live on a 17 acre block in Balingup and then a half acre block, but I said to my husband that it was time to downsize and so we put our name down for the estate," Luce explains.

"I'm very happy here, everything is conveniently located and it's extremely friendly."

"I go along to patchwork and craft sessions, and help to run the library so I find it very sociable and enjoy getting involved."



"I think if you happen to end up on your own, living here still means you can have a very active social life if that's what you want."

"What's more, I love the fact that I don't have to do any maintenance, I have my own garage, there are proper streets within the estate and I can do as many outings as I like."

"Basically, there is so much to do, I don't think I could be happier anywhere else."

## Perfect location

DORIS and Roy Ralph have lived at Meadow Springs Estate for over 19 years and their advice to anyone considering making the move to a retirement estate is not to leave it too late.

"Consider moving in when you're in your 70s or even a little earlier," says Roy. "There's so much to enjoy and in my opinion it's best not to leave it too late."

When it comes to Meadow Springs, the couple - who are now in their 90s - are adamant that they have no regrets.

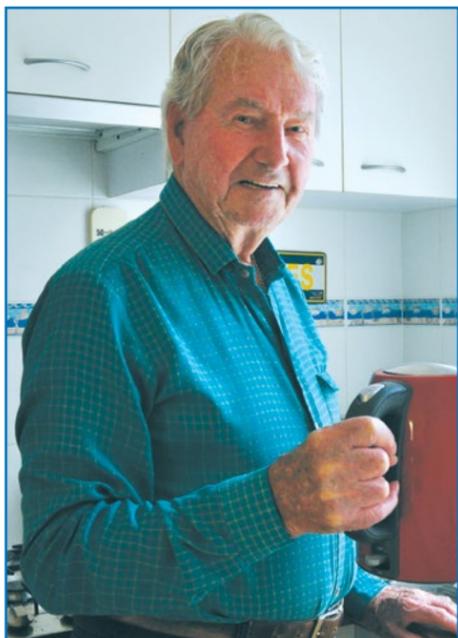
"We have been so very happy with our choice of Meadow Springs Estate," said Roy. "It's central, has amazing amenities, is a very quiet estate in a lovely neighbourhood, and there's plenty to do."

"You can do voluntary work if you would like to and be as involved as you want to be, it's very easy to make good friends and it's also very secure and an easy place to



lock up and leave when you'd like to go on holiday.

"We love the fact that the estate is close to town, across from the golf course and very handy for the local shops, all in all it's pretty perfect."



## Life at sea

MEADOW Springs Estate resident Norm Dean was born in Horsham, Victoria and has lived most of his adult life in Perth - but sandwiched between his life as a farm boy in Victoria and moving to Maylands, Norm spent over 12 years in the Navy where he travelled the world.

He spent most of his time at sea, whether it was off the coast of England, Scotland, Ireland, Singapore or Japan - or even with the intrepid team at the Australian Antarctic Research expedition.

When asked where his favourite place was, Norm says he absolutely adored his time in Japan.

"I love the people there, they really looked after us and it was so clean. I clearly remember that if you went to the toilet, there were cleaners mopping the floor around your feet," he laughs.

"There were also huge dance halls in Japan, where you could buy tickets for the girls and they would dance with you."

After his time in the Navy, Norm married a WA girl and they had three daughters and a son together.

Norm worked in the heavy haulage industry when he left the Navy, mainly working up north on the mines, where he transported cable to mining companies.

If he had any advice for young boys going into the big wide world, Norm says it would be to keep your nose clean.

"I'd say be sensible, clean and tidy and you'll have a good life," he said.

"I'd also recommend considering life in the Navy as it was very good for me. I grew up in boys homes, so for me, joining the Navy was just like going to another home, only better, because you were paid and I got to see the world."

"The Navy gave me a clean, healthy life and I never looked back."

# Wouldn't live anywhere else

HAZEL Rowell openly admits she loves her home at Meadow Springs Estate and wouldn't live anywhere else.

"I can't imagine living anywhere other than Meadow Springs, I absolutely love it here and tell people all the time," she says.

Hazel moved to Meadow Springs 18 years ago with her then husband who had recently been diagnosed with Alzheimer's. At the time, the couple were living in Dongara but needed to be nearer medical facilities, although they didn't want to live too close to Perth as they were used to living rurally.

"We put our name down for the new development at Meadow Springs and have never regretted it, not for a minute," she says. "The friendships and fellowships we have made here have been so meaningful and it's a great place to live.

"My husband John was well enough at first to immerse himself into the community and we would often go to the club rooms and help with things.

"But once he died and I became a widow, I felt very safe and secure here, I've never felt concerned about being on my own because my neighbours and I look out for each other.

"If I need help for any reason they are there, and I feel very fortunate for that."

According to Hazel, having a welfare officer is also a fantastic attribute for the estate.

"Having someone you can go and talk to if you need some help about anything is really valuable and I think we all really appreciate that," Hazel said.

"At this stage I'm doing my own cleaning, but I'm pretty close to feeling the need to ask for help, and when that time comes all



I will need to do is ask for it, and it will be available.

"I would recommend Meadow Springs to anyone thinking about entering into

retirement living, particularly anyone on their own. You have company and help if you need it, but also you don't feel swamped by it, it's the perfect scenario really."

## What's on at McNamara Lodge

RESIDENTS at McNamara Lodge all agree that there is plenty to do on the estate – but what actually is happening? To answer that question, we thought we'd pull together a summary of all the activities currently taking place in the friendly Lodge.

Elissa Munro, Occupational Therapist, explains that there are regular shopping outings to Halls Head and Meadow Springs Shopping Centre every Friday morning. "There are regular outings, both in a standard bus and a specially equipped bus for those in wheelchairs," said Elissa.

"We go to different cafes, restaurants and wineries, as well as museums and galleries, musical shows, Christmas light tours, movies and, quite recently, the Live Lighter Aged Care games.

"What's more the library we attend regularly recently included an intergenerational reading time which everyone is enjoying."

After a short hiatus, weekly hydrotherapy classes recommenced in November, as well as a weekly exercise class.

And then there's Thursday night dinner, which gives residents a chance to prepare

and serve a meal in groups of seven or eight, where they can enjoy conversation and companionship.

What's more, there is regular entertainment and happy hour every Friday afternoon. These celebrations include birthdays, with extra special events happening to celebrate centenarians.

"Memorial and commemorative services in memory of those no longer with us also take place regularly," adds Elissa. "These are usually conducted by David, our minister who is a resident on the estate."

Furthermore, the Wellness Clinic, which started in September, is a place for residents to receive pain management treatments.

Mavis Trigwell is a regular customer and, by her own admission, think it's wonderful.

"I think the Wellness Clinic is a really great addition to the Lodge," Mavis said. "Not only do the girls give wonderful massages, they are a happy pair and wonderful to talk and have a laugh with. When the clinic is on, it's quite the social atmosphere, and I think all of us really appreciate it."



The Aged Care Games team who won the Best Dressed Team

## Time to enjoy what you love

ACCORDING to Joan Bailey, life at Meadow Springs Estate is exactly what you make it.

"It's so easy to live in a place like this," says Joan, who has been a resident at the estate since 2000.

"There's so much done for you, the maintenance, lawns, you have none of the responsibility of a normal suburban home and the huge benefit is that this frees up time to enjoy the things you like doing.

"What's more there's so much going on, whether that's patchwork, sewing, cards, yoga, swimming or aerobics. Basically, if you want to get involved you can, but equally you don't have to join in, the choice is yours."

Another major benefit according to Joan is that you can make terrific friends on the estate. "I've lived on the same street for 18 years and you pretty much know everyone, even if that's only to wave to," she said.

"But if you want to make friends, you just go along to the clubrooms or say hi and have a chat, and that's really how you get to know people – you never have to be lonely if you want company."

Joan and her husband of 63 years previously lived in a retirement village in Ocean Reef, but were very keen to move down to Mandurah when they heard about Meadow Springs Estate.



"We came down to have a look and we loved it so much we asked if any units were available, and at that time they gave us a list of the homes which were finished," she explains.

"So we decided to have a look at number 112; the first thing I said when I walked in was it was gorgeous, so we put a deposit on it straight away.

"We've never regretted a minute of it, we've loved this place from the start, it really is an amazing community. I know that some people are sometimes reticent about moving into a retirement village, but not all of them are the same and my advice would definitely be to visit somewhere like Meadow Springs yourself and see what you think.

"I'm sure anyone would be very pleasantly surprised."

# AVM Brent Espeland AM

## 21 January 1948 to 29 September 2017

by Peter Colliver

BRENT assumed the RAAFA National Presidency at a pivotal stage in the Association's evolution. The transition from our WWII cohort had been completed, and a strategic plan had been framed.

Implementation, however, was frustrated and stalled. There was a vision for one Association, but we remained tribal and territorial. Some even feared that an effective national body would somehow diminish the role of the State Divisions.

Brent proved to be the oil that smoothed our path and the glue that has held us to it. He believed that in addition to having the best-led, best-trained, best-equipped military in the world, Australia should have the best cared for, best-treated, best-respected veterans in the world.

He had a passionate belief that, though not Air Force, the Association is a creature of Air Force, an integral part of the Air Force family and of the broader Defence community. It has a role to play in advancing and preserving the interests of serving and former Air Force and ADF members, and providing support not available elsewhere.

When it was proposed that DFWA, the Naval Association, RAR Corporation,

Special Air Service Association, and the Air Force Association form the Alliance of Defence Service Organizations (ADSO), Brent was determined that this attempt succeed where previous attempts at coalition had failed to last.

As a measure of the success, ADSO now comprises some 17 member organisations. An even more significant indicator of progress is the joint response to the Federal Minister for Veterans Affairs, which Brent signed, on behalf of ADSO, together with the National President of the RSL – the first such joint response I can recall in my thirteen years of involvement at the national level.

Brent had a real knack for focussing on the essential elements of a situation or debate. He could lead by the nose, if he had to, but he preferred to persuade, nudge or cajole to achieve the desired outcome. The right outcome was better than a fast outcome.



Brent Espeland

He had a tremendous capacity for work, and gave his all to every task he undertook, and every position he accepted, continuing to work from his hospital room.

He may not have been large in stature, but he leaves big shoes to fill.

## Craft Fair a success

FROM knitted teddies and artificial flowers, to books, handbags and Christmas items, the Meadow Springs annual craft fair certainly had it all.

"It was a lovely event and there was a really good feel to it," said Tracey Lockett, Welfare Officer.

"The girls were out the front enticing everyone with the aroma of chicken burgers and sizzling sausages and the homemade coleslaw added a real special zing to the burgers.

"There was also a wonderful mix of homemade crafts, jewellery and preserves – and the workshop boys did themselves proud.

"And what's more, there were also photos, raffles, plants and books, and one can't forget the Devonshire tea with scrumptious scones, courtesy of RAAFA's kitchen team.

Special thanks to resident Joan O'Driscoll and her team of helpers, for putting on such a great event.



for any other up and coming events.

## Notes From Branches and Groups

### AAFC Branch

Charles Page

Membership is open to former air cadets, and all instructors and staff of the AAFC, AIRTC, Air Training Corps, and Women's Air Training Corps. Former members of overseas air cadet organisations are also eligible.

The Branch carries out social activities, publishes an informative newsletter, conducts historical research, and is about to publish a book, Wings of Valour, by Charles Page, in honour of No.7 Wing AAFC cadets who died in service.

A Book of Remembrance and display cabinet is being produced for 7 Wing HQ Pearce.

For membership, upcoming events and other enquiries please contact Charles Page, Project Manager – History, 9305 I582 or 0417966974, email: chaz747@bigpond.com.

Recent events include a caravan/chalet trip to Margaret River, rifle shooting at Canning Vale, and the Serpentine fly-in.

### Upcoming events

Saturday, 9 December, Christmas lunch, Air Force Memorial Estate, Bull Creek.

### Mandurah Branch

Shirley Farmer

Thank you to those who continue to support our trips and functions, we try to organise things that appeal to everyone's tastes. Our list of events for next year is in the final planning stages and we think we have arranged a great cross section of events we hope you will all enjoy.

### Christmas function

Thursday, 14 December, Christmas Lunch, 12.30pm, with a brief Branch meeting at 12noon. We have new entertainment this year, and The Blue Diamonds will be on stage from 2.00pm for an hour of cabaret, with a 30 minute interval before we draw the raffles, including the Mega Mystery First Prize, followed by a final hour of entertainment.

We are still selling tickets for the Mega Draw until 2.00pm on the day, in addition to our usual raffle with an array of fantastic gifts to be won, tickets will be 3 for \$1 as usual.

See the noticeboard for the lunch menu. Cost \$20 per head (Branch is subsidising).

Names in the folder by the bar, with a slight change this year, the sheets will show table numbers which will be used as the seating

plan. Please put your names down early so you and your friends can be seated together.

Payment by 8 December to Norma Powell, Box 160 is essential for catering.

Watch the noticeboard and Messenger for January events.

### Meadow Springs Residents' Branch

Fran Hewitt

We have had a few events and activities lately to keep us busy. Our stall at the Craft Fair did well selling lots of cakes, jams and pickles.

We have also had a demonstration on the use of our defibrillator, a First Aid brush up and the latest actions to be taken in an emergency.

Those of us who went to the Mokine Memorial Service had a lovely day out and after the Service we all enjoyed lunch at the Northam RSL.

### Upcoming events

Monday, 4 December, Residents' Branch Christmas lunch, Meadow Springs Primary School to entertain at 1.30pm.

Keep your eyes on the Branch Notice Board

### WRAAF Branch

Judy Bland

gjb41@bigpond.com

### Upcoming events

Tuesday, 5 December, Christmas Party, Meg Olive Room, 6.30pm.

Bring a plate of food to share and a \$10 gift for Santa. Bring a friend or partner but don't forget a gift for them too.

Tuesday, 6 February 2018, General Meeting, Meg Olive Room, 1.30pm. Please note change of time.

Tuesday, 6 March, BBQ, Unit 201 Ventura House AFME, Bull Creek, 6.30pm. Bring your own meat, drinks and a salad or sweet to share. Friends and partners welcome.

## Cambrai Club

Phone: 9304 5401



### Bar

Tuesday and Wednesday, 4.00pm to 8.00pm  
Friday, 12noon to 2.00pm and 4.00pm to 6.00pm  
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

Friday, alternate fortnights, either three course buffet or sundowner. Book early as both events are popular. Don't forget to invite family and friends.  
Saturday, 31 December, New Year's Eve party, 7.30pm to 12.30am.  
Friday, 26 January, Australia Day celebrations, details TBC.  
Tuesday, 13 February, 6.00pm, New Members night. Come along and introduce yourself to some of our new RAAFA members. Please RSVP.

### Christmas trading hours

The Club will be closed from Tuesday, 26 December, reopening Tuesday, 2 January.

## Merriwa Club

Phone: 9400 3640



### Bar

Tuesday, 11.00am to 2.00pm  
Wednesday, 11.00am to 6.00pm  
Thursday, 10.00am to 6.00pm  
Friday, 11.00am to 9.00pm  
Saturday, 11.00am to 6.00pm  
Closed Sundays and Mondays

### Lunches

Tuesday to Saturday, 12noon to 1.30pm

### Specials

Last Tuesday of the month, quiz night, 4.00pm to 6.00pm, happy hour 4.00pm  
Wednesday, happy hour, 4.00pm  
Thursday, morning tea, 10.00am to 11.00am  
Thursday, games night, 4.00pm to 6.00pm  
Friday, happy hour, 4.30pm  
Friday, dinner, Main Hall, 5.00pm to 9.00pm  
Saturday, coffee and cake, 2.00pm to 3.00pm  
Saturday, fish lunch \$12.00, 12noon to 1.30pm  
3rd Sunday, Lunch, 12.15pm

### Events

Saturday, 31 December, New Year's Eve party, 7.30pm to 12.30am.  
Friday, 26 January, Australia Day celebrations, details TBC.

### Christmas trading hours

The Club will be closed from Tuesday, 26 December, reopening Tuesday, 2 January.

## Meadow Springs Club

Phone: 9582 5375



### 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, roast of the day, \$12.00  
Tuesday, fish and chips lunch, \$11.00  
Wednesday, chase the ace, bingo, horse racing and evening meal. Small and regular size meals available  
Thursday, happy hour, 4.30pm, Sports Bar  
Friday, weekly specials (1st and 3rd lambs fry \$12.50, 2nd sliders and chips \$12.50, 4th parmi and beer \$15.00)

### Counter lunches

Monday to Friday, 11.45am to 1.30pm

### Events

Please book at the bar, the earlier the better to not miss out. We would love to see you at any or all of these events.

### December

Monday, 4 December, residents Christmas lunch.  
Dining Night TBC.  
Thursday, 14 December, Mandurah Branch Christmas lunch.  
Sunday, 17 December, under the sails sausage sizzle and entertainer.  
Monday, 25 December, Christmas Day lunch (bookings and payment by 18 December).

### January

Friday, 12 January, dining night.  
Thursday, 18 January, games and hamburger night.  
Friday, 26 January, Australia Day breakfast.

### February

Wednesday, 7 February, 5.30pm, New Members night. Come along and introduce yourself to some of our new RAAFA Members. Please RSVP.

### Christmas trading hours

The Club will be closed from Tuesday, 26 December, reopening Tuesday, 2 January.

### Short stay accommodation

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

## Bull Creek Club

Phone: 9311 4460



### Bar

Monday to Thursday, 9.30am to 6.00pm  
Friday, 9.30am to 10.00pm  
Saturday, 3.30pm to 6.30pm

### Specials

Monday and Wednesday, happy hour, 4.00pm  
Monday to Friday, morning coffee and afternoon tea with a selection of cake slices, 9.30am to 5.30pm  
Monday lunch, roast of the day, \$11.00  
Monday, chase the ace, 4.00pm to 5.30pm  
Tuesday lunch, fish and chips \$11.00  
2nd Wednesday, A la Carte dining (bookings essential)  
2nd Thursday lunch, lambs fry and bacon \$13.00

### Counter lunches

Monday to Friday, 11.30am to 1.30pm

### Dinner dance

Friday, 5.30pm to 10.00pm

### Events

#### December

Sunday, 3 December, 12noon, Kids Christmas Party. Includes face painting, craft, balloon fun, animal farm with Santa arriving at 2.00pm. \$22 per child  
Book at the bar or call Judy Bland 9311 4401.  
Monday, 25 December, Christmas Day Lunch, 3 course meal, \$65 per person. Book at the bar.

#### January

Friday, 26 January, Australia Day, 4.00pm to 7.00pm, drinks and entertainment by Peter Williams.

#### February

Friday, 9 February, 5.30pm. New Members Night. Come along and introduce yourself to some of our new RAAFA members. Please RSVP.

### Christmas trading hours

The Club will be closed from Tuesday, 26 December, reopening Tuesday, 2 January  
Residents requiring transport out of volunteer buggy hours, please contact the bar for pickup.

## Café Dean

Alice Ross-King Care Centre



Phone: 9324 0154

### Trading Hours

Monday to Saturday, 9.00am to 3.00pm  
Monday, 5.30pm to 7.30pm  
Sunday and Public Holidays 10.00am to 2.00pm

### Specials

Monthly Special Saturdays, contact the Café for details.

### Christmas trading hours

Closed Christmas Day and New Years Day.

## SUBMISSIONS FOR AIR MAIL

5 January for February / March  
2 March for April / May  
4 May for June / July

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](mailto:airmail@raafawa.org.au) in the first instance or via snail mail to Julie Stearne, 2 Sleaford Road, APPECROSS WA 6153.

## Thank you

A CERTIFICATE of Appreciation was recently presented to Joondalup Coachline in appreciation and acknowledgement of the service they have been providing to Cambrai Village and other estates for the last 10 years.

They have provided many outings to interesting places and country areas, including morning teas and lunches.

The trips have always been well researched by the driver to enable them to provide information about the trip that would be of interest of the passengers.

The care and wellbeing of the residents has always been a priority and when there has been insufficient numbers to make the trip economical, the coachline has reduced their costs to not disappoint the residents that wanted to do the trip.

RAAFA extend a big thank you for the special care you have given to all of our residents.



Joondalup Coachline's Jim Buckingham receives the certificate from Division Councillor Lindsay Lane



## RAAFA Welfare Team

### Cambrai Village

Vanessa Priestley 9304 5280

### RAAFA Estate Merriwa

Suzanne Free 9400 3778

### AFME

Carena Blair 9311 4562

### Erskine Grove

Angeline Carleton 9586 4309

### RAAFA Estate Meadow Springs

Tracey Lockett 9582 5369

### RAAFA Amity Village Albany

Ceridwen Fitzpatrick 9841 8311

### 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

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

#### Weekly

**Mondays – Life Care Physio Clinic, Orion Medical Suites**

Contact 9424 0200 for an appointment with David.

**Mondays, 12noon – Falls Prevention Clinic with a Professional Physio, Orion Function Room**

Fees apply, rebates available.

**Mondays, 10.30am – Tai Chi Chen Style, Orion Function Room**

With professional instructor, \$5.00 per class. Simple to learn with only 8 moves enables you to concentrate on each step.

**Mondays, monthly, 11.30am to 12.30pm – Ukulele Lessons, Orion Function Room**

Even if you don't have a musical bone in your body, simply come along and have a go. Martin is an excellent teacher and the songs are delightful.

**Mondays, monthly, 11.30am to 12.30pm – Spanish Lessons, Orion Function Room**

Are you interested in learning a new language? Martin teaches this exotic, easy to learn language. Call Carena with expressions of interest.

**Wednesdays, 10.00am – Fitness with Emma continues, Orion Function Room**

Personal gym instruction available.

**Thursday, 10.00am – AFME Chess Club, Orion Function Room**

Keep your mind active and your memory sharp. Fight Dementia and learn something new or revisit something you enjoyed.

Thursdays presentation mornings. Personal interest, spirituality, natural therapy, history, science and health. Contact Carena with any suggestions or if you want to know what's happening next.

**Friday, monthly, 10.30am – Brain Training, Orion Function Room**

Please call for dates. Caitlin has returned to test and tease your brain like never before.

**Fridays, 10.30am – Five Elements QiGong, Orion Function Room**

A gentle but effective way to take an active part in your wellbeing, why not give it a try. Professional Instructor. \$5.00 a class.

**Fridays – All Saints Intergenerational Program – Working around school terms – Orion Function Room**

Plenty of opportunity to visit the school for artistic events and Christmas celebrations.

**Saturdays, am – Nordic or pole walking**

Get your feet walking and your brain working all at once. Heather is a trained Nordic walking instructor from Alzheimer's WA and will be commencing her Saturday walking group here. There will be stretching and a friendly coffee after class.

### Meadow Springs

#### Weekly

**Tuesday, 10.00am – Mavericks Social Club for Members Living with Memory Loss, Erskine Grove Clubhouse**

Bus transportation available for Members not living on the Estate. Contact Tracey for more information.

### Erskine Grove

#### Weekly

**Tuesday, 10.00am – Mavericks Social Club for Members Living with Memory Loss, Erskine Grove Clubhouse**

Bus transportation available for Members not living on the Estate. Contact Angeline for more information.

### Merriwa Estate

#### Weekly

**Monday and Wednesday, 9.00am – 9.45am – Water Aerobics, Therapy Pool, \$7.50**

Craig, Fitness Instructor/Personal Trainer to the senior age group, provides low impact stretching and cardio exercises to enhance your fitness and wellbeing.

**Thursday, 10.00am – 11.00am – Group Functional Fitness, Meeting Room, \$10.00 includes smoothie**

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

**Monday, 9am – Noon (Approx), Arcade**

Chiropractor Dr Brian Tvoric available to support your needs. Phone 0431 196 461 for appointment.

**Tuesday, 8.00am-2.00pm, – Australian Hearing, Arcade**

Available for hearing screenings and equipment maintenance, repairs and battery servicing. Some DVA benefits available. Appointment book in Arcade. Phone 9204 9200.

Contact Suzanne or see the Merriwa Messenger for other upcoming welfare events.

### Cambrai Village

#### Weekly

**Cambrai Walking Group meet every morning and some afternoons, anyone interested in joining please meet in the foyer at 8.15am**

Comfortable walking shoes and water bottle required.

**Monday and Friday mornings – Dr Derrick Kuan's Surgery, appts in Treatment Room**

Call 9408 5400 to book and remember to ask for your appointment at Cambrai Village.

**Tuesday, 8.00am – 12noon – Podiatrist**

Fredrick is available for appointments. Appointment book in Cambrai Foyer.

**Wednesday, 10.00am – 12.00pm – Memory Lane Café**

Provides a social gathering for residents living with memory loss or concerned about their memory to remain socially engaged. Contact Vanessa for more details.

**Wednesday and Sunday – Physiotherapist Julie Pham and Steve White**

Available for appointments in Treatment Room from 8.00am. Appointment book in the Cambrai Foyer.

**First and third Thursday of the month – Australian Hearing, Cambrai Treatment Room**

Available for advanced hearing checks, hearing aid repairs, equipment cleaning and new batteries. Some equipment available for free for DVA recipients. Call 9204 9200 for an appointment.

## The mighty Red Devils

THE Red Devils team from Vivian Bullwinkel Lodge are champions once again, winning the Aged Care Games for the third year in a row.

This outstanding team has trained tirelessly for the event over the last three months, with two to three training sessions each week. They trained for the four events, passball, hockey, bean bag toss and skittles.

Occupational Therapist Alanna Bertoldo said that the benefits from the games were huge and included team building, physical strength and mobility maintenance as well as an opportunity to meet new people and make new friends.

The games provide the participants with a sense of purpose and a shared goal to work towards, giving them added motivation and an increased sense of wellbeing.

The Red Devils hold the personal record



*Team member June Wilson with the winner's trophy*

in passball with a score of 37, which is unbeatable at this point!

Congratulations team!

## Reaching a Centenary

MCNAMARA Lodge resident Frances Bell was the latest member of the RAAFA community in Mandurah to reach her Centenary on 27 August – and she celebrated the occasion surrounded by friends and family.

Frances has had a very full life over her 100 years. She has lived in Melbourne and Queensland, as well as Perth and has had many passions throughout her life, including reading, eating out, picnics, sightseeing, visiting the movies and theatres, as well as enjoying frequent river cruises.

Having grown up in Victoria, Frances attended St Monica's Catholic school in Essendon – and being a Victorian, it's no wonder she especially loves Melbourne Cup Day.

Frances married and had three children – Barry, Reg and Rosemary and today she has many grandchildren, including Jamie,



Naomi, Natasha, Janine, Rohan, Nathan and Christian.

After being widowed in 1973, she has continued to enjoy a full life, often visiting the eastern states to see family and being very much immersed in her children's lives. As well as looking after grandchildren, she has loved caring for her daughter's dog whenever the need has arisen. It comes as no surprise then that Frances says she is a huge dog lover, but she is very fond of cats too.

Congratulations on reaching your Centenary Frances, from all of your friends at RAAFA.