



Don't forget, for more photos and to keep up to date with what's happening at RAAFA WA, check out our Facebook page. 

Age is no barrier to new friendships



Age proved no barrier late last year to the strong friendships that bloomed as part of the Adopt a Grandparent program at AFME.

As part of the program - which is set to run again this year - residents at the estate were able to strike up firm friendships with students from All Saints College, as part of an intergenerational initiative, which encourages companionship and connections between young and old.

The Year 6 youngsters visited residents every Friday morning as part of the program, where they were given topics to chat to the seniors about, as well as gain the opportunity to learn more about their lives.

Wellbeing Officer, Bruce Carstairs,

said the benefits of the partnership extended both ways, with the students and residents involved genuinely enjoying their time together and forming strong bonds.

"We're delighted by how well this intergenerational partnership with All Saints College has been received, by both the residents and students alike," said Bruce, who worked with the school for about six months before launching the initiative.

"Our residents love spending time with younger people and they're very keen to share their hobbies, stories and life lessons with the children, and equally love hearing about the youngsters' lives. It's a real win-win for both young and old.

"In a nutshell, the partnership is such a great way for AFME residents to

spend time with young people. In fact many share the same interests, particularly reading and music, and one student even arranged to see his 'adopted grandparent' in the school holidays, which we're all just over the moon about."

AFME resident, Marlis Dobson, is just one of the seniors to take part in the program which, by her own admission, has been absolutely fantastic.

"I found it so satisfying to be involved as the two boys I met were both perfect little gentleman and we talked about all sorts of things, from chess to cello and everyday life," she says.

"We hit it off so much that I even had one of the boys over with his mum for afternoon tea. We

had such a lovely time and have committed to staying in touch. In fact he wants me to meet his whole family, which I'm very much looking forward to."

Janet Walters was another participant in the program, who also found it thoroughly enjoyable.

"It was just absolutely wonderful to meet two delightful, intelligent girls and to have such lovely conversation with them," she said.

"At the end of the program they gave me a lovely collage of all the things we talked about, and I also have a photo of the three of us up on the wall, which is very special.

"The whole thing was a real joy to be part of, and I'm looking forward to being part of the next one too."

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PURPOSE

Pursuing excellence in care and heritage

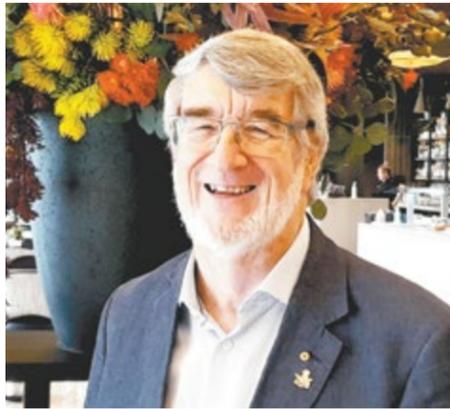
VALUES

Respect; Care; Honesty

APPROACH

Creating RAAFA communities open to all

President's view



By Clive Robartson

Hello, in a recent addition of VETAFFAIRS, the Department of Veterans' Affairs newspaper, there is an interesting article by Doctor Loretta Poerio, DVA Senior Mental Health Adviser, entitled "The importance of being of service to others". Doctor Poerio commences with a quotation by Doctor Martin Luther King Jr who once said that life's most persistent and urgent question is, "What are you doing for others?"

Doctor Poerio goes on to say that the principle of 'service' is a core value of the Australian Defence Force - the selflessness of character to place the security and interests of our nation and its people ahead of their own. The Australian

community has at its core a sense of community, a sense of having a go, and of looking after your mates.

She records that, according to Volunteering Australia, Australians spend more than 700 million hours volunteering each year. Contributing to the health and wellbeing of others is something that Australians are very good at. We like to roll up our sleeves and help.

Doctor Poerio highlights that, "In these unprecedented times, it is even more important to remember that a little bit of kindness can go an awful long way".

These acts of service to others, these acts of kindness, not only benefit the receiver, but also the giver. Further, she believes that giving our time willingly to help others has been found to improve health in a number of domains.

It promotes belonging, boosts feel-good hormones such as serotonin, increases self-esteem and brings a sense of purpose, of making a difference to our lives and the lives of others.

Towards the end of last year, I attended several functions held to recognise the efforts of our Association volunteers and I was amazed at the numbers attending

these recognition events. We are an organisation of wonderful people who serve others. Couple this with the willingness to roll up one's sleeves plus our claim as a service organisation, we have a unique opportunity to serve the Australian community.

Some of the ways we do that are:

Advocacy Service

For several decades Graeme Bland has worked tirelessly to develop an advocacy service for ex-service men and women. Now as a joint operation with the Combined Defence Forces Service Association (CDFSA), this service operating at Bull Creek and Mandurah is second to none in WA.

Andrew Russell Veterans Living Centre (ARVIL)

RAAFA has made a commitment to provide a short-term accommodation centre to be constructed in Cannington to assist service people and families in need.

Based on a very successful program operated by RSL Care in South Australia this centre will address the different factors that place veterans at risk of homelessness and provide a network of support, which will enable them to get 'back on their feet' and into appropriate and

affordable permanent housing.

These programmes are coordinated by Clear Skies. In a nutshell, the aim of Clear Skies is to seek to overcome the dark clouds that, from time-to-time, impact on the lives of our members, the ex-service community, and the Australian community beyond.

To me the high ideals that Clear Skies demand is what our Association is all about. However, to achieve these goals it is clear to me, the Division Council, and the Executive Leadership Team, that we cannot continue to move forward and do the things that we wish without significant change taking place.

It is now time to review the fundamental principles of our organisation. Many of the established precedents in our rules are no longer relevant and a revised modern document that describes the physical make up, organisation and governance is overdue.

Early work has commenced on this project and as it progresses opportunity will be made for input by RAAFA members. We have a challenging year ahead.

My best wishes to you all for 2022.

Making Meadow Springs home

Starting from a very reasonable \$175,000, the units available at RAAFA's Meadow Springs Estate offer fantastic value for money.

Norm Jones, Leasing Manager, explains that everyone is welcome to join the RAAFA community, not just those that may have come from a military background.

"The clubhouse, bar and restaurant, indoor and outdoor pools, tennis courts, lawn bowls and mini golf are just some of the drawcards at this vibrant village and are arguably the best facilities in the Mandurah region," says Norm, who reports sales enquiries are booming at the moment.

Of the completely modernised one and two-bedroom units (plus two-bedrooms and a study configuration) currently available at the popular Mandurah village, all have undergone upgrades and now have brand new kitchens, bathrooms and laundries, with some having an additional second toilet and powder room.

"New features include stone benchtops in the kitchens, sheer

white cabinetry and modern stainless-steel appliances and fixtures.

"We've also included soft close drawers in lieu of cupboards for ease of use and practicality. Another popular upgrade has been the elimination of thresholds into bathroom showers, so there's no more stepping over shower hobs which could be a trip hazard."

In addition, all units have large covered courtyards and lock up garages - and there are caravan bays available at the village with no extra cost.

Norm says it's proving a popular time for people to sell their family home and downsize into a retirement village.

"With 25 properties sold in the past 20 weeks, stock really is drying up quickly," he says.

Anyone thinking of selling their current home, or who wants further details on the units available at Meadow Springs, can contact Norm Jones on 0482 167 516, who is very happy to help.



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**Air Mail story
deadlines**

**4 March for April / May
29 April for June / July
1 July for August / September**

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

Executive perspective



By John Murray

Happy New Year everyone. I hope you were able to relax and spend some time with loved ones.

As a community the most critical issue that we all face over the coming months is the opening of the WA borders and the inevitable arrival of the COVID-19 variants to what has been a relatively safe haven.

For many of you this will also provide the opportunity for long awaited reunions with loved

ones, meeting grand and great grandchildren for the first time and those from whom you have been separated.

RAAFA has been preparing as much as is possible, with the ever-evolving circumstances of this pandemic, putting in place strategies to support staff, residents, and visitors in our communities.

The most important thing for you is to look after yourself, and if you are unwell, to follow government and medical directives.

Despite these challenges, we still have a very busy year ahead of us as we continue to upgrade our facilities and develop services to support veterans where we can.

RAAFA is a large organisation, and as such we have to keep evolving to respond to the many increasing levels of compliance, reporting and governance to ensure our long-term strategic objectives are met.

Please, stay safe, as we manage our way through this challenging period.

The new RAAFA Way

We have exciting news - we have launched our new Purpose, Values and Approach which will guide RAAFA forward into the future.

This project has been a journey that has evolved over many years and was considered an important undertaking in defining what is important to RAAFA.

The RAAFA Way, as it's known, has now been articulated as follows:

Our Purpose - Pursuing excellence in care and heritage

Our Values - Respect Care Honesty

Our Approach - Creating RAAFA communities open to all

Lisa Hawkins, Head of People and Culture, says RAAFA's new Purpose, Values and Approach document speaks to who RAAFA is as an organisation.

"It's very special as it's reflective of our past and the considerable effort made by Members since 1929 who have helped to grow the organisation to become the success it is today," she says.

"Our Purpose, Values and Approach demonstrates the respect RAAFA holds in providing care, preserving our heritage and being inclusive to everyone and these words pave our way in achieving our vision.

"Care and heritage mean different things to different people. I see many examples of care across RAAFA, be it providing care in our aged care services, or simply residents and staff offering care to one another.

"As stewards of RAAFA, we all have a great sense of responsibility in preserving our heritage and the traditions, achievements, sacrifices and beliefs of those that have been a part of our organisation. Care and heritage is in our DNA, so it feels right that this is core to our purpose and a natural evolution in our rich, diverse, complex and wonderful history."

Angela Lowe, Facility Manager at Gordon Lodge, says for her personally, care is the most significant word.

"Care isn't just about hands-on physical care, it's so much bigger than that," she says.

"For the Gordon Lodge team, care is all about caring for each other, caring for every resident and their individuality and diversity and caring about their families, often through to the end-of-life process. Care also encompasses compassion, love and deep empathy, and I'm so happy that this word has been included.

"I've always believed that you can 'win' with love, and I feel exactly

the same way about care, it's what we do best at RAAFA."

Aya Enjo, RAAFA's Human Resources and Operations Manager, says the new pathway really resonated with her personally.

"I was born in Japan and when I first came to this country 27 years ago, I encountered some racism, particularly in the early years around ANZAC Day. So it is wonderful that my employer is focused on creating RAAFA communities open to all, and also that respect is a key value, it gives me a really warm feeling and makes me feel accepted and embraced by the organisation."

Caroline Henning, Estate Manager at Erskine, says the 'RAAFA Way' is focused on supporting residents to create and maintain community connections and support networks, as well as a sense of purpose.

"We are here to provide a supportive and caring environment, to provide assistance when needed and referrals to support services such as RAAFA Connect," she says.

"We're also very focused on creating a welcoming community,



which becomes an extension of our residents' home, whether that's clubs, activity rooms, swimming pools and outdoor areas such as gazebos and BBQs. We want our estates to be the best they can be."

Paul Brown, Business Improvement Analyst, describes a 'heartbeat' he feels is palpable within the organisation.

"For me personally, RAAFA's heritage and history is like a bloodline and heartbeat running through our organisation, something which many other not-for-profits just don't have," says Paul, who has worked for RAAFA for around seven years.

And Adam Blower, RAAFA's Procurement Manager, sums things up very succinctly when he says: "Working for an organisation that supports everyone in its community makes a huge difference and makes us all feel incredibly valued."

And indeed, that's the RAAFA way.

Your Division Councillor - Charles Page

Charles Page was elected to Division Council at the October 2021 AGM.

He is a retired airline captain, with 15,000 flying hours spanning the globe, from the Orient to Europe, North America, Africa, and Australia. Aircraft flown include the Chipmunk, DC-3, DC-6, Electra, Hercules, 707, and 747, with basings in Hong Kong, Vancouver, Arctic, London, Frankfurt, and Sydney. During the 1970s, Charles flew Hercules operations in the Angolan Civil War.

Charles was born in London during

WWII, and spent his early childhood in Natal, South Africa. After returning to England, he joined the Air Training Corps, and was awarded the Belt of Honour, a flying scholarship, and an International Air Cadet Exchange to the USA.

In 1963 the family migrated to Perth, where Charles gained his CPL at the Royal Aero Club, and flew for Wyndham Air Charter, and MacRobertson Miller Airlines. When the airline laid off pilots in 1967, Charles joined Pacific Western Airlines in Vancouver, and then Cathay Pacific in Hong Kong in 1979.

After retiring to Perth in October 1995, Charles wrote several books including Vengeance of the Outback, Wings of Destiny, Wings involved three expeditions to New Guinea, and was selected for the Chief of Air Force's RAAF Reading List in 2010.

Charles joined RAAFA in 2003 and became history project manager for the AAFC Branch. The book Wings of Valour was published in 2017, along with two Honour Boards and a Remembrance Book and Cabinet. A second book, Wings of Time, was published in 2019. Charles was awarded a 7 Wing AAFC Shield in



2017 and a RAAFA Certificate of Service in 2018. Charles is also a volunteer librarian at the Aviation Heritage Museum.

Padre's piece



By Padre David

As I write this it will soon be the new year but we will be well into 2022 when this edition of Air Mail comes out. I wonder how you have gone with your New Year hopes and resolutions for 2022.

After two years of COVID, maybe we were all hoping for a change from all the bad news and community restrictions. Yes, it is

two years. It was on 9 January 2020 that the World Health Organization first announced that there was a mysterious Coronavirus pneumonia circulating in parts of China.

Since then, COVID with its variants has swept over the world and governments have placed restrictions upon travel, community activities, sporting and social events with the attendant shut down of much of small business and the effect that has had on the nation's economy.

But then governments have been faced with community and business unrest and have relaxed restrictions - but certainly not enough for families that are separated by ongoing border closures and not enough to sustain the business of many small operators.

In addition we are now seeing the tremendous pressure that the community spread of COVID has placed upon hospitals, the medical

system and aged care within the other States of Australia.

Here in Western Australia we have a number of imposed community restrictions, evidence of vaccination required, social distancing and mask wearing that are all going to affect our welcoming of the New Year.

All of this has been imposed as much as anything because after 5 February when our borders open, we too will have to learn to live with COVID spreading in our community and face similar pressures as the other States.

In the face of all this, is it really worthwhile making our own personal resolutions about our lives in 2022? What did Scrooge say about Christmas? - "Bah Humbug!!"

Isn't "Bah Humbug" an appropriate comment on our New Year 2022? Already there are instances of individuals and groups saying "Bah Humbug" to COVID restrictions. "I am going to do my own thing".

Sadly, there are reported instances of conflict between the police and those who say they have every right to flout COVID restrictions and quarantine requirements.

Looking back over my "Padre's Pieces" for these past two years I have consistently tried to share with you that we are "members one of another" as the well-known Bible phrase has it.

Community is important. Society is not an aggregate of individuals. The story of the development of our Association indicates that a concern for others was the motivation for what was known during the WWII years as the "RAAF Comforts Fund" and the "RAAF Rendezvous". Read the story in Frank Purser's "Per Ardua".

The challenge of 2022 and living with COVID is all about our personal responsibility for each other.

Shalom

RAAFA Connect - living at home

AFME resident and great, great, grandfather Gil Carter readily admits that he doesn't want to be anywhere else other than home.

And home for this very sprightly 98-year-old is RAAFA's Mirage Terrace apartments at Bull Creek, where he has lived for just over 10 years.

To ensure he remains living at home, Gil is a client of RAAFA Connect, which sees him receive DVA Community Nursing services every morning, seven days a week, as well as five afternoons a week - Monday to Friday.

"I've been active all my life, and I readily admit that I can't do what I used to do," says Gil, who was a sailor in the Royal Navy during WWII and has prided himself on

remaining fit during his life, playing tennis and golf since the 1950s.

"I had a fall around 18 months ago and fractured my wrist and pelvis, I went through a lot of rehab and it just made me more determined to recover and get home quickly.

"I'm now very grateful to have the services I receive, I love living at Mirage, it's a beautifully presented apartment building and I certainly don't want to move anywhere else.

Nurse Manager at RAAFA Connect, Lorraine Sloan, says RAAFA's in-home support division offers clients a range of individualised services.

"We will work with the client to coordinate a support plan tailored to their individual needs," says Lorraine.

"We are here to help clients remain as independent as possible to assist them to remain living in their own homes, and we would welcome a call from anyone who would like to discuss our services further."

RAAFA Connect nurses and support staff work together to improve a person's ability to stay at home. They do this by listening carefully to the needs required and coordinating a personalised service that specifically suits an individual's needs.



For more information on how RAAFA Connect can help you call 9288 8470 or email connect@raafawa.org.au.

Already loving new home



Recent Meadow Springs residents Anne and Dane Bingham have downsized from 386 acres at Corrigin, to their new home at Meadow Springs - and they say their tree change to sea change has made them very happy.

"We decided on a RAAFA estate because we had friends at Cambrai Village and also at Merriwa which we loved, but our daughters live in

Bunbury and we chose Meadow Springs Estate to settle so that we were closer to them," says 65-year-old Anne.

"Our friends at Merriwa, who we've known for over 40 years, relocated into the estate about six years ago and said it was the best move they've ever made, and that got us thinking that we too would also rather make the move sooner rather than later.

"In our previous home we were 35km away from the nearest town and medical facilities, and we made the decision that we didn't want to move in our 80s, we would rather

do it while we were fit and healthy as you never know what's going to happen."

Since moving into the estate in mid-November, the couple have plunged themselves into village life, with Dane, who recently turned 70, joining the bowling club and Anne enjoying the amenities including the swimming pool, as well as making new friends.

"For anyone who is thinking about the move but is a little unsure, I would say definitely look into it. We have absolutely made the right decision and are both very happy here already."

Volunteers celebrated as 2021 draws to a close

Volunteers can very often be the unsung heroes of our community, but not at RAAFA where there were many individual end of year celebrations held to thank those who donate their time throughout the year.

Indeed, volunteers were honoured at various Christmas celebrations including at Meadow Springs Estate, Cambrai Village and AFME and, as the photos show, everyone had a great time.

Raelene Siford, Cambrai's Estate Manager, says RAAFA highly values its dedicated volunteers at the estate.

"We have a wonderful group of highly committed volunteers who help make Cambrai the real community it is, and we are incredibly grateful for their support, as are our residents," she says.

"The end of the year is the perfect time to reflect on the generosity of our volunteers, who give their time so freely to support our residents in so many ways. Their help and assistance is absolutely invaluable, and this is our way of thanking them for their commitment to our community."

Joanne Fraser, Estate Manager at Meadow Springs, adds: "Our celebration was a way to recognise and celebrate the work of the dozens of volunteers on the estate who make a difference to others.

"They are true heroes - the hidden 'diamonds' of our community, who deserve a pat on the back for their amazing work."

And Penny John, Estate Manager at AFME, echoes similar sentiments.

"We are so fortunate to have many dozens of volunteers at AFME who contribute to the lives of our

residents throughout the year, whether that is via organising activities, providing transport or participating in a multitude of other ways," says Penny.

"They are all selfless individuals who demonstrate how much they care about others, every week of the year."

Huge, heartfelt thanks to all of the volunteers in our RAAFA community, you are special individuals and we value you immensely.



Cambrai



Cambrai



Cambrai



AFME



Meadow Springs



Meadow Springs

Feeling happy at home

Mary Cooper and her late husband looked at moving to a retirement village more than 20 years ago but decided to stay in their family home in Butler.

"To be honest, I was ready to move into a retirement village five or six years ago, but my husband didn't want to, though I always knew if I was ever left on my own I would move in," says Mary, who moved into the popular Merriwa Estate on 29 December.

"We actually had lots of friends here because we were coordinators of the over 50s social club in Butler," explains Mary, who looked at several units on the estate before walking into the home she bought after it felt 'just right'.

"I live very close to a number of my friends which is wonderful, and I've already been invited to three morning teas by new neighbours at the estate, which is just so lovely. They have all been very good to me, and extremely welcoming."

Mary explains that she hasn't yet thrown herself into the social aspect of the village and is currently unpacking and taking things slowly having cared for her husband for the last seven years, before he passed away a few months ago.

"In the next few weeks I'm keen to use the pool, and I might take up lawn bowls as I've always been interested to give it a try. I am very much looking forward to getting involved in the social side of things

when I've finished sorting out my house and feel ready.

"More than anything though, I feel much safer being here, and I love the fact that the estate is so quiet and peaceful. I lived very close to Marmion Avenue previously, which was always very noisy. Here you don't really hear anything, and certainly not after 8.00pm."

Mary, who has just turned 78, also credits the estate's wide roads and neat front gardens as another appealing aspect to the village which she had always liked in the many years she had spent time on the estate as a visitor.

"It's just so nice to look out of my windows and onto the garden. It's a very green, appealing aspect," she says.



"I knew that I was going to enjoy living at RAAFA's Merriwa Estate, but it's actually better than I thought. I'm really so happy to have moved here."

More magic at Merriwa, thanks to the Mudlarks

The sound of music was heard loud and clear at Merriwa at the end of November, when the entertainers known as the Mudlarks put on their Christmas special, which also encompassed a celebration of RAAF's Centenary year.

The much-loved Mudlarks are a group of enthusiastic performers who have been the resident on-site entertainers at the estate since the late 90's.

The group is made up of a cast of close to 20 talented seniors and, as usual, the two shows they laid on at the end of November did not disappoint, with many audience members commenting they were their best performances yet.

Mudlarks member, John Purchase, explains that, after one show had to be cancelled in June due to restrictions, the Mudlarks decided to include their popular South Pacific songs again in the November shows.

"We also included a selection of Christmas songs and carols, as well as war songs to mark RAAF's centenary celebrations and a few new tunes and skits," says John, a Mudlarks' veteran.

"The war songs we, and the audience sang, included, 'The Army the Navy and the Air Force', 'Coming in on a Wing and a Prayer', 'When the Lights go on Again', 'Wish me Luck' and the aircrew version of 'Bless 'Em All'.

"The audience were willing participants and joined in with the chorus, and had a great laugh at our skits and, all in all, everyone seemed to enjoy both of the performances we put on."

The Mudlarks will be having a committee meeting in the coming weeks, and John says anyone who would like to join the group is welcome to come along.

"If you don't mind having a laugh



and a singalong, we'd be very happy to hear from you as everyone is getting a bit older and we'd love some younger talent," he says.

"Our group provides members with fellowship, laughter, companionship and joy as a result of regular rehearsals and, of course,

performances, and we'd be keen to hear from anyone new who would like to get involved."

If you're keen to learn more about the group, contact John Purchase on 9400 3530 for more details.

Congratulations Claudia!

Claudia Dohr from Karri and Tuart Lodge at RAAFA's Merriwa estate was a finalist in the 2021 Aged and Community Services (ACSA) Aged Care Awards.

Claudia, who joined the RAAFA team as a physiotherapist in March 2012, has been described as a hugely positive, energetic and enthusiastic person who is continually looking for ways to achieve the best possible outcomes for residents.

Bianca Boulton, Facility Manager, explains that Claudia's role sees her involved in many aspects of care for seniors, in addition to being instrumental in implementing new systems to improve resident outcomes.

"Claudia sets an incredible example for the allied health team members and other colleagues within Karri and Tuart Lodge, and is always happy to offer her expertise in problem solving to assist with residents' needs," she says.

"She conducts physio and exercise related activities, implements new ideas such as our recent Tour De France riding challenge and the

trishaw rides for residents, seeks feedback and influences her team to do the same."

Bianca explains that Claudia is also very involved in several team meetings during the week, contributing to discussions on best approaches for residents' ever-changing needs.

"Claudia demonstrates excellence in communication, leads by example and sets an incredibly high standard for her role, and she always acts in the best interests of residents. That is always the norm for Claudia," she says.

An honoured Claudia said, "it's all about team work and the team at Karri and Tuart Lodge are awesome. I wouldn't have been nominated without their assistance. Team work make the dream work".

Everyone at RAAFA congratulates Claudia for her achievement in becoming a finalist in the 2021 ACSA awards, while also acknowledging her enormous dedication and commitment to the RAAFA community for almost 10 years.



LtoR John Murray, Tonia Zeeman, Sally Harris, Bianca Boulton, Claudia Dohr, Alistair Press, Charlotte Tomlinson, Laura Morrell, Carol Bartlett

Not just about Christmas

There is a bit of a theme running across the stories in this edition as we draw to a close our Christmas celebrations. But this story isn't just about sharing the joy of Christmas. The Information Management team at Central Support Office went a step further in the office decorating competition and created Santa's sustainable workshop - repurposing waste with purpose.

Manager, Gloria Davis, says the idea came about from a discussion during the annual office clean-up when someone asked what they should do with all of the used dividers and folders. It was a timely opportunity too good to waste (pardon the pun).

So, the team got together and started making good old fashioned paper chains from the colourful used folders and dividers, sparkly baubles full of paper clips and staples removed from the records prior to scanning and with a quirky fun twist, started making Santa's sustainable workshop.

The shelves were filled with their children's toys, choral singers and reindeers were made out of toilet rolls, reindeers and food cut out of dividers, naughty and nice lists started and elf personas created for each of the team.

Gloria said, "once they got started people's inner child took over and everyone had a great deal of fun. It was a great opportunity for team building as everyone added a personal touch, quirky detail and most of all, had a good laugh".

The whole CSO building looked amazing so the judges had a difficult task choosing the winner. But this area was a stand out, meeting all of the judges' secret criteria with big ticks for visual impact, teamwork, creative Christmas spirit, sustainability and originality.

Well done ladies. Can't wait to see what everyone does next year.



Appreciation morning tea

The New Year brought residents, volunteers and staff together for an appreciation morning tea at RAAFA's Amity Village Albany.

Estate Manager, Cheryl Clark explained, "The New Year appreciation morning tea has become an annual event to thank all of our volunteers, of whom we have many here at Amity Village. We are so appreciative of our volunteers whose tasks include bus drivers, bus assistants, librarians, pool recorders, photographers and flag wardens, to name a few.

"They go above and beyond to help, are friendly, fun and generous with their time. The Residents Committee who work hard to represent all residents and contribute to a successful and happy village; the Social Group who organise and arrange events,

trips, lunches and are always behind the scenes providing refreshments and ensuring all runs smoothly and the coordinators who oversee the many activities available at Amity Village.

"The morning tea gives us an opportunity to come together and acknowledge not only our wonderful volunteers but all the resident gardeners who give their time, effort and expertise to create extra special gardens that we can all enjoy as we walk around the village and to all residents, for their kindness, neighbourliness and great spirit.

"There are many examples of quiet support and true friendship, whether that be having your own neighborhood watch via curtains undrawn or newspapers not picked up, or choosing to walk around the Village to support someone with

less mobility, the examples are endless.

"And last, but certainly not least, it gives me and residents an opportunity to offer our sincere thanks to the Amity Village team.

"2021 was a very busy year for the team, in more ways than one and we have continued to set our sights and standards high, working hard to support both residents and fellow team members.

"We acknowledge that residents, volunteers and staff bring much to Amity Village- skills, advice, experience, friendship, inspiration etc. As one resident said recently



'Amity is where we happily live'.

"The New Year appreciation morning tea has become a well-attended event that is informal and fun and lets us all take a little time out to thank everyone for making Amity Village such a special place to call home."

Woodturners show their crafty side

The Mandurah Woodturners group were responsible for crafting some festive cheer at RAAFA's McNamara Lodge recently, when they presented residents with their very own handcrafted lolly bowls during December.

Members of the group, who meet four times a week at their workshop at Falcon Oval, distribute handcrafted gifts to a residential

care centre in the area each Christmas - and this year McNamara Lodge seniors were the lucky recipients.

Needless to say, the residents loved their handcrafted presents. So huge thanks to all of those involved!

In fact, Mandurah Woodturners has a long history in the city that dates back to 1986, when a number of men gathered together in Falcon

and decided to start the group.

And readers may be interested to know that both men and women are very welcome to join. Anyone interested can easily enrol in one of the organisation's novice courses.

The club is one of 12 established groups state-wide that fall under the non-profit body, Woodturners Association of Western Australia.



Christmas lights adds to festive fun

The residents at Merriwa Estate got into the festive spirit last month during a fun Christmas lights competition.

The competition showcased the fabulous festive displays created by residents on the estate, which were judged on Wednesday, 22 December by Wanneroo Councillor, Sonet Coetzee, who had the difficult task of judging almost a dozen entries.

Unsurprisingly to some, first prize went to the incredibly accomplished craft enthusiasts David and May Lanchbury - renowned at the estate for their miniature model making

feats. They were presented with a \$50 gift voucher - and it's safe to say they certainly succeeded in helping put many residents in the festive mood with their stunning display.

Following hot on the heels with second prize was Lesley Walley at Unit 31, with Dianne and Wayne Fawcett at Unit 33 coming in a close third.

Thank you to all the homeowners who took part and embraced the Christmas spirit, while adding to the estate's festive atmosphere. It certainly made for some fun!



Taking pride in individuality

PrideFEST was celebrated at Gordon Lodge in November.

For those who haven't heard about it before, PrideFEST is Western Australia's ultimate celebration of all things queer - and a state-wide celebration of the LGBTIQ+ community.



It's also an opportunity for the broader WA community to come out in force and show its support for the LGBTIQ+ community, which is exactly what the team at Gordon Lodge did.

According to Facility Manager, Angela Lowe, the event provided an opportunity for both residents and staff at the Lodge to show their respect for people's individuality and identity, and once again reinforce how inclusive and caring everyone is at the not-for-profit home.

"For us it's about showing respect for diversity, especially among our staff, and we asked the residents if they would like to join in and, after explaining what the event was all about, so many said 'why wouldn't I?'" Angela explains.

"We enjoyed a lovely morning tea with rainbow cakes and encouraged everyone to dress up and wear the colours of the rainbow. It really was a fabulous event, and reinforced how much respect we have for every single person here at Gordon Lodge."

Did you know?

- Pride WA has been an integral part of the Western Australian community since 1989.
- The organisation grew out of a community movement that was focused on protesting laws that actively discriminated against some members of the community including lesbian, gay, bisexual, transgender, intersex, queer and other people of diverse sexuality and gender, and their supporters.

A life marked by determination

It took Gordon Lodge resident Beryl Black several years to persuade her parents to let her join the Air Force, as they continually refused to sign the relevant papers.

“My parents had lost family members in both World Wars and I think that’s why they were so against me joining,” explains Beryl, whose uncle, Lieutenant George Lamerton, was posthumously awarded the military cross for leadership and bravery in the 11th Battalion.

“But I eventually got my mother and father to sign on the dotted line when I was 18 and a half years old, which enabled me to join the WAAAF.

“That night I put the papers under my pillow and slept on them, just in case my parents changed their minds,” she recalls.

But it still wasn’t plain sailing for Beryl, as her manager at work had deemed her role as private secretary at the Western Assurance Company an essential service, which meant she then had to convince the Government to release her for service. But she was able to do just that and so, it’s fair to say, her great determination and resilience was apparent even at such a young age.

In fact, the then-teenager had wanted to join the Air Force ever since she was 15, but after her parents’ refusal she decided to assist by volunteering, so she joined the Women’s Australian National Service.

“As I needed to officially be 17, I had to put my age up by a couple of years and ended up serving with them for the following three years,” she explains. “And I reached the rank of Sergeant whilst still carrying out my daytime employment.”

At the end of WWII, service members were demobilised, and the law required that individuals

were returned to their former employment prior to enlistment.

“This is what I did as the Women’s Service had been disbanded,” explains Beryl. “Then I was offered a prestigious employment position as the private secretary to the business manager of The West Australian Newspapers.

“Later the Government decided that women were essential to the service efficiency, so years after the women’s services was disbanded, it was reinstated, and I enlisted in the WAAAF (later WRAAF) on the first recruitment course from WA”.

Beryl’s special interest was the solid training of people for their work effectiveness and morale. During her service she trained over 2,000 airwomen, mostly during her time as Chief Instructor for WRAAF and NCO Training at Edinburgh in South Australia.

She later became Command WRAAF Officer at Operational Command in the Blue Mountains of NSW. This meant she was most likely the first woman to be appointed to what was traditionally a full-time male post - as the Senior Administrative Officer Base SQN Pearce.

By her own admission it wasn’t easy, but she achieved respect from everyone with whom she worked alongside. Her subsequent advice to young women wanting to pursue a similar path is: ‘you need to have a tough skin, don’t lose your temper and be sure of the ground you’re standing on’.

“I don’t think you can have two masters, and a career is a definite master. I made up my mind and I was prepared to work hard. I was strict and, as a consequence, I was respected and hated at different times, but I always endeavoured to be fair and people knew where they stood with me,” Beryl says.

“I was brought up by my parents with strict rules but there was plenty of love, support and security, and so I think I had the right background to begin with.”

Significantly, Beryl’s late husband Bob also served in the Air Force as a Navigator/ Bombing Leader and later Intel Command Officer at Headquarters Operational Command. As the war was running down, he joined the Navy whilst waiting to go into RAAF Aircrew, and was deployed to mine sweeping duties around Australia for two years. He later served in Malaysia, Vietnam and exchange postings to UK and America.

Beryl and Bob eventually retired at the same time, after which they dedicated themselves to voluntary work. Bob volunteered for 30 years in the Royal Flying Doctor Service, and RAAFA’s Aviation Heritage Museum, whilst Beryl volunteered at the Citizens Advice Bureau in the City for 36 years as a counsellor.

During her retirement, she was also very active in the Red Cross, where she spent 26 years working with the family welfare team. The couple were subsequently both awarded life membership respectively from the RFDS and Citizens Advice Bureau.

“Our retirement was a very happy and active time which only left very



happy memories,” says Beryl.

“Our 40 years of marriage flew past with time spent with families both here and in the Eastern States, and indulging in our other passion - ballroom dancing.

“And we moved into the newly built Dakota units at AFME more than 35 years ago now.”

Sadly, seven years ago, melanoma parted Bob and Beryl, but Beryl, ever positive, says they were very fortunate to have shared 40 years of fantastic memories.

So in summary, Beryl’s life has certainly been one of dedicated persistence and dogged determination. How wonderful that a young girl dared to dream beyond what society would have her do and be.

Pool extension makes a splash

After six months of construction we’re ready to give you a sneak peek of the new extension of the pool building at AFME set to open in mid-February.

The \$1.1 million project will see a new 9.1 x 4.5 metre heated exercise pool (with a non-graduated depth of 1.1 metres) available as a new amenity for all residents at the estate.

And in what is set to ensure its warm welcome, the pool will be heated to a constant 34°, and include a hoist for residents with mobility issues, as well as a unisex change room, toilet and shower.

At the time of writing, the finishing touches are just being completed to the air-conditioning and pool heating systems, with approvals also set to take place from the

Department of Health in coming weeks.

Penny John, Estate Manager, says the new heated pool has been added to the estate as a result of requests from residents.

“I think everyone is very much looking forward to the opening of this new amenity during February,” says Penny.

“The pool will be especially beneficial to residents with mobility issues or arthritis, as well as those recovering from post-operative surgery, including knee and hip replacements.

“It’s a significant investment that we know residents were keen to see, and it will be a fabulous day when it’s officially opened.”



Eat, sleep, exercise and repeat

According to retired psychologist and AFME resident John Cannon, there are four important pillars for a healthy life and each one supports the other three - quality food, suitable exercise, good sleep and a focus on maintaining positive mental health.

"Sleep is especially important as quality sleep enables you to concentrate on the other three pillars throughout the day," says John, a born and bred Englishman who migrated to Australia with his wife as a £10 Pom in 1961, and who completed his psychology degree at Edith Cowan University in his early 40s.

And by anyone's standards, John practices what he preaches. The 82-year-old admits to prioritising his health by swimming, cycling and going to the gym regularly. He also plays golf, cards and ukulele once a week with a group of AFME friends, as well as being a member of the on-site men's shed. On top of that he practises mindfulness and meditation - practices he regards

as crucial for relaxation and general wellbeing.

"I have a full life and am certainly ready for bed every night," he laughs. "But quite seriously, I put my health and wellbeing first as it's really important for it to be a priority in your life, and that way you can be your best for the people you love most, especially your family and friends."

Indeed, John's passion for psychology and mental health has led him to launch a regular RAAFA resident's group known as Tell Your Story. Meeting every second and fourth Friday of the month in the old clubhouse, members of the group meet to talk and open up about their lives during the fortnightly sessions, which John facilitates.

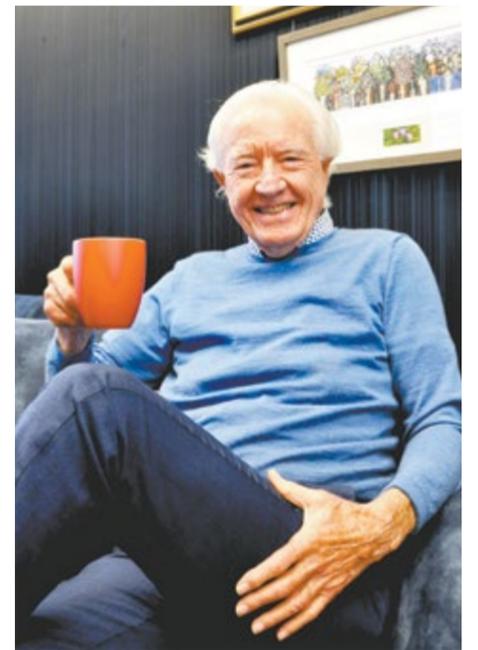
"Everyone has stories to tell, and it's interesting to hear people's history," says John, who is a father to three and has been married to his wife Sylvia for over 60 years.

"There is never any pushing to talk, but people are encouraged to share their life stories and discuss their feelings in a supportive environment. It hasn't been going for very long, but already the group is proving popular, and I think people are gaining a great deal of enjoyment and support from it."

The group's philosophy and ethos is also echoed in John's book, which he published earlier this year.

Described as a quirky but very helpful little self-help book, Consider Yourself Kindly helps people with change when it's needed, and self-love and self-esteem. It also has a chapter on 'quality sleep' with tips on how to attain it, and another on 'end of life'.

"I really published it to help people live their best possible life," says John "It's a big subject for such a little book of only 100 pages but treating yourself kindly is key to a happy and healthy life, and I'd encourage anyone to give the book a try."



John Cannon's book can be ordered in paperback through Amazon for \$21.89 and is already proving popular for people who want to focus on self-improvement and ways to live a more fulfilled life - just like John.



Concept for the proposed Stirling Apartments

Residents take redevelopment in their stride

More than half of AFME residents who previously called Sivyer, Harris, Ingram and Fraser units home have now settled into their new units, with the help of the team heading up the relocation project at AFME in Bull Creek.

At the time of publication, almost 30 seniors have relocated as part of AFME's redevelopment master plan, which is focused on bringing the infrastructure and buildings on the estate up to contemporary standards.

Penny John, AFME Estate Manager, says the redevelopment phase, which will accommodate the new Stirling Apartment block, is set to take several years, to ensure there is time for everyone's accommodation needs to be appropriately met.

"We've had great feedback from those who have already made the

move that they really appreciate the help and support we have given them," says Penny.

"Residents have also told us that we have shown a great deal of care and nothing was too much bother, which is all very true, so that has been really great to receive."

In other news, the architects for the project have also now been engaged and have begun concept designs, which will be shared with residents later this year.

In the meantime, residents who have any queries about the project can contact Penny John or Debbie Beever on extension 4488.

And please do watch this space for further updates on this latest stage of the redevelopment, and the progress being made on RAAFA's new Stirling Apartments.

Shining a light on Diwali

Monday, 24 October heralded Diwali, the festival of lights celebrated annually by Hindus, Sikhs and many Buddhists. And this year, it was also celebrated at Gordon Lodge.

Angela Lowe, Facility Manager at Gordon Lodge, said both staff and residents alike were keen to celebrate the festival, with many staff members dressing up in their cultural costumes, and even bringing some spares for other staff to wear.

"There was dancing, singing and we played a video to explain the Diwali celebrations to residents, who just loved it and were very keen to join in," explains Angela.

"As seniors really love learning about new things and different cultures, it really opens up their world and helps them to connect with staff too. And of course, for us it's about learning and sharing other people's cultural backgrounds and

showing them they are respected and valued for their individuality.

"It was a fantastic celebration."

Did you know?

Fast facts about Diwali

- Diwali is an important religious festival originating in India.
- People often think of Diwali as a Hindu festival, but it is also celebrated by Sikhs and some other faiths.
- Diwali takes place annually and lasts for five days, marking the start of the Hindu New Year.
- The exact dates change each year and are determined by the position of the moon - but it usually falls between October and November.
- The word Diwali means "row of lights" in an ancient language of India, called Sanskrit.
- During this festival, people decorate their homes with lights and oil lamps.



Tornado GR4 flies into the Museum

The Aviation Heritage Museum is very excited to announce that RAAFA has been gifted one of the retiring Tornado GR4 aircraft from the RAF to be displayed at the Museum.

The aircraft is due to arrive in March 2022, accompanied by a team of aircraft engineers who will rebuild the Tornado GR4 out the front of the Museum, where it will be displayed.

The arrival of the Tornado GR4 and its installation is part of RAAFA's ongoing commitment to preserving aviation history and presenting it to the community.

It is a great honour to be receiving this aircraft as we are the only museum outside of the UK to be receiving one. It is a testament to the strong relationship that exists between the RAF and RAAF and commemorates the spirit of the original Imperial Gift, 101 years ago.

The Imperial Gift refers to the donation of aircraft by the RAF, to the Dominions (Australia, Canada, New Zealand, South Africa and the Empire of India), following WWI. These aircraft formed the basis of the newly established air forces in several countries.

Australia was gifted 100 aircraft, as were all nations, plus an additional

28. Related supplies and equipment were also provided. These aircraft established the Royal Australian Air Force in 1921.

At the time of writing the exact dates for the aircraft's arrival and build are to be confirmed. To be the first to find out about its arrival subscribe to the special Tornado GR4 mailing list.

All members are invited to visit the museum while the aircraft is being rebuilt and get a once in a lifetime opportunity to see a specialist RAF Joint Aircraft Recovery and Transport Squadron at work. But make sure you keep an eye out for

the rebuild date as it is expected to only take three or four days.

Remember entry to the Aviation Heritage Museum is free for RAAFA Members, so we encourage you to visit and witness history (subject to any COVID restrictions).

The Tornado GR4 will then be officially handed over to RAAFA by the RAF at an event in March 2022. Further details will be communicated soon.

You can view more information on the Tornado GR4 and subscribe to the mailing list, by visiting www.aviationmuseumwa.org.au/tornado-gr4.



Knees up at 90!

They may all be in their 90s, but the seniors who attended the annual Erskine Grove Christmas celebrations specifically for nonagenarians certainly proved they still knew how to have a good time.

Angeline Carleton, Wellbeing Officer, explains that the estate regularly hosts monthly lunches, with December's event organised specifically for residents and their partners who are 90 years old and over.

"I'm pleased and proud to report that each year our list continues to grow," says Angeline. "In fact, 25 residents attended this year, with every one of them still doing well at 90 years of age, and beyond."

"This year we decided to have our special guests for lunch on Thursday, 23 December. Everyone who attended enjoyed a few games, then the obligatory Christmas cracker jokes, followed by a two course meal and some light entertainment.

"It was a really fabulous lunch and everyone who attended thoroughly enjoyed themselves."

Special thanks to all of the volunteers who outdid themselves to make the event one to remember.

"Our volunteers were amazing and a very special thanks goes to each and every one of them for helping to create a truly wonderful occasion," adds Angeline.

WRAAF Branch

Upcoming Events

Welcome to the New Year 2022.

Tuesday, 1 February, 1.00pm, Meg Olive Room, General Meeting. Bring your ideas for what you would like to do after the ANZAC Day March.

Also, where do we go now! Planning for re focusing our Branch to be more inclusive to all women who have served and serving in the RAAF.

Tuesday, 1 March, 6.00pm, BBQ at Judy Bland's. Meet at Unit 201 Ventura House AFME Bull Creek.

BYO meat and drinks with a salad or sweets to share. Glasses, plates,

cutlery are provided. Partners and friends welcome.

RSVP to Gwyn Braun.

Sunday, 20 March, RAAFA Welcome Day at AFME, 10.00am to 2.00pm.

Please consider how you can help at the Family Day for newly posted families arriving at RAAF Pearce. You could help at one of the many old fashion fete stalls or by baking some treats and/or cakes, are just two suggestions.

For more information on any of these events, look out for our newsletter or contact Gwyn on 0407 850 090.

Bus trip to Bells Rapids

The wheels on RAAFA's Merriwa bus were most definitely going round and round recently when over 20 residents took a trip out to Bells Rapids.

Driven by Henry, one of the estate's dedicated volunteers, the residents had a lovely day out, which also included a morning tea.

Michelle Ahearn, Karri and Tuart Lodge's OTA, admits that all the

residents love the fortnightly bus trips, which often includes some sweet treats.

"The residents just love the regular trips out and we always have a full bus," says Michelle.

"We are very grateful to our volunteer drivers, like Henry, for taking the time to help us to get out and about, it never fails to be a really lovely day."



AAFC Branch

The AAFC Branch President and Committee invited members to a commemorative luncheon on Sunday, 28 November at AFME.

Celebrating the AIRTC/AAFC 80th Anniversary, as well as the RAAF Centenary, the MC, SQNLDR Paul Falconer-West RAAF Ret'd provided a brief history of the start of the RAAF, plus the Air Training Corps in the UK and in Australia. He also

featured the anniversary of the Tiger Moth, Lancaster and the Mosquito.

Many Cadets flew these aircraft when they joined, with member Charles Page having had a Mosquito flight in the UK when an ATC cadet at 1069 (Flight Refuelling Wimborne) SQN.

A traditional Christmas three course meal was enjoyed followed by tea and coffee.



(credit Richard Rust)

Club Bites

BULL CREEK CLUB 9311 4460

Now open for light breakfast and lunch Monday to Friday and dinner every Friday. Check Club for details.

Check out our new summer menu.

Weekly specials

Monday to Friday, light breakfast 9.00am to 10.00am
 Monday, Roast \$15.00
 Tuesday, Fish and chips \$15.00
 1st and 3rd Thursday, Asian special of the day \$16.00
 2nd and 4th Thursday, Lambs fry and bacon \$16.00
 Monday and Wednesday, Happy hour 4.00pm



Probuss club thank staff for another successful lunch

MERRIWA CLUB 9400 3640

Blue Gum Cafe

Pop down for one of our daily specials or sample something off the menu. Now open Wednesday and Thursday. Check Club for details.

Specials

Wednesday, Roast lunch \$15.00
 Wednesday, Happy hour 4.00pm
 Thursday, Morning tea from 10.00am
 Thursday, Chicken parma lunch \$15.00

Discount pest services

RAAFA is currently working with pest control company Envirotechnics and, as part of the relationship, is currently offering **RAAFA members and staff, as well as family and friends, a 10% discount** off the listed price of their services.

This includes general pests, spiders, cockroaches, and American cockroach treatments in residential homes, as well as a timber pest inspection, which includes a complimentary spider and cockroach spray.

To take advantage of this special offer, just fill out the relevant form which you can obtain from the estate manager's office, and we'll get the company to contact you directly. It's as simple as that!



Envirotechnics' Craig Hannay with RAAFA Property Supervisor Trish Livingstone



MEADOW SPRINGS CLUB 9582 5375

The Beaufort Restaurant located in the RAAFA Club is a relaxing space to enjoy lunch with family and friends or groups.

All bookings for lunch or dinner can be made at the bar.

Weekly specials

Monday, Roast \$14.50
 Tuesday, Fish and chips lunch \$15.00
 Wednesday, Club night - meal \$15.00, chase the ace, bingo & horse racing
 Thursday, Happy hour, 4.30pm
 Friday, 4 February, Dining night
 Friday, 18 February, Lambs fry and bacon
 Friday, 4 March, Dining night
 Friday, 18 March, Lambs fry and bacon

Function facilities

Available for hire to all RAAFA members. Choose from the Beaufort Restaurant or Middleton Hall, which have a fully integrated audio and visual system, dance floor, cash bar and commercial kitchen ready to cater for any special event. For more information or to book, contact the Club.

Short stay accommodation

Time to get out and wander out yonder!!!! Why not come down to beautiful Mandurah and enjoy the great outdoors, staying in one of our fully equipped short stay accommodation units. Bookings at the Club.



CAMBRAI CLUB 9304 5400 or if unattended 0417 922 658

Specials

Tuesday and Wednesday, Happy hour 4.00pm
 2nd Tuesday, Chicken parma \$12.00, 6.00pm to 7.00pm Picardy Restaurant (bookings essential by 12noon Friday prior)
 4th Tuesday, Pasta night \$12.00, 6.00pm to 7.00pm Picardy Restaurant (bookings essential)
 Wednesday, 2 course roast dinner \$22.00, 6.00pm Picardy Restaurant (bookings essential by 12noon Tuesday)
 Wednesday, Morning tea, 10.00am to 11.00am
 Friday, Bar/Bistro lunch, 12noon
 Friday, Happy hour, 5.00pm (when function on)

Events (check Club for details)

2nd and 4th Fridays - generally sundowner or function, 5.00pm



Morning tea

RAAFA Wellbeing Team

CAMBRAI VILLAGE

Vanessa Priestley
9304 5280

RAAFA ESTATE MERRIWA

Suzanne Free
9400 3778

AFME

Bruce Carstairs
Nancy Proctor-Read
9311 4562

ERSKINE GROVE

Angeline Carleton
9586 4309

RAAFA ESTATE MEADOW SPRINGS

Mischa Matthews
9582 5369

RAAFA AMITY VILLAGE ALBANY

Ceridwen Fitzpatrick
9841 8311

Merriwa Estate

Cuppa Club

A lovely time was had by all at the Cuppa Club Christmas party. Many residents have been attending since the group's inception several years ago and comment that they love it and it's the highlight of their week.

It has been great to also have many new faces join throughout the year. It was wonderful to share lots of joy, laughter and treats.

We also had lots of fun with our Christmas quiz and Secret Santa gifts that were shared on the day making the event really feel like Christmas.



Erskine Grove

November

Our seniors lunch for November was dedicated to all things men and Movember and was an opportune time to raise awareness about men's health.

Our wonderful volunteer Margaret once again excelled making an extra

special lunch, and the table was decorated with information about men's health, and a fake moustache for a mo-photo opportunity.

The group enjoyed a quiz and a couple of games of bingo, with lots of concentration and a laugh or two. Whilst we didn't fundraise for Movember, it was a great opportunity to get the men together to enjoy a meal.



Meadow Springs

Annual Market Day

Our market day was a big success, bringing in over 200 visitors to the estate. Coinciding with our Open Day, it included stalls with residents' handiwork, art and crafts.

Concerts

We had two visits from the Meadow Springs Primary School Band and Choir presenting their end of year concert as well as a special Christmas concert just for the residents at their Christmas party.



AFME

We are fortunate to have two very good support groups commencing in January and February 2022.

The Apple Users Support Group is being steered by Nigel Lilley and will meet twice a month on a Wednesday.

The other is Ray's Problem Solver & Android Group. Ray is taking appointments for a one-on-one session on a Tuesday every week.

The Estate looks forward to renewed intergenerational activities through our partnerships with Curtin University, All Saints College and Bull Creek Primary School. These will include a Circus that All Saints have developed, another hugely successful Technology Fair and a Meet the Animals that we will host and invite all three to attend.

2022 is likely to be another challenging year. We are a tight team at RAAFA and know how to rally each other's spirits. The best of the human spirit will prevail!



All Saints Technology Fair

Cambrai Village

COVID clinics

Doing our bit to roll up for WA. Partnering with Pharmacy 777 Butler, we have facilitated two clinics on site, providing 1st and 2nd vaccinations as well as booster shots for 100 residents.



Resident Christine Dods receives the first booster at the clinic