



RAAFA announces Leadership Award for 2020



LtoR Air Commodore Fiona Dowse, Michael Dolecki, Clive Robartson



18-year-old Michael Dolecki is the recipient of the 2020 RAAFA WA Leadership Award, which was presented to him by State President, Clive Robartson and Air Commodore Fiona Dowse AM CSC, at the cadet graduation parade and award ceremony in late January.

Michael started his cadet career, by his own admission quite reluctantly, just over five years ago.

"At the time I wasn't sure if it would be right for me, but after one night I was hooked," said the Stirling resident and mentor to junior cadets.

"Since that time, the opportunities which the Australian Air Force Cadets (AAFC) have offered me have been second to none, and I would not be who I am today if I hadn't chosen to continue with the program."

During his cadet career, Michael has been appointed as Cadet Executive Officer, Deputy Drum Major, and manager at cadet level of 7WG Logistics Flight, which sees him responsible for the management and distribution of Commonwealth

issued uniforms and equipment for all AAFC units throughout WA.

"I am thrilled to have been awarded the 2020 Leadership Award which will provide an essential steppingstone to build on the skills I have been introduced to through the AAFC, and hopefully make me a worthy candidate for a role in the RAAF," said Michael.

"As a cadet I have had exposure to leadership, teamwork, aviation, ADF experiences, instructional skills, drill and discipline, and most importantly, mateship."

Michael's career goals include enlisting in the Royal Australian Air Force (RAAF) to either pilot or operate on the C-17 Globemaster Aircraft, or to become part of No. 36 Squadron RAAF.

The Leadership Award consists of paid work experience with RAAFA as well as a \$1,000 scholarship fund.

In 2019, Hamilton Hill local Alexander White was presented with the 2019 award and has just finished his work experience program at RAAFA.

Aiming high

Gaining exposure to a professional working environment, learning how to balance priorities and striving to maintain a work/life/study balance have all been outcomes of the 2019 RAAFA Leadership Award according to its recipient, Alexander White.

Alexander has spent the last year working in RAAFA's IT department on a broad range of tasks, including building a computer for the new virtual reality exhibit at Bull Creek's Aviation Heritage Museum, rolling

out an emergency alert system at AFME and programming the electronic security door cards for Gordon and McNamara Lodge.

"I've learnt lots about RAAFA's culture and it's been a really interesting experience," said Alexander, who is in the second year of a botany degree at the University of WA and was also a finalist in the Australian Scholarship Group NASA Space Camp in 2017 and 2018, and the RSL's Cadet of the Year in 2018.

"I've loved immersing myself in the work environment at central support office in South Perth, it's a very inclusive place and full of lovely people. Everyone is helpful and extremely convivial."

He will continue to work part-time within the IT department while undertaking his degree, though he is also currently applying for a position in the Air Force.

"I'm hoping to gain a position for the 2021 intake as an officer cadet at the Australian Defence Force Academy," he explains. "It will mean having to restart my degree, but



I'd be very happy to do that if the opportunity with the Air Force eventuates."

Good luck Alexander from everyone at RAAFA as you move forward with your career.

Page 4
Cambrai:
20 years

Page 5
RAAFA's focus
on equality

Page 6
Still happy
at 100

Page 7
Adventures
in Oman

Page 10
Aging active
ageing

VISION

To go above and beyond, engaging and supporting our community

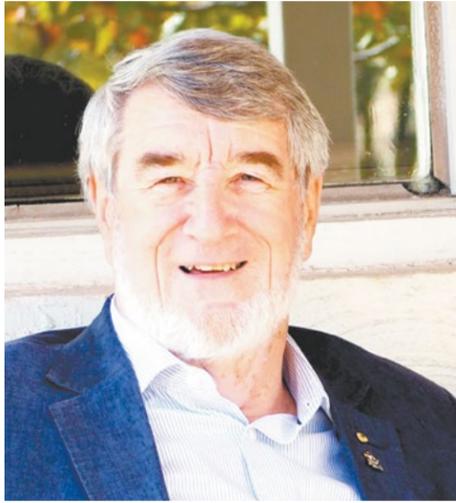
PURPOSE

Honour the past, be in the present, embrace the future

VALUES

Respect; Care; Honesty

President's view



By Clive Robartson AM

Hello. There are so many exciting activities unfolding across the Association at the moment, I am not sure where to start with this edition of President's view!

Some of these activities have an impact on our day-to-day operation and others are planned for the future. We are always interested in seeking to understand what your expectations are, as members of the Association and in the coming months you will be receiving a short survey to complete. As we engage in these activities, I am continually reminded of our history and culture that has contributed to a sure foundation upon which we can continue to build today and into the future.

Centennial of the Air Force Association

I recently was honoured to attend the Centennial Dinner of the Air Force Association (AFA) in Canberra to represent the Western Australian Division as we celebrated 100 years of service and support to our members.

The Centennial Address was given by our National Patron, Chief of Air Force, Air Marshal Mel Hupfeld AO DSC. As you might expect AIRMSHL Hupfeld has contributed exemplary service in the Air Force. In his speech, he recognised the value of the AFA in providing for service personnel over many years and that it was important this

continue into the future. He painted a confident picture of the Air Force of today, moving forward with a new generation of aircraft and technology necessary to sustain the Australian national defence objectives.

This outstanding speech left me with a strong sense of confidence in what we are seeking to achieve as an Association. We are an organisation established from a long history and culture of belonging, serving our veterans, their families and a strong heritage that;

Honours the past, is in the present and embraces the future

2020-2025 five year strategic map

The culture and history I have referred to above underpins our 2020-2025 Strategic Plan. This plan in the form of a map will guide the AFA over the next five years, reaffirming our values of - Respect, Care and Honesty (you will have seen these values prominently displayed on our notice boards across our villages). Our 2020-2025 priorities are:

- Clear Skies - staying true to our charitable purpose
- Customers and members - understanding and responding to needs
- Internal process - enhancing operational excellence and productivity
- Learning and growth - building strength in our people
- Financial - ensuring our financial health and sustainability

The Division Council has strongly endorsed the Strategy Map and looks forward to working with the CEO and staff to reach Our Vision;

To go above and beyond in engaging and supporting our community

Aviation Heritage Museum

If you haven't visited the museum for a while then I suggest you do so. The volunteers have made an outstanding contribution over

the last few months re-arranging displays and making room for new exhibits. The Bell UH-1H Iroquois (Huey) helicopter has recently been moved into the South Wing hanger. Innovative ideas such as the recent family days with the opportunity to actually sit in the cockpit of a number of aircraft proved very popular.

Some of the changes made are in anticipation of a new range of historic trainer and fighter aircraft planned for the museum.

Ceremonial events

Subject to government directives regarding the holding of public gatherings relative to the Corona Virus (COVID-19), the following events are planned.

ANZAC Day - To all our village residents, I ask you to check your newsletters and notice boards for updates on local ceremonies and events.

Bomber Command Commemoration - event cancelled

It is with deep regret that we must announce that we will not be holding a Bomber Command Commemoration event this year.

This commemorative ceremony is particularly important to the RAAF family and we have not taken the decision to cancel the event lightly. We take the wellbeing of our members, friends and community very seriously and do not wish to put anyone's health in jeopardy by holding the event.

Our ceremony commemorates those who served in Bomber Command as air or ground crew.

55,573 young men died flying with the Bomber Command during WWII. Most who flew were very young, many still in their teens and crews came from across the globe, including Australia.

Approximately 10,000 Royal Australian Air Force personnel served with Bomber Command and 3,486 were killed.

The young men of Bomber Command faced dangers that are almost unimaginable to secure our freedom. Their extraordinary courage and sacrifice shall never be forgotten, and we will do our very best to ensure they are still remembered this year.

It won't replace a ceremony, but we will be adding an information and resources section to the Aviation Museums website on Bomber Command, in late May. We will be sharing this information across our networks and encourage you to visit the site and do the same.

We sincerely appreciate your understanding during these difficult times.

Battle for Australia - Once again we are planning to commemorate this event with a tentative date set for Thursday, 3 September 2020. Yes, it should be on the second however, the following day will enable students from nearby schools to participate. Further details to follow in future editions of Air Mail.

Annual General Meeting - As we are unsure if the new club at Bull Creek will be completed in time for the AGM, it has been decided to hold it at our Meadow Springs Estate. Details of the AGM and schedule for nominations and notices of motion are advertised elsewhere in this edition of Air Mail.

AFA Centennial celebrations - We are planning to celebrate the centennial of the Association later in the year. Details will become a little clearer when we know the completion date of the club and Cirrus Apartments at Bull Creek. It would be wonderful to be able to combine the opening ceremony and our centenary celebrations, but this may not eventuate. Alternative options are being considered.

In closing, 2020 is to be a very busy and exciting year for the Association. I look forward to sharing with you as members and participation in some of the many events planned in our villages.

Your Division Councillor, Geraldine Carlton

Geraldine Carlton was appointed to the Division Council in April 2015.

Originally from Northern Ireland, Geraldine emigrated to Australia in 1989. Geraldine has a nursing background however she has spent over 20 years in Executive roles across a number of Public Hospitals. She has held Executive roles in

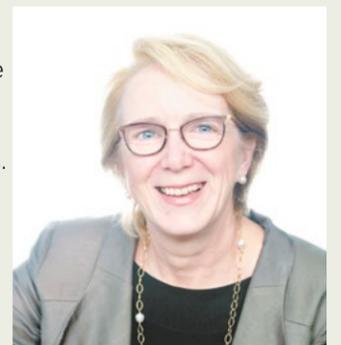
Princess Margaret, Rockingham General, Royal Perth and Sir Charles Gairdner Hospitals.

Currently Geraldine is leading the transition of the cleaning, logistic and catering staff in Fiona Stanley Hospital who are employed by SERCO who will move to become Public Sector employees.

Geraldine is a Board member of the not for profit 'Health Round Table' which is an organisation that establishes networks and information sharing to improve patient care across Australia and New Zealand.

Geraldine has a particular interest in safety and quality of services and is committed to the patients and their

families being the centre of care decisions.



Air Force Association (WA Division) Inc. Trading as RAAFA

18 Bowman Street, South Perth WA 6151
T (08) 9288 8400
E enquiries@raafawa.org.au

W www.raafawa.org.au
f RAAFA WA

Air Mail Enquiries Julie Stearne
E airmail@raafawa.org.au

Air Mail story deadlines

1 May for June / July
3 July for August / September
28 August for October / November

Please email articles to airmail@raafawa.org.au (preferred) or post to **Julie Stearne, 18 Bowman Street, South Perth WA 6151.**

CEO's perspective



By John Murray

The start of 2020 has provided all Australians across the nation with numerous challenges.

We have had the awful impacts of many fires, suffered loss of

homes, lives and destruction of natural environments in which our native wildlife fought to survive. These have been followed by multiple storms which have brought additional challenges to organisations like ourselves.

And of course, the arrival of the Coronavirus (COVID-19) has caused all organisations across Australia, and indeed the world, to implement risk management strategies.

You will have noticed throughout our villages and residential aged care facilities that we have put in place a plan to respond to any potential infections at our sites. Certainly, the knowledge that this virus may have higher risks for seniors is front of mind for all of us at RAAFA.

We are also currently working with our Division Council, executive

leadership team and a number of professionals to review our existing risk framework and how we respond to current and future events.

I note the Australian response has been to create the 2020 toilet paper famine, which provides humour for some, but in reality this is a reflection of our country's current level of concern.

Please be assured that our staff will endeavour to support you if you are feeling concerned, or if you need help in any way during this unprecedented time.

I ask that you take assurance from the fact that RAAFA has put in place a comprehensive response plan, with all the knowledge and capacity that we have, which will hold us in good stead for the coming weeks and months.

Finally, please take comfort from the words of one Australian doctor, who has worked with patients with hepatitis, measles, shingles, whooping cough and diphtheria among other infectious diseases, and who says he is not scared of the virus, but instead the fear that has induced stockpiling and panic in our society. To quote his calming words, he asks that we:

"Temper fear with reason, panic with patience and uncertainty with education... Let's meet this challenge together in the best spirit of compassion for others, and above all, an unfailing effort to seek truth, facts and knowledge as opposed to conjecture, speculation and catastrophising. Facts not fear. Clean hands. Open hearts."
Infectious Disease Specialist and Doctor, Abdu Sharkawy.

Enjoy retirement at Cirrus Apartments

More than 30 apartments in the new Cirrus Apartments complex have already been sold, and they haven't even yet been advertised.

"At the time of writing, which is mid-February, we've now sold 35 of the apartments which is just amazing given there has been no external marketing as yet," says Margaret D'Arcy, Leasing Associate.

"What's more, the building remains on schedule to be ready for occupancy during September, which will be here before we know it."

Being constructed on AFME in Bull Creek, the modern six-level building features a range of stylish two or three bedroom apartments, a residents' lounge and a number of penthouses with sweeping river views.

A café, restaurant, sports bar, bowling club and function rooms will also be based on the ground floor, enabling retirees to catch up with family, friends and other residents in a variety of different settings.

Additional amenities on the estate include an activities room, alfresco barbecue areas, beauty salon, gymnasium and hairdressing salon, a library, medical rooms, a tennis court and an indoor swimming pool.

"All of the apartments and the



additional amenities will mean that residents can enjoy a fabulous, independent lifestyle surrounded by beautiful parklands, all within a caring community of like-minded retirees."

For more information about how you can enjoy modern, independent retirement living at Cirrus Apartments within Air Force Memorial Estate, call (08) 9288 8446 or email afmeleasing@raafawa.org.au.



Annual General Meeting Air Force Association (Western Australian Division) Inc. (trading as RAAFA)

By Ron Onions, State Secretary

Saturday, 24 October 2020 at 9.30am

RAAFA Estate Meadow Springs, Club

Registration and coffee will be available from 8.30am

Timing

1. Any notices of motion and or agenda items are required to be in the hands of the State Secretary by 29 July 2020.

2. Nominations for Division Council are required to be in the hands of the State Secretary by 5 August 2020.

3. Voting papers, if required, will be sent to all members by mid-September.

4. All ballot papers are to be returned to the Returning Officer by the 4.00pm, 7 October 2020.

Division Council nominations

Division Council is seeking

nominations for this year's vacant positions of State President and three (3) Division Councillors. Each position is for a 2 year period.

Nominations for these positions are to be in writing using the nomination form available from the State Secretary and signed by the nominee and the financial members proposing and seconding.

The candidates must be RAAFA members entitled to vote. Nominations close 5 August 2020 and must be accompanied with a brief CV, not exceeding 300 words.

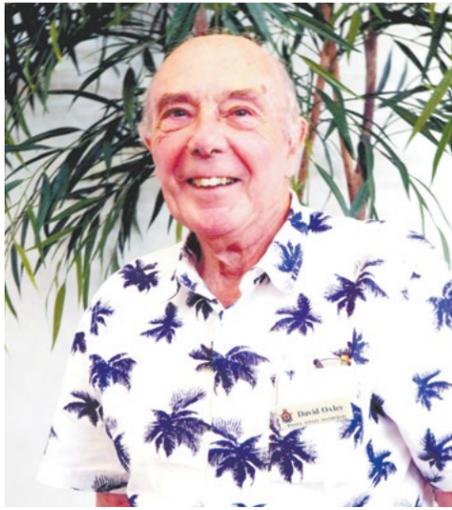
Your photograph will be taken at your due diligence meeting which must be completed with the State President and Chief Executive Officer before the nomination can be accepted.

Applications are to be forwarded to Central Support Office, 18 Bowman Street, South Perth, 6151.

Returning Officer

The Division Council will appoint the Returning Officer to supervise the ballot for the vacant Division Council positions and for the counting and custody of the vote.

Padre's piece



By Padre David

For well over a year now I have been writing my memoirs and one of the earlier chapters covers my student days at Manchester University and my training for the ministry of the Congregational Church. I have an anecdote or two about the pranks and mischief that a couple of us got up to in those days. My colleague in strife was the Revd. Ian Gregory. Ian was later ordained in what is known as the Congregational Federation which consists of those 300 or so churches that did not join the

United Reformed Church when Congregational and Presbyterian Churches came together in England in 1972.

Ian, however, is well known in England as the founder of the National Campaign for Courtesy. It all goes back to 1986 when a couple joined Ian's church after two years working in Singapore. They expressed astonishment at how unpleasant people in Britain's service sector had become in comparison to the smiles and gentle courtesy and respect of Singaporean society. The movement gathered strength with a number of influential individuals and groups in society becoming involved, finally forming 'The Polite Society'.

A National Day of Courtesy was established on the first Friday in October with the stress on the importance of gratitude and a slogan 'Think of someone to thank'.

Ian had previously worked as a journalist and the organisation skilfully used press, radio and television. In 1996, the Society joined forces with the RAC and Highways Agency in an attempt to 'de-rage the roads'. In 1996, the word 'polite'

was dropped and the name 'The Campaign for Courtesy' emerged.

This edition of Air Mail will have a number of articles and information about the celebration of ANZAC Day and it is respect as well as thanksgiving that's at the heart of our remembrance.

We remember with thanksgiving and respect all who have served our country in times of war and particularly those who died in their service.

I fear that the issue at Fremantle that motivated RSLWA to set a policy to ban an Acknowledgement of Country at RSL ceremonies' was particularly lacking in sensitivity to the thanksgiving and respect felt by servicepeople and community alike in the ANZAC ceremony. Similarly, RSLWA was lacking in sensitivity to the respect that has grown over the years in Australia to the recognition of aboriginal people as the first peoples of our society.

I particularly like a quote that comes from U. Thant, the former General Secretary of the United Nations. He said, "Every human being, of whatever origin or whatever station

deserves respect. We must each respect others, even as we respect ourselves".

At RAAFA Meadow Springs Estate, I convene the committee that plans our ANZAC ceremony at our Memorial Wall. I would like to ensure that we commence our ceremony with an Acknowledgement of Country statement. However I will respect the thoughts and feelings of our committee members and together we will make our decision.

In the bible the word 'respect' is most frequently used as accepting and giving value to the things that God would not approve but there's a couple of verses in Psalm 119 that says in addressing God: "I have respect unto all your commandments" and "I will have respect unto your ways". And then Peter writing in his first letter urges "Honour everyone".

Whether we are simply attending or taking a leading part in this month's ANZAC ceremonies, it's with respect that we affirm "We will remember them".

Shalom
Padre David

20 years already?

After going through our historic records in Ad Astra, Jim Grant wrote that, "back in June 1999, Eileen Southern, then State President, said 'Saturday, May 8 saw the official launch of the new Estate, Cambrai Village held at the Merriwa Club.



LtoR Ian McLeod MP, Dr Mal Washer MHR, Eileen Southern, Hon Bruce Scott MHR

It was a splendid day with some 70 units being reserved. Cambrai, the chosen Estate name is significant as it was the battle that saw the first effective use of armoured vehicles in warfare and it was also at Cambrai that the Australian Flying Corps suffered its heaviest loss throughout the war'.

Interest in our new estate was high and Jim recorded, "Smith Corporation agreed in November to start Stage 3 of the Cambrai Retirement Village and a total of 84 units would be underway before mid February 2000. The display homes were opened for inspection on December 15, 1999 and the new Village had received 190 registrations by Christmas, leaving 78 units still to be taken up.

"This response confirmed the wisdom in going ahead with the development. The first residents moved into their units on February 28, 2000 and the village was officially opened on the following day by Hon Bruce Scott, the Federal Minister of Veterans Affairs. By

June sales of units had reached 240 including the 29 reserved for the international Police Association.

Stage 1 of the Club had commenced, Stage 2 was being documented and the administration section of the central facilities was scheduled for completion by October 27, 2000.

"Eileen again reported, 'On March 29 the official opening of Cambrai Village was conducted by the Hon Bruce Scott, Minister for Veterans' Affairs. As members of the Association we all should be rightfully proud of our Association's achievements in building and managing some of the best retirement villages in Australia.

"We are recognised by many, especially in the Veterans' community, as industry leaders. Our founding fathers' foresight and the work done since by many volunteers and staff alike make us the envy of many all around Australia."

The girls who go to war!

Our fathers fought and died and bled, our mothers waited, filled with dread
When postmen's whistles shrilled;
When telegrams so tense and bleak,
Came to the door and men to speak
Of loved ones who were killed ---
And women of the cap and veil, war nurses, never known to fail,
Were there to care for men,
Who came back wounded from the Hell, of rifle round and screaming shell
Our girls were there again!

The desert sands claimed nurses' blood, and tropic beach, like jungle mud
Saw women maimed by war -
And now today what monument, stands tall to mark the lives we spent,
What was the dying for?
Despite the chants of 'lasting peace', the fighting seems to never cease,
And girls still go to war;
To nurse our country's fighting sons, they face the threat of bombs and guns
Now at Australia's door.

The Army nurse, the Navy too, the Air Force nurse in shirt of blue
And heroes one and all,
Deserving of the medals hung on uniforms and ribbons strung
Across their local hall -
But why no tower, of chiselled

stone, to mark the deeds, oft times unknown,
Of girls who go to war?
Year of The Outback, is to hand,
Federation Year I understand,
But are there plans in store -

To somehow show our feelings for the brave young girls who go to war,
And stand beside our men?
For some, not many bugles sound, though dozens sleep in hallowed ground,
Yet girls enlist again.
In many shrines, eternal flames, and granite slabs all etched with names
May stand forever more:
But names in bronze, in street and park, to me are insufficient mark -
For girls who go to war!

Alone tonight, I sit and write, whilst sailors in their shirts of white
And khakied soldiers too,
Are mustered to some sailing place, all strong of limb and stern of face,
With men in airforce blue;
A Minister with malted voice tells listeners there's little choice,
A tale we've heard before,
And like our sons, our daughters too, will do the things brave women do,
Our girls, who go to war.

Kelly Dixon, 2000

Take a punt and give it a go

Alan Warren admits that it took him a while to try croquet because he thought it was an 'old people's game'.

"But when I gave it a go I just fell in love with it, and I've been playing ever since," says the now club president of more than two years.

At 73 years of age, Alan is very aware that he is a relative youngster on the croquet lawn.

"It's just great to get people out and about, as well as moving and walking, and I think it's very good for the mind. We have residents who are well into their 90s who play regularly and enjoy it very much, so I think it's an activity for everyone really.

"We also have social events where we go to restaurants for a meal, particularly in the winter months, so there is a social aspect to playing as well. I'd say to anyone who would like to try it to come along and see for themselves."

For those who are interested, there is the opportunity to play croquet at Meadow Springs Estate every Tuesday, Thursday and Saturday.



Plus on the first Saturday of every month, the club starts play at 2.00pm and then has a sundowner.

"We also have what we call a Dolly Day against Halls Head every 12 months, usually towards the end of the year, and that's a good social event too," adds Alan who has been a resident at Meadow Springs for just over four years.

"Each game only takes around 20 minutes, and to my mind it has so much going for it, I'm the first to admit it's not an 'old people's' game in the slightest," he laughs.

Croquet games are played at Meadow Springs for \$2.00, which affords players as many games as they like. Tea, coffee and biscuits are also included.

Snapshot of history

Credit for the establishment of croquet at the Meadow Spring Estate goes to the then President of the Estate Residents' Branch, Graeme Coventry.

He invited all estate residents to a meeting in October 2000 to ascertain interest in a croquet group being formed on the estate. All 40 odd residents in attendance supported the idea although, interestingly, none of them had played croquet before. A committee was then created with Kevin St Jack as its inaugural President, and Roma Stuber Secretary.

Graeme negotiated successfully with Bill Watts, the Estate Manager of the day, for RAAFA to buy sufficient croquet mallets (made by a Halls Head croquet club handyman), balls and hoops for four groups of four players to play simultaneously. Arrangements were also agreed on for court maintenance, equipment storage and for the croquet group to use a nearby gazebo as a club house.

RAAFA's focus on equality soars

They may have different jobs, different backgrounds, different life experience and even hail from different countries, but RAAFA'S Kirsty Bradbury, Carol Dickson and Penny John all agree that RAAFA is a fantastic place to work.

And on the eve of International Women's Day - held annually on 8 March - the trio of managers are united in their belief that there is real equality between the sexes within RAAFA.

"Women are given exactly the same treatment as men at RAAFA and we are treated totally equally," says Scottish-born Carol Dickson, Quality & Clinical Governance Manager, who was recently promoted to this role from Facility Manager at Gordon Lodge.

"You look around and see women in leadership roles throughout the organisation, and in fact there are now many more men being accepted into caring roles which were traditionally reserved for women, so I think there is real progress being made across the board."

Carol's sentiments are echoed by AFME, Estate Manager Penny John, who has a background in mining and construction and has historically worked in male dominated sectors.

"Women are respected and treated equally throughout the organisation, and in fact in terms of the estate managers, we have five females and one male, so women are definitely accepted in managerial roles at

RAAFA," says Penny, who previously managed a mining camp in Boddington which accommodated over 2000 personnel.

"In the five or so years I have worked for RAAFA I have seen firsthand how the organisation is committed to equality at every level, and we certainly have a very good balance of men and women at the top level too, which is just great to see."

As RAAFA's Facilities and Maintenance Manager, Kirsty Bradbury is also familiar with working in a historically male dominated role.

"Many of my peers working in other organisations in maintenance manager roles are men, but when I look around at my colleagues and also the Executive Leadership Team at RAAFA, I see women represented fairly throughout the organisation," adds Kirsty who has worked for RAAFA for just over two years.

"I worked in property and maintenance, and also real estate for over 25 years and was keen for a role where I could make a difference within the not-for-profit sector. And I feel that RAAFA has given me the opportunity to support veterans and older people in a very meaningful way."



Merriwa open day

Our Open Day in March at RAAFA's Merriwa Estate was a huge success with everything going off without a hitch.

Over 60 people took the opportunity to take a tour through the estate and experience the warm and friendly lifestyle on offer with a view to moving in.

Many residents volunteered to show people around the estate and displayed some of the different activities that we have available, including indoor carpet bowls, table tennis, card games, painting, line dancing, pool, tennis and lawn bowls.

Plus a talented group of resident musicians performed by the pool while people enjoyed a sausage sizzle and watched lawn bowls.

The support and enthusiasm shown by everyone to display Merriwa Estate was heart-warming to see.

However, don't worry if you missed the date and would like to inspect one of our retirement homes now available. Contact 9400 3400 or merriwa@raafawa.org.au to arrange a time.



LtoR Penny John, Carol Dickson, Kirsty Bradbury

Hitting 100 and still happy

Everything in moderation is Miriam Winter's tip for a long and healthy life.

"Eat as many fresh fruit and vegetables as you can, get out and about and meet people and do everything else, especially drinking, in moderation," says the 99-year-old Alice Ross-King Care Centre resident who will celebrate her 100th birthday on 30 March.

Miriam was born on that date in 1920 and grew up in Bristol with a sister and a half-brother and half-sister.

She met her future husband of 64 years when she was out for a summer walk one evening with a friend, and they courted for three years before her mother allowed

them to marry, when Miriam was 20 years old.

The couple went on to have three children - two girls and a boy - and in May 1952 they left England and spent a month on a ship called the *Larg's Bay* as they sailed over to start a new life in Australia.

"England after the war was very dreary and we honestly thought we would give our kids a better life if we emigrated," explains Miriam, who left school at 14 to work in a tobacco factory and then for Bristol Telephone Exchange.

"We originally were looking at New Zealand, but then the process was taking so long that we decided to move to Australia. We arrived on 3 June 1952 to start our new life."

Miriam, her husband Len and their three children, spent a month in a camp at Point Walter before spending three years in temporary accommodation and then moving on to Yokine where they lived for many years.

"Australia has been a wonderful place for us to live and we have had lots of opportunities here," said Miriam, who has been classified as legally blind for the last seven years.

"Since I've been on my own I've tried to live a very full life. Currently I play carpet bowls on Monday, Bridge on Tuesday afternoons and then on Wednesday I go on the shopping bus.

"Joining clubs and being sociable is a really important thing to do I think,



I get a lot of people asking me how I've made it to (almost) a hundred years old, and I tell them to remain social and stay involved."

Happy birthday Miriam, from all your friends at RAAFA and Alice Ross-King Care Centre.

Chinese New Year

What Chinese zodiac animal are you?

2020 is the Year of the Rat and our residents at Vivian Bullwinkel Lodge celebrated Chinese New Year with

a Chinese tea and fortune cookies followed by a traditional lion dance to bring good luck and fortune.

The residents loved the vibrant colours and music as well as the

opportunity to feed the lions red pockets, small red envelopes filled with lucky money.



Services for independence

Erskine Grove resident Robert Bergman has been using RAAFA Connect services for around two years and is full of praise for the staff who come to his home.

"I highly commend all of those individuals at the coalface, they are extremely dedicated and work very hard to offer an empathetic service," says 78-year-old Robert, who was amongst the first residents to move into the estate back in 2003.

"I have a number of conditions including total blindness, and I have RAAFA Connect services every day to provide personal care, meal preparation and to assist me with medical appointments.

"I've gradually increased the services I receive as I've needed them, and have been very happy with the professional level of care I've received from the staff members who visit me during the week. The ladies are all experienced and are incredibly empathetic and caring."

Robert is also full of praise for the lifestyle he has been able to enjoy at Erskine Grove since moving in.

"I'm a Brisbane boy originally and I came over to visit my daughter who was working as a chemical engineer at one of the refineries down here in Worsley," he explains. "I came along to visit Erskine, as I'm ex-service myself, and thought the estate was just perfect for me.

"I love the fact that the community is walled and not open to the general public, so it has a higher degree of safety. What's more, all the general maintenance is looked after, so that is something else that, as a resident, you don't need to concern yourself with.

"The services at the estate are in fact very similar to those offered by RAAFA Connect - personalised, efficient and reliable."

RAAFA Connect can help with personal care services and support around the home, in addition to assistance in getting out and about, including shopping, going to appointments and social activities. Health support is also available, with things like getting to nursing appointments, physiotherapy and health reviews.

For further information on what RAAFA Connect can do for you, please contact 9288 8470 or connect@raafawa.org.au.



Advocates corner



By Graeme Bland

2020 has certainly started with a bang with a long list of new clients seeking our help with their DVA claims or appeals against rejected claims. It's all part of the fun and truly justifies the Advocates existence. To make an appointment, contact bcvetcent@outlook.com or call 9311 4235 for our Bull Creek or Meadow Springs Centres.

Kookaburra kids

The Australian Kookaburra Kids Foundation has arrived in Perth funded by the Department of Veterans' Affairs to support serving and ex-serving Defence Force families. The Foundation provides support for children who have a parent living with mental illness because of military service through weekend camps and school holiday activities. The program is available for young people aged 8 to 18 years old and supports kids to be kids via the provision of mental health education to help them to understand what is going on in their family.

For more information contact Kelly Marshall c/- Kelly.marshall@kookaburrakids.org.au or 1300 566 525, 0419 796 042 or PO Box 1087, Hillarys, WA 6923. Visit their website www.kookaburrakids.gov.au.

Safe Zone support

Reluctant to seek mental health care because you want anonymity? A free anonymous counselling service is available by calling 1800 142 072 for vulnerable veterans and/or their family members.

This support line can assist with mental care, managing stress, trauma or significant life challenges for the veteran community without any names required. Safe Zone Support is in addition to the existing "Open Arms" counselling line on 1800 011 046.

Mental health booklets

Trying to cope with trauma?

Five new booklets are now available that may help veterans and/or their family members and are free to download from the "At Ease" website www.at-ease.dva.gov.au/resources/coping-trauma-military-family.

Booklet topics are:

- Supporting your partner;
- Helping your children;
- Supporting your son or daughter;
- When your parent is having problems (for 13-17 year olds);
- What's happening to my family (for children 9-12 years old).

Adventures in Oman

Experiencing service in Oman in the Middle East as a National Service Volunteer was a dangerous but incredible life experience, according to Glasgow born John Lucas, who is now in his 70s.

"It was a great adventure for a late teenager," he says. "When I served in Oman with the Royal Armoured Corps in a place called Ziki, there were only a small detachment of us. We lived in holes in the ground with tents over them to protect us from mortar bomb shrapnel.

"Another problem for us was dealing with land mines, which often resulted in damaged armoured cars. 'Soft' vehicles, like trucks

and Landrovers required sand bags under our seats and on the floor to provide some protection from land mines, but on looking back it was a great adventure. I'm pleased to have experienced the danger and excitement and would do it again."

John recalls Oman as a very harsh place with some spectacular mountain ranges where rebels would hide. There was also furnace-like heat and a lack of food, all in a very remote and desolate location.

"There were no roads just rough tracks, which took a heavy toll on our two trucks, but we kept them going in spite of enemy action and other damage; we had to be very

good mechanics," he says.

Following service in Oman, John went on to join his regiment, the 13/18th Royal Hussars, in Ipoh, Malaya for the next ten months, which he commented, was a 'holiday' compared to Oman. He was demobilised in 1959, and as he puts it, went back to 'Civvy Street'."

In 1962, this time with his wife, John, looking for more adventure, immigrated to Australia, initially arriving in Adelaide, then settling in Albany, West Australia in 1966.

RAAFA Amity Village Albany has now been home for some



14 months, "It's a great place for retirement," he says. We all help each other, have great neighbours, and it is a wonderful place to live."

Welcome Caroline

If you haven't already, please welcome the new estate manager at Erskine Grove - Caroline Henning.

With a background in not-for-profit organisations and the community service and government sector, Caroline joins RAAFA with a wealth of experience in human resources, management, marketing, facilitation and project management.

"This role really appealed as I wanted to find a new position which enabled me to help people and make a difference in their lives," says Caroline, who has two teenage boys aged 17 and 19, as well as two very spoilt (and apparently fluffy) felines called Bella and Gracie.

"Erskine Grove is a great community where the residents are active and involved in the village, with many volunteering in various capacities, and others travelling in their caravan and also enjoying bike rides and various forms of exercise.

"I am here to ensure they have all the services they need for the lifestyles they want to lead, and also for their retirement generally, and I'm keen to make the estate even better than it already is. I'm also enjoying using my skills from the other roles I have had, and applying them to the RAAFA way."



Much like seniors at Erskine, Caroline, who is a Halls Head resident, enjoys being active in her spare time, riding her bike by the beach, going on walks and gardening whenever she gets the chance.

"In the time I've been here, the residents have also inspired me and I'm enjoying meeting everyone and learning more about them," she adds.

Whenever you get a chance, please say hello to Caroline and offer her a warm welcome to the Erskine community.

Friendships fly

Being a volunteer at RAAFA's Aviation Heritage Museum offers many opportunities for new friendships as well as camaraderie, admits long-term volunteer Ian Heazle, who worked in the Air Force as an electrical fitter as a young bloke, back in the 1960s.

"You work all your life and then it can be quite a shock to retire. I have really enjoyed volunteering two days a week at the museum for the past 12 years or so, and I've definitely collected a few mates along the way," said Ian who was part of 10 Squadron Maritime Reconnaissance on Neptune aircraft, based in Townsville.

"We have people come in and visit from all around the world, which is really interesting, and whatever your skill whether it's as a painter, motor mechanic, typist or anything in between, there's always a department or area that could hugely benefit from your skill set."

Fellow volunteer Bill Langrish, who has a 60 plus year interest in all things RAF/RAAF and WWII related, and who first visited the museum back in 1981, agrees.

"I've always loved the museum and have dropped off model aircraft and tools over the years, but it was only when I retired that everything came together," said Bill, whose eyesight prevented him from undertaking a career in the RAAF.

"I decided that I would fill out the paperwork and give volunteering a go. I've done so many things, I've been a guide, I've been part of the engine team and helped with different tours; to be honest I'm happy to do anything

as I really don't mind getting my hands dirty.

"The biggest thing is that everyone I have met has made me feel very welcome, the atmosphere in the lunchroom is amazing and the guys are terrific, though I'd say there aren't enough ladies. We all do different things and we are a really, multi-skilled place. Anyone who wants to lend a hand will definitely be able to find something to do that they enjoy."

Ian agrees. "I currently serve on the counter and do everything from booking tours for school groups, Probus groups and individuals, to helping with general enquiries.

"You don't really need to be an aviation enthusiast or a technical person to get involved with us," he said. "There's something for everyone, and I'd say to anyone who is interested to come down and get a volunteer form, we'd love to hear from you."



LtoR Bill Langrish, Ian Heazle

Happy to reassure

Staff from the City of Albany were only too happy to come out and reassure residents at RAAFA's Amity Village Albany.

The visit has put resident's minds at rest, over concerns of possible fire risk following the many fires earlier this year.



It was fate that we fell in love

It really was fate that led to Phyllis and Charlie O'Shea meeting and marrying, given they started life on opposite sides of the world.

But despite Charlie being born in Belfast, and Phyllis entering the world in Perth, marry they did on 15 December 1969, and the couple has subsequently just celebrated their 50th wedding anniversary.

Despite having very different upbringings in different countries, one thing the couple both shared was a sense of wanderlust and a desire to travel.

"I was born into a family of 10 kids, I was the fifth one and I have five brothers and four sisters", explains Phyllis who like so many of her peers left school at 14 years old, and went to work in a clothing factory.

"I was always keen to travel and explore the world, but I promised my mum that I wouldn't leave home until my two younger sisters were working," she explains.

And so when she was 28 years old, in May 1968, Phyllis took the brave step of booking a round the world trip, with her first stop London, via a ship called the Himalaya.

"It was an amazing journey which took over five weeks, stopping off at many ports, where I did lots of

tours," recalls Phyllis. "And it was on that ship that I met Charlie, who was 36 years old at the time and working as a steward. We really just chatted whenever we got the chance, but when we got to London he was waiting at the end of the gangplank for me, as he was keen to take me out and show me the sights of the big city."

Phyllis left England for America, where she spent time travelling around the country, before embarking on another ship - the Arcadia - to return back to Australia.

And that's where fate stepped in as, unbeknownst to both of them, Charlie was again working on the same ship.

"I guess that's where we really got to know each other, as it took months to travel from America back to Perth," said Charlie.

"We got engaged in Japan on the way home during September, and we married in December the next year, in Sydney at St Canice Church."

The couple subsequently lived in Sydney for almost two years, before deciding they wanted to return back to WA, where they went on to live in Bunbury for the next three years after Charlie gained a job at the brand-new Sheraton Hotel. And



they went on to have two children - a son and a daughter who now lives in America herself.

Fast forward many years and fate intervened again when the couple were helping Phyllis's sister after her husband passed away.

"My sister was living at Erskine and we happened to go into the office to help sort out a few things for her," recalls Phyllis. "It just so happened that there was a unit vacant at the time which could be secured with \$1000 deposit, and just by fate I was carrying \$1000 in my pocket after being given a Medicare rebate,

so we handed it over, secured our new home, and within only a few weeks our house was on the market and sold.

"That was back in February 2004 and it's hard to believe we've been here 16 years now, but we just love it," adds Charlie. "Australia is the best country I've ever been to and I've visited many, many countries, and Erskine Grove at Mandurah is just the best."

A very happy belated 50th wedding anniversary to Charlie and Phyllis, from all your friends at RAAFA and Erskine Grove.

Still believes it was the best move



Barry Doherty has the claim of being one of the first residents to move into Erskine Grove back in 2003.

"And it was the best move we ever made," said Barry, who moved into his new home in the community with his late wife of 56 years, Rita.

"When I retired my daughter was living in Mandurah and it was a friend of hers who suggested we

have a look at the new Erskine Grove community that was being planned," recalls Barry, who spent 10 years in the Kimberley working on a station he had part ownership of.

"We had our name down for another village at the time, but when we went to have a look at where Erskine Grove was going to be built we were very impressed, and we were really pleased to

secure the exact block and house build that we wanted.

"It's hard to believe that I've been here 16 and a half years now, but I still love everything about the place - the house, the estate, the people and the lifestyle."

Barry is a born and bred West Australian, having entered the world on 23 January 1931 in Cottesloe, before been taken to live in Kalgoorlie with his parents until he was four years old.

"We then moved to the town of Youanmi which is located about 95 kilometres south west of Sandstone and around two and a half hour's drive from Mount Magnet in the Mid-West. I was there until I was packed off to Scotch College when I was 11 years old in 1943," explains Barry, whose mother was only the second woman to qualify as a chemist in WA.

Fast forward a few years and Barry met his wife to be on a blind

date set up by his sister, who was working alongside her friend at MMA Airlines at the time, as a hostess.

"Five weeks later and we were engaged, but we had a long engagement as Rita had signed a contract with the airline for two years, and I was just in the throes of getting the Kimberley station up and running," said Barry.

"We were married on my 29th birthday at Christchurch in Claremont and we stayed up in the Kimberley for over 10 years, before coming back down to Perth as we wanted a good education for our three children."

Today 89-year-old Barry volunteers as a grover driver, an electricity meter reader and a popular member of the hobby shop.

"Erskine is a very laid back, down-to-earth community with great people, and I still feel very fortunate to have moved in here all those years ago."



Spread the word!

Did you know that word of mouth is one of the best forms of promotion?

If you like our RAAFA WA Facebook page and like a post, you are letting

your friends, and their friends know about our great RAAFA community and the wonderful work we do.

Plus, it's an easy way to keep up to date with RAAFA news, as it happens.

Simply search for RAAFA WA on Facebook and Like the page. And don't worry, your page details won't be visible to anyone else.

Winning in the happy stakes

Rudi Loser has had a full and interesting life by anyone's standards, with highlights including being a member of the Swiss Guards, living in the Vatican and going along to the Munich beer festival at least 25 times.

"I would have visited Munich on more than 60 occasions, but going along to the beer festival with my good friend who I grew up with was really up there in terms of good times," says Rudi who was born in Switzerland just before Christmas 1943 in a small town 20km outside Zurich.

Like every other young man his age in Switzerland at that time, Rudi had to undertake military service, which he did in the early 1960s.

"The Swiss guards had quarters in the Vatican, so I lived there for two years and spent a lot of time guarding the Pope who, at that time, was Pope Paul XI.

Rudi, who can speak fluent German and Italian, 'and a bit of French', finished his military service in 1963, and went back to his original profession as a banker.

Fast forward several years and Rudi took a trip to Australia to meet a friend - Paula - who was on a year's working holiday as a

hairdresser in various locations, including on South Mole Island in the Whitsundays.

"We got together in 1983 and when we returned home to Switzerland we got married," explains Rudi.

"But we decided that we didn't like the cold climate and dark winters back in Switzerland, so we jumped on a container ship in Hamburg along with seven other passengers and a small crew, and sailed over to Fremantle via the Mediterranean and Red Sea.

"We arrived at 6.00pm on 6 January 1997 after 28 days at sea, and went to stay with some friends who lived by John Forest National Park. We then went over to Sydney, but came back to Mandurah soon after, when it was still relatively small, with just a population of 30,000.

"We have loved living in Western Australia ever since. We bought a little caravan and did lots of travelling up north, going as far as the Kimberley, as well as adventures across the Nullarbor.

"And now we very much enjoy living at Erskine Grove and keep very active. I ride my bike at least three times a week, and play lawn bowls, and Paula still plays tennis and works part time, and we also join



in with lots of other activities on the estate.

"Australia is the best country, we could just do with something similar to the Munich beer festival, oh and maybe daylight saving too," he laughs.



Meet up and mingle at Erskine Grove

Are you a single person who would like to meet others for a cuppa and a chat, or perhaps a laugh or two?

If that sounds like you, then we'd like you to know more about what we've called our 'Solo Group' at Erskine Grove.

Angeline Carleton, Welfare Officer and Dementia Champion at Erskine Grove, explains that the group meets once a month for various catch ups and outings, including high teas, lunches and also opportunities to get together on the estate, including movies at the community centre.

"This is a group for those who want to be more social and have the opportunity to chat to like-minded people," said Angeline. "It's not a bereavement group or a dating group or anything like that, it's basically for people who would like to get out and mix with other single residents, or get to meet other people to help reduce the risk of social isolation and loneliness."

Resident Nora Wingrave, who moved into the estate around 18 months ago, is a member of the group.

"I relocated to Mandurah from Queensland, so it was a very big move for me and I didn't really know

anyone at Erskine," said Nora, whose late husband was in the Air Force during WWII.

"I really enjoy going along to Solo Group every month. Sometimes we have as many as 12 to 20 residents, and we always enjoy pleasant get-togethers. Everyone is very friendly and it's just nice to chat to new people and enjoy new experiences."

The Solo Group meets on the second Thursday of every month in the community centre. More information can be found in the estate's newsletters and noticeboards, or contact Angeline Carleton on 9586 4309.



Nora Wingrave

Exercising with an ancient art

Did you know that Tai Chi classes take place every week at Erskine Grove's clubhouse?

"They're suitable for people of all ages and the feedback we've had has been excellent, with residents reporting that the classes have been helpful for their balance, promoting circulation and boosting feelings of well-being," said Angeline Carleton, Welfare Officer and Dementia Champion at Erskine Grove.

"Research shows that Tai Chi can also be a fantastic way to prevent falls, which is another reason why we were keen to introduce it to the estate," adds Angeline.

Resident Margaret McGlenn, who attends the Monday morning sessions every week, says she has found them extremely helpful for her joint issues.

"It's been great for my balance,

and also my memory as we learn a number of different moves as part of the class," said Margaret, who admits she's always enjoyed exercise.

"You have to concentrate all the time and you're using every muscle in your body, so I feel like I've always had a really good workout by the time I've finished.

"As well as the regular classes every Monday, a number of us also meet every Friday for half an hour or so to practice on our own. We work together on the moves and if someone is not too sure of what to do, we all help each other out and also ask our instructor for his advice the following Monday.

"I certainly can't recommend the classes enough, all of us who attend really enjoy them, and new people are always welcome."



Acing active ageing

Residents have a brand-new gym at Erskine Grove, complete with a range of equipment specially designed for seniors' exercise, rehabilitation and wellness.

The new \$110,000 facility consists of a brand-new extension, which has doubled the size of the original gym, and contains more than \$60,000 worth of specialist gym equipment.

Caroline Henning, Estate Manager, explains that for some time Erskine Grove residents have requested an extension to the gym to enable more equipment to be added, and increase the number of people who can comfortably use it.

"After we undertook a resident/committee consultation early last year, RAAFA allocated the funds and work started in early

September," Chris explains.

Margaret and David East are two residents who have started using the gym frequently, and are very pleased with the new facility, which was finished at the end of last year.

"I was going to a gym in Mandurah, but I have no need to now as our new gym is really convenient, and I love the fact that I can go any time I want, whether that's in the morning, afternoon or evening," says Margaret.

"I have a program from the exercise physiologist that visits Erskine on Tuesday and Thursday afternoons, and I'm now spending about an hour three times a week on the program, whilst my husband goes twice a week and spends about half an hour on his program.

"We are really pleased with the facility, it's a great addition to our estate and we love that it's right on our doorstep."



RAAF Centenary



By WGC DR Mary Anne Whiting

The Royal Australian Air Force is preparing to mark its Centenary as an independent service in 2021.

Air Force is planning a national series of events and initiatives to honour the sacrifices and service of the last 100 years, demonstrate today's highly capable force, and foreshadow its continued evolution into the future.

There will be events and activities at the national, regional and base levels to highlight its enduring contribution to the security of Australia. There will be at least one significant Centenary event in every State and Territory. During 2021, Air Force is planning to conduct a regional engagement program which will focus on locations where Air Force has previously had a base during WWII.

The Centenary program will acknowledge Australia's air power began with the Australian Flying Corps which fought with distinction in the Middle East and Western Front in WWI.

Since then, generations of Air Force members have provided outstanding service to the nation - including WWII, Korea, Malaya, Vietnam, East Timor, Afghanistan and Iraq. The Centenary will

be a time to reflect on their achievements and sacrifices. Since 1921, more than 11,100 Air Force members have lost their lives while serving Australia - 9870 during WWII.

Centenary highlights will include the Australia International Air Show - Avalon in February 2021, which will feature a sizeable historic aircraft presence. The presentation of a new Queen's Colour is scheduled for 31 March in Canberra. State and Territory RSLs have agreed for Air Force to lead marches on ANZAC Day. The 2021 program will close with a special commemorative service at Point Cook.

It is important to note the Centenary program of events will occur as Air Force supports ongoing operational tasks. Air Force is cognisant it may need to make changes to the Centenary schedule if operational circumstances require.

Stay updated on Centenary planning through our website: www.airforce.gov.au/100



WRAAF Branch

By Judy Bland

Events

Tuesday, 7 April, 1.00pm. General meeting in the Meg Olive Room at AFME Bull Creek followed by Easter Bonnet Parade. Wear your best 'bonnet' and bring an Easter item for the raffle.

Saturday, 25 April - ANZAC Day. Once again, we welcome all ex WRAAF/RAAF ladies and also extend an invitation to any serving ladies to join us for the ANZAC Day March in the city.

Tuesday, 5 May, 1.00pm. General meeting in the Meg Olive Room followed by an afternoon tea honouring all mothers.

Reminder to all ex WRAAF/RAAF that the National reunion celebrating our 70th Anniversary will be held in Canberra, 23 to 25 April 2021. Details are just starting to come through for this.

Further inquiries to Judy Bland, 9311 4401 or gjb41@bigpond.com.

Mardi Gras

When Mardi Gras came around in February this year the residents at Karri and Tuart Lodge were ready to celebrate.

The therapy team did an amazing job setting up a theme music event, which included decorations, beautiful sparkling eye masks and the most important part, energetic and vibrant music to put everyone in the mood. Music ranged from samba to the Village People to



mimic the New Orleans Carnival vibe.

The residents and staff had an absolute ball.

Meadow Springs Branch

By Fran Hewitt

Activities and Events

Tea and talks for 2020
Our tea and talks started in February with a meet and greet for new and current residents. This was a chance to inform new residents what activities are available in the village with the opportunity to ask questions.

They are held in the Edwards Room.

The tea and talks will be every two months and the bookings so far are:

Tuesday, 23 June, 10.00am. Champagne Travel has representatives from Princess

Cruises and APT Travel coming to talk to us.

Tuesday, 25 August, 10.00am. We are hoping to have a talk from RAC titled, Your Driving Future, but this is still to be confirmed.

If you wish to attend the tea and talks there will be a list on the Branch Notice Board for you to add your name to. This helps us know anticipated numbers.

If you wish to attend a meal, place your name on the books near the bar. There is also a list on the Branch Notice Board if you wish to volunteer in a small way and not be committed but can be available if, and when, we need some extra assistance.

Due to COVID-19 check with your local Club or Estate Office regarding opening times and events, which are subject to change daily.

CAMBRAI CLUB 9304 5400 or if unattended 9304 5219 or 0417 922 658

Bar

Tuesday, 4.00pm to 6.00pm (open to 8.00pm on 2nd & 4th Tuesday)
Wednesday, 4.00pm to 8.00pm
Friday, 12noon to 1.00pm
Friday night opening times may vary, contact Club for details

Specials

Tuesday and Wednesday, happy hour, 4.00pm
2nd Tuesday, chicken parmi night \$12.00, 6.00pm to 7.00pm, Picardy Restaurant (bookings essential by 12noon Friday prior)
4th Tuesday, fish and chips \$12.00, 6.00pm to 7.00pm in the Club rooms (bookings essential)
Wednesday, morning tea, 10.00am to 11.00am
Wednesday, 2 course roast dinner, 6.00pm to 8.00pm, Picardy Restaurant (bookings essential).
Friday, bar menu, 12noon to 1.00pm
Friday, happy hour, 5.00pm when function on

Events

48 hours notice for function bookings preferred
Sunday, 10 May, Mothers Day lunch (bookings essential)
1st & 3rd Friday of the month, 5.00pm to 8.00pm sundowner or function. Dates may vary so contact the Club for details. Book early and don't forget to invite family and friends. We look forward to seeing you there.
Closed Public Holidays, including Good Friday, Easter Monday, and Monday 27 April (ANZAC Day holiday).

BULL CREEK CLUB 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 to Thursday, 4.00pm to 5.00pm happy hour
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, \$12.50
Monday, chase the ace, 4.00pm to 5.30pm
Monday, \$10.00 dinner meals to eat in or take away, 5.00pm to 6.00pm
Tuesday lunch, fish and chips day \$12.50
4th Wednesday of the month, A la carte dining night (bookings essential)
Every 2nd Thursday lunch, lambs fry and bacon \$13.00
Friday drink specials, 5.00pm to 7.00pm - \$6.00 pints of selected tap beer, \$12.50 bottle of house wine

Club lunches

Monday to Friday, 11.30am to 1.30pm
Club menu plus freshly cooked buffet specials each day from \$15.00 (All main meals include salad bar)

Friday night dinner

Friday, 5.30pm to 7.30pm \$17.00 to \$18.00 meals
Friday Club Jag the Joker from 5.00pm to 7.00pm plus Club raffles and \$100 Club

Events

Saturday, 25 April, ANZAC Day lunch. Serving counter lunches from 11.00am-1.30pm
Friday, 29 May, Friday Night Theme Night. Entertainment by Jonny Norriss (book a table at the Club)
Closed Public Holidays, including Good Friday, Easter Monday, and Monday 27 April (ANZAC Day holiday).
Residents requiring transport out of volunteer buggy hours, please contact the bar and we will organise pickup.

Function Rooms

Available for hire to all RAAFA members. The Club has two private function rooms with a cash bar and commercial kitchen that can cater for any special event. For further information, contact the Club.

MEADOW SPRINGS CLUB 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, coffee and cake special until 5.30pm, \$5.50
Tuesday, fish and chips lunch special, \$13.00
Wednesday, chase the ace, bingo, horse racing and evening meal, \$13.00
Thursday, happy hour, 4.30pm to 5.30pm, Sports Bar
Thursday, 16 April & 21 May, lambs fry special

Counter lunches

Monday to Friday, 11.45am to 1.30pm

Events

Saturday, 25 April, ANZAC Day Lunch
Closed Public Holidays, including Good Friday, Easter Monday, and Monday 27 April (ANZAC Day holiday).

Function Rooms

Available for hire to all RAAFA members. The Club has the Beaufort Restaurant or Middleton Hall with a cash bar and commercial kitchen to cater for any special event. For information, contact the Club.

Short stay accommodation

Time for a getaway? Book a stay in one of our short stay accommodation units. Bookings to the Club.

MERRIWA CLUB 9400 3640

Bar

Tuesday, open on quiz night or when there is a function
Wednesday, 4.00pm to 6.00pm
Friday, 4.00pm to 8.30pm
Thursday and Saturday, open during bowling season (contact Bar for details, as times will vary)

Bar Specials

Wednesday, happy hour, 4.00pm to 5.00pm
Friday, happy hour, 4.00pm to 5.00pm

Specials

Last Tuesday, quiz night, 4.00pm
Friday, bistro dinner from 6.00pm
3rd Sunday, roast, 12noon

Blue Gum Café

Tuesday to Saturday, 10.00am to 3.00pm.
Morning and afternoon tea, sandwiches and salads, 10.00am to 2.30pm
Hot meals and specials available 11.30am to 1.30pm
Thursday, morning tea special 10.00am to 11.00am
Saturday, afternoon tea special 1.30pm to 2.30pm

Closed Public Holidays, including Good Friday, Easter Monday, and Monday 27 April (ANZAC Day holiday).

Did you know your RAAFA membership will expire soon?

The membership team will be sending out renewal letters during May with either a request for payment, or if you pay by direct debit, with your new membership card.

We sincerely hope you will join us for another year.

Should you have any queries, please contact your local estate office or email membership@raafawa.org.au



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

Welfare Officer
9582 5369

RAAFA AMITY VILLAGE ALBANY

Ceridwen Fitzpatrick
9841 8311

AFME

Come and join your community, with your friends and family always welcome. Contact Carena for details..

Life Care physio clinic – professional & respectful care

Mondays

Orion medical suites

Contact David 9424 0200. Home exercise programs available.

Tai chi chen style (8 to 78 moves)

Mondays, 10.00am

Orion function room

Experienced instructor, beginners welcome. \$10.00.

Falls prevention clinic

Mondays, 1.00pm

Orion function room

Education and training on how to keep your body well balanced and mobile. Fees apply rebates available.

Exergaming with All Saints

Tuesdays, 3.00pm (during school terms)

Orion function room

Those with memory loss encouraged, carers, friends and anyone who wants to be part of simple interactive large screen games designed for fun, fitness and balance.

Gentle gym

Wednesdays, 10.00am

Orion function room

Physiotherapist Tayla will design a series of exercises to maximise your fitness. Fees apply rebates available.

AFME chess club

Thursdays, 10.00am

Orion function room

Fight dementia with a new challenge.

Presentation mornings

Tuesdays and Thursdays, 10.00am

An opportunity to connect with your local RAAFA community. All suggestions welcome \$2.00 donation appreciated.

All Saints intergenerational program

Fridays, 8.45am (during school terms)

Orion function room

Through the eyes of Year 6 children you are special and they come seeking your stories. Buddy up with some inspiring Year 6 children.

Five elements qi gong

Fridays, 11.00am

Orion function room

Be motivated to a new level of health and wellbeing. Everyone welcome, \$5.00.

COTA Strength for Life – Group Exercise (individual programs)

Fridays, 3.00pm

Orion function room

Exercise Physiologists with rehabilitation expertise provide personal instruction, motivation, direction and guidance. Stay strong for life with this GP encouraged program. Fees apply, rebates available.

Brain training

2nd Fridays, bi-monthly, 11.00am to 12noon

Orion function room

This super group is fuel for the mind. Flexing your mental muscle improves memory and cognitive skill. Those with mild memory loss welcome.

Meadow Springs

Balance and movement classes

Mondays, 10.30am to 11.30am

Middleton Hall

Professional instructor, \$5.00.

Mavericks and carers monthly lunch

2nd Tuesday of the month, 12noon

Would you like company for lunch?

Come along and join the Mavericks

at their table. Call Angeline

9586 4309 to book.

Podiatry services

Tuesdays

Wellness centre

To make an appointment call

6468 0038 and leave a message.

RAAFA Connect, home care assistance

Wednesdays, 9.00am to 12noon

Wellness centre

Call 9288 8470 for appointment.

DVA, Matthew Summerfield

Thursdays, 9.00am to 12noon

Wellness centre

Call 0438 297 813 for appointment.

Therapy dogs

3rd Tuesday of the month, 11.30am

Middleton Hall

Come and have a pat of therapy dogs Storm, Lacey and PK.

Tea and talks

Tuesday, 10am Edwards room

Entry \$2.00, collected by the Branch.

Erskine Grove

Tai chi qualified instructor

Mondays, 9.00am

Clubhouse

Just come along on the day, wear comfortable clothing and sneakers or light shoes. \$10.00.

Pool exercises with Phyllis

Tuesdays and Thursdays, 8.00am

Pool.

Mavericks social club

Tuesdays, 11.00am

Clubhouse

For Members living with memory loss.

Monthly lunches at RAAFA Meadow Springs

2nd Tuesday of the month, bus leaves Erskine at 11.45am

Erskine at 11.45am

Come along and enjoy a meal at the Club.

Balance and movement classes

Wednesdays, 10.30am to 11.30am

Clubhouse, \$5.00.

Card making

Wednesdays, 1.00pm

Craft room

Learn to make simple cards. Materials supplied no cost.

Cheerful carers group

Wednesdays, 2.00pm (fortnightly)

Clubhouse

Do you have a loved one living in residential care? Then this support group is for you.

Folk and decorative acrylic art class

Thursdays 9.00am

Craft room

\$7.50 with tea, coffee and biscuits.

See Vera in the craft room.

Gentle exercise with Phyllis

Thursday 10.00am

Clubhouse

Sitting and standing with a chair. All welcome, no charge.

Solo group

2nd Thursday of the month, 2.00pm

Community centre

(Not a dating group) For singles who would like to meet socially for a cuppa and chat. Share knowledge, have a laugh and enjoy some company. Afternoon tea provided.

Merriwa Estate

Chiropractor

Mondays, 10.00am to 2.00pm

Arcade

For an appointment with Brian Tvoric call 0431 196 461.

Group aqua exercise

Mondays, 9.00am

Hydrotherapy pool

Enhance your health with low impact stretching and cardio exercise with fitness instructor Craig \$7.50.

Australian Hearing

Tuesdays, 9.15am to 3.30pm

Arcade

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

Chair Yoga with Nathalie

Tuesdays, 4.00pm

Meeting Room

Let Nathalie assist you in your wellbeing, strength and flexibility through this wonderful option now available. Donation only.

Beautician

Wednesdays

Arcade

Sue offers a range of services from gentle massages, to more specific services. Appointment book in arcade or 0459 900 231.

Cuppa Club

Wednesdays, 2.00 to 3.00pm

Meeting room

If current options and groups don't meet your needs and you have time, come and enjoy some company.

Group functional fitness

Thursdays, 9.00am to 10.00am

Meeting room

Fitness Instructor/Personal Trainer Craig provides low impact exercise programs especially for seniors. \$10.00 includes smoothie.

Podiatrist

Fridays, 8.00am to 3.00pm

Arcade

Glen Roberts is available to support your requirements. Appointment book in arcade.

RAAFA Connect home care assistance enquiry service

Fridays, 9.00am to 11.00am

Welfare office.

No appointment required. Phone 9288 8470 with any enquires.

Doctor – Dr Therese Fisher

Monday, Wednesday & Friday

9.00am to 4.00pm

Tuesday & Saturday 9.00am to 12noon

Bookings on 9400 3638.

Cambrai Village

Chiropractor

Mondays from 1.00pm

Treatment Room

For an appointment with Brian Tvoric call 0431 196 461.

Podiatrist

Tuesdays, 8.00am to 12noon

Fredrick is available for appointments.

Appointment book in foyer.

Physiotherapy service

Wednesdays and Sundays, from 8.00am

Treatment room

For appointments with Julie use the appointment book in the foyer.

Beautician services

Wednesdays, from 1.00pm

Includes gentle massage and beauty treatments. Appointment book in foyer or 0459 900 231.

RAAFA Connect, home care assistance drop-in centre

Wednesdays, from 2.00pm

Treatment room

No appointment necessary.

Australian Hearing

2nd Thursday of the month

Treatment room

Available for advanced hearing checks, equipment maintenance and batteries. Some DVA benefits available. Bookings on 9204 9200 and ask for appointment at Village.

Doctor – Dr Derrick Kuan

Friday mornings 9.00am to 12noon

Treatment room

Bookings on 9408 5400 and ask for an appointment at Cambrai Village.

Memory lane café

Fridays, 10.00am to 11.30am

A social gathering for residents living with memory loss.

Amity Village

Tai chi

Mondays and Saturdays, 8.30am

Club room

Friendship lunch

Wednesdays, 12noon

Club room

Art group

Wednesdays, 1.00pm

Craft room

Hair by Angela

Wednesdays, Thursdays and Fridays

Hairdressing salon

Call 0418 806 947 for appointment.

Hillside GP clinic

2nd Wednesday, 9.00am to 12noon

Wellness centre

Call 9841 6711 for appointment.

Step Ahead Podiatry

Thursdays, 9.00am to 12noon

Wellness centre

Appointment book in the Club room or 0498 840 770.