



# AIR MAIL

ROYAL AUSTRALIAN AIR FORCE ASSOCIATION

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

September 2010  
Print Post Approved:  
PP644113/100

> WHAT'S  
INSIDE



## SERVICE REWARDED

June Perry's contribution to the MER Branch was described as having a positive influence on the welfare and well-being of whole estate community.

PAGE 3 >



## LIFE MEMBERSHIP

Graham Cottrell has been a dedicated volunteer and inspirational team leader in most restoration projects at the Aviation Museum for 17 years.

PAGE 9 >

# RAAFA celebrate the unveiling of the Catalina display

THE RAAF Association celebrated the opening of one of its newest features on Friday 11 June 2010, when His Excellency, Dr Ken Michael AC, Governor of Western Australia unveiled the Catalina display.

The unveiling ceremony included background music played by the Melville AFA Brass Band, a welcome address by Australian American Catalina Memorial Foundation Chairman, J Barry Williams, RAAFA Address by State President Ken Thornton and a Catalina Veterans address by Ivan Peirce. Morning tea was enjoyed by over 100 distinguished guests who included the US Consul General Kenneth Chern, Melville Deputy Mayor Clive Robartson, WA Museum CEO Alec Coles, representative for the Minister for Sport, Recreation and Gaming, veteran Catalina air crews and museum workshop volunteers.

## The display

The Catalina display features the US Navy WWII Catalina Flying Boat, PBV-5A as its centrepiece. The original aircraft was found on the side of the road in Texas, and was fully restored in the USA before being transported to Perth.

The aircraft, which is owned by the WA Museum, has now been fully assembled as a feature of the Aviation Heritage Museum in Bull Creek. The exhibit includes interactive displays and memorabilia outlining the unique role played by this most unusual aircraft during WWII.

The Australian American Catalina Foundation Chairman J Barry Williams said the display, along with the unique



*L to R RAAFA Museum Administrator John Park, Australian American Catalina Memorial Foundation Chairman J Barry Williams, Governor of WA Dr Ken Michael AC, US Consul General Kenneth Chern and RAAFA State President Ken Thornton*

memorabilia and interactive features, would attract and interest young people, families tourists and researchers.

## Background

This exhibition commemorates the quality of leadership, vision, courage, daring and skill of those veterans who flew and

maintained Catalina Flying Boats on the Swan River and undertook the historic non-stop Double Sunrise flights from Perth to Ceylon (Sri Lanka).

On 5 February 1941, a small fleet of Catalinas arrived in Australia, ferried across the Pacific by Qantas and RAAF crew. These new flying boats were used

for operations against the Japanese, mine laying, maritime reconnaissance and air sea rescue.

Towards the end of the war, Catalinas were sent to collect Prisoners of War from the South West Pacific area and to bring food, clothing and medical supplies to the war stricken regions.

ANNUAL GENERAL MEETING NOTICES PAGES 6 & 7

# Around the roundel



State President, Ken Thornton

By Ken Thornton

## Division Constitution review

THE review of the Division Constitution is well under way with Praevia Consulting attending a second Branches Forum to consult with Branch representatives. They have also been available and invited to various branch meetings and estates for consultation. A second newsletter is in the process of being distributed providing an update of the review and some questions for you to provide your feedback directly to Praevia Consulting.

Remember this is our constitution and your chance to make your views known. Bear in

mind that the membership needs to approve the final constitution which will guide the future of our organisation.

## Access to Division Council minutes

This topic is constantly raised at Branches Forum and I take this opportunity to clarify it.

Division Council minutes are the property of Division Council and are distributed only to members of Division Council and those authorized senior staff members who require them in discharging their responsibilities. The minutes record Council's considerations and decisions. They routinely contain sensitive, financial and commercial-in-confidence material. They can also contain information on RAAFA's risks, compliance status, legal issues, competitive strategies and assessments of individuals and organizations.

Division Council's practice with respect to its minutes is lawful, entirely appropriate and consistent with convention and best practice for a responsible incorporated association like ours.

To adopt a looser practice would create potential for embarrassment both to

RAAFA and others, and could place RAAFA at significant legal, financial and commercial risk.

Information affecting members or branches is disseminated as appropriate – directly, via this bi-monthly State President's Report, or through Branches Forum.

## Battle for Australia – Wednesday, 1 September

Since the Battle for Australia was recognised as a national ceremony in 2008, RAAFA, RSL and the Naval Association joined forces to organise an event on a rotational basis. The past 2 events have been organised by RAAFA and unfortunately the organisations were not in a position to organise this years ceremony in Kings Park.

Some RSL Sub Branches have organised local ceremonies. Please check details with your local branch. I will be attending the Applecross RSL Sub-Branch ceremony, held at Melville Civic Square at 11.00am.

## Swetman Fellowship presentation

This year I was delighted to have the opportunity of presenting the Swetman Aviation Education Fellowship to a student

from outside the metropolitan area. Jeremy Plumb, a year 12 student at Australind Senior High School was the 2010 recipient, and I had the pleasure in presenting his award at an all of school assembly. This was followed by an informal morning tea and an opportunity to meeting his proud parents, aviation teacher and principal. Congratulations Jeremy!

## AGM voting – 30 October

Voting papers are in the process of being sent out to all members for voting for Division Council nominees. Please have your views heard and return your vote for counting. Background details of each nominee are included later in this edition.

## Korean War – 25 June

The forgotten war was not forgotten. RAAFA was represented at the 60th Anniversary of the commencement of hostilities at a commemoration ceremony held in Kings Park followed by a fellowship lunch at the AFA Club in Bull Creek.

On behalf of the RAAF Association I also attended the USA Memorial Day Service, Indigenous War Veterans Ceremony and the Vietnam Veterans Remembrance Day, along with various Branch AGM's.

# Review of the Constitution - Stage 2

By Phil I'Dell

IN THE last Air Mail we advised everyone that a review of the constitution had begun and was being undertaken by our consultants, Praevia Consulting. Since that time Phil and Allison I'Dell have been working hard to obtain the views and input from as many members and branches of the Association as possible. They have provided the following update:

"So far meetings at Meadow Springs (attended by members from Erskine), Merriwa and Cambrai have been held and some of the non-residential branches have also played host to similar consultation sessions. The attendance and interest of members has been very pleasing.

The purpose of these meetings has been, firstly, to provide information about the

current state of the constitution and, secondly, to seek ideas and opinions. Consultation with members is an important part of this whole process and the discussion both at the sessions and by mail, email and telephone has been extensive and informative.

Obviously many members have views and opinions that will assist with drafting a new constitution which will serve the association and its members into the future.

In the coming weeks a further update with some additional comments and questions will be circulated for you to consider and discuss amongst members. The questions are there to prompt your thoughts rather than be prescriptive – the answers to those questions are welcome as are any of your comments.

From our discussions with members we have sensed that there is definitely an appreciation of the need for the constitution to be changed to be more contemporary. Some of the changes that have been mooted include a shift of the business arm of the association away into a different structure to protect it and enable more appropriate specific management of the retirement villages and the aged care facilities. This will then allow the association to focus on its members and their interests beyond the retirement villages – perhaps looking at more interaction and support for members' ideas.

The recognition of the roots of the association has also been strongly supported, indicating that there is still a real focus and link to the foundations in the

early years and with the founding members in the RAAF.

So please feel free to provide us with as many ideas and opinions as you wish – they are all welcome, especially a variety of views and opinions, so far they have certainly been inspirational! Our contact details are copied again below.

Phil and Allison I'Dell  
Praevia Consultants  
PO Box 3299  
Midland WA 6056

Telephone 9250 1085  
Mobile 0417 951 814 (Phil I'Dell)  
0417 954 805 (Allison I'Dell)  
Fax 9274 6855  
Email praevia@tnet.com.au

**Editor:** Colin Mounsey **Contributions to:** The Editor, Air Mail, AFME, Bull Creek Drive, BULL CREEK WA 6149

**Telephone:** (08) 9311 4449 **Fax:** (08) 9311 4455 **Email:** jstearne@raafawa.org.au **Enquiries:** Julie Stearne

RAAF Association (WA Division) Inc. Bull Creek Drive, BULL CREEK WA 6149 **Telephone:** (08) 9311 4444 **Fax:** (08) 9311 4455

**Email:** administrator@raafawa.org.au **Web:** www.raafawa.org.au

**For submission  
deadlines please  
see page 10**

# RAAF Nursing Service 70th Anniversary



RAAFNS (WA Branch) enjoying the anniversary lunch

By **Jeanie Harrison**

THIS year marks the 70th anniversary of the RAAF Nursing Service (RAAFNS). The RAAFNS was formed on 26 July 1940 by Group Captain (later Air Vice Marshal) Edward Daley. This decision was made in conjunction with Ms Margaret Lang, who at the time, was matron of the Victorian Police Hospital and later became the first Director of the RAAFNS.

The RAAFNS was modelled on the Princess Mary's Royal Air Force Nursing Service (PMRAFNS) on the recommendation of Group Captain Daley, who at the time was an exchange officer with the RAF.

Since the inception of the RAAFNS many nursing officers have served on 2 year operational exchange duties with the PMRAFNS. The current President of the RAAFA (WA) Branch Group Captain Jeanie

Harrison (R'td) was one of those exchange officers.

In the 1990's the RAAFNS was incorporated within the RAAF Health Services.

Since the formation of the RAAFNS, nursing officers have served in all wars and conflicts and support operations around the world. This encompasses WWII, BCOF, Korea, Malaya, Vietnam and more recently in Kuwait, Rwanda, Timor, Iraq and Afghanistan.

The RAAFNS has a proud and courageous service history, principally providing expertise in Aero Medical Evacuation (AME). Sadly, two nursing officers were killed on AME duties in Papua New Guinea at the end of WWII and recently a nursing officer was killed after a Sea King helicopter crashed on a rescue mission in Banda Aceh.

For all past and present RAAF nursing officers, this year marking the 70th Anniversary of the RAAFNS is a significant anniversary year and we should remember all those nursing officers no longer with us and those currently serving in areas of conflict and peace keeping operations around the world.

The RAAFNS (WA Branch) celebrated the occasion with an anniversary luncheon on 24 July 2010 at the AFA Club, Bull Creek. Hopefully, other nursing officers around the globe will remember the proud background of the RAAFNS.

If you are interested in more detail, the history of the RAAFNS is well documented in the book: "Story of the RAAF Nursing Service 1940-1990", by Gail Halstead.

## Service rewarded



AN UNSUSPECTING June Perry was presented with a Certificate of Service by State President, Ken Thornton at the MER winter carvery on Sunday, 25 July 2010.

June joined the RAAF Association in January 1975 and became a resident on the Air Force Memorial Estate, Bull Creek in March 1991. She has been a member of the MER Committee for ten years and has always been available to help in any capacity required.

For the last eight years June has typed and produced the "Chatter", the monthly newsletter for AFME Bull Creek. This is a demanding and responsible task. Her commitment and contribution have a very positive influence on the welfare, well-being and community spirit of the AFME and RAAFA more generally.

The Memorial Estate Residents Branch had no hesitation in nominating June Perry for the award of a Certificate of Service.

Congratulations and thank you.

## 'Dear Welfare'

Dear Bianca

*I have a neighbour who is starting to depend on me heavily for their needs and I am starting to avoid them because of this. What can I do?*

Signed Concerned Neighbour



Dear Concerned Neighbour

Taking the time to establish good terms with your neighbours has numerous benefits. Knowing our neighbours creates a community, provides a sense of belonging and gives reassurance that there may be someone to help out in a crisis, disaster or emergency.

In the village, inevitably, there will be times when your neighbours rely on you more heavily. After a major operation, getting over a bad bout of the flu and losing a loved one are some examples of when you may feel you need a little extra help.

Sometimes, however, and often unintentionally, we can begin to rely on our neighbours more and more. If your neighbour is cooking for you constantly, doing your domestic chores, or maybe is the one that you call to pick you up after a fall in your unit, you are probably relying on them too heavily.

The other side of this scenario is when you are the "good" neighbour of the person who is receiving the

help. If you get sick, or go away on holidays, what options are there to put in place if you are not able to do the chores that you are doing now?

Also consider that sometimes, the short term "help" you are giving becomes a long term "chore", and therefore the friendship is strained due to the fact of your neighbour relying too heavily on you.

So, how do I access the help they need? There are many community agencies that are available for people who need more than the odd favour from their neighbour. The cost is minimal, the service is reliable, and the responsibility is on the service provider for any injury or damage to the person or property of the person that is receiving the service.

All of these services are available to help people remain independent

in their own homes, therefore reducing the need for help from the neighbour.

The friendship remains intact, the neighbour enjoys spending time with you, and they might even stop for a cuppa and a chat!

If you would like more information on local community support services, call your local shire, or call the Commonwealth Respite/Carelink Centre on 1800 052 222, or just pop in and have a chat to one of your friendly RAAFA Welfare Officers, who are only too happy to give you the information you will need.

Just a reminder - RAAFA Welfare Officers are available for residents of the RAAFA Villages and RAAFA members in the general community.

# 1919 Air Race and John McIntosh



*John McIntosh (cockpit) and Ray Parer (ground) with Airco DH9 "PD" after arrival in Australia.*

IN MARCH 1919, the Australian Government announced that it would give a £10,000 prize for the first successful flight from England to Australia. Despite the obvious dangers, this appealed to some airmen, not yet discharged, who were awaiting repatriation home.

Six crews took part, however only two finished. The winning team was the brothers Ross and Keith Smith together with mechanics Sergeants Wally Shiers and Jim Bennett, flying a Vickers Vimy G-EAOU two-engine former bomber. They embarked from England on 12 November 1919 and reached Darwin on 10 December. A total journey of 28 days. Ross and Keith Smith were knighted, and Shiers and Bennett were awarded bars to their AFMs, and later honorary commissions.

The second team consisting of Lieutenants Ray Parer and **John McIntosh**, flying an Airco DH9 G-EAQM PD. The pair arranged for finance from the Scottish whisky magnate Peter Dawson, and painted PD. on the fuselage in deference to their sponsor. The pair didn't start until 20 January 1920 when the race was already won, however this did not deter them. They set off and took 237 days to reach home, encountering almost every possible misadventure on the way.

They had the first of their innumerable forced landings soon after leaving England, and their last at Culairn, NSW. As they struggled from one disaster to another they left a trail of broken propellers, smashed undercarriages, damaged tail-skids, ruined radiators, crumpled wings and bent fuselages. Their engine had caught fire twice, a vicious down-

draught had almost forced the aircraft into the smouldering crater of Mount Vesuvius in Italy, and they had had to fight off Arabs in the Syrian desert. Darwin was finally reached on 2 August. They then headed for the southern capitals, crashing again. The aircraft finally arrived in Melbourne on the back of a truck to a huge public reception.

They became the first airmen to fly a single-engine aircraft from England to Australia and the first symbolic freight flight in the form of a bottle of PD Whisky delivered to Prime Minister W M Hughes.

McIntosh and Parer were each rewarded with £500 and an Air Force Cross. Their DH9 aircraft was eventually presented by the government to the Australian War Memorial where it is displayed today.

Despite setting the foundations for long distance air travel as we know it today, the Air Race was marred by four tragic losses of life. Two crews fatally crashed attempting to complete the race. The final two crews abandoned their flights due to aircraft damage caused by a crash and a forced landing.

John McIntosh was killed in an aircraft accident in WA in March 1921. In 1921 after his death the McIntosh Memorial Scholarship Fund was established by the people of Western Australia to perpetuate the memory of Lieutenant John Cowe McIntosh, AFC. In 1983 administration of the Scholarship was transferred to the Royal Australian Air Force Association and it is now open for application. For more details see advertisement on the facing page or contact Julie Stearne on 9311 4449 for an application.

## Swetman Aviation Education Fellowship

THE 2010 recipient was Jeremy Plumb, a year 12 student at Australind Senior High School. Jeremy received his award on Wednesday, 23 June 2010 at an all of school assembly also attended by his proud parents.

Jeremy has been studying aviation for the past four years and is keen to join the RAAF as a pilot. He has completed five hours flight training at the Bunbury Aero Club and the Swetman Fellowship will go towards further flight training, and ultimately his private licence.

His aviation teacher, Chris Manassis, told the selection panel during their preliminary enquiries that "Jeremy is the best student I have ever had. He is a good lad who studies hard and is acing the course". Jeremy is also studying Physics, Maths and English.

Jeremy works casually as a soccer referee and a newspaper delivery round to assist with the costs of flying.

He has recently been to a YOU (Your Opportunities Unlimited) Session with the Defence Force where he undertook an aptitude test, general mathematics test and a medical interview. His test results combined with his school results were examined and he has been offered the opportunity to further his application into the Defence Force as a pilot by passing a pilot aptitude test.

The panel was impressed by the attitude of this young man as were the Trustees at the presentation. He presented as a mature person, very relaxed and confident with a structured outlook on his future. If he is unable to reach his first goal by becoming a pilot he intends to pursue a career as an aeronautical or electrical engineer.

### The Fellowship

The Swetman Aviation Education Fellowship Fund was established in 1994 by Flight Lieutenant Ronald Charles Swetman DFC, DFM, RAFVR (Retd).



The object of the Fellowship is to foster aviation education and interest among youth in Western Australia.

One Fellowship, to the value of \$1,500 is granted to a candidate by the selection panel, having been nominated by schools undertaking an approved West Australian aviation studies education program at year 12 level.

### Flight Lieutenant Ron Swetman, DFC, DFM

Ron Swetman served in 97 Squadron between September 1942 and December 1943 as a flight engineer. He completed

61 operations, the highest number in 97 Squadron during World War II. He was commissioned, promoted to Flight Lieutenant, and awarded the Distinguished Flying Cross and the Distinguished Flying Medal.

After the war he maintained a passionate interest in aviation and generously encouraged young people with similar interests. In retirement he resided on RAAFA's Air Force Memorial Estate at Bull Creek where he died in 2001.

*L to R Australind Senior High School Principal, Greg Slavin, Jeremy Plumb, RAAFA State President, Ken Thornton, and Aviation Teacher Chris Manassis*

**SCHOLARSHIP  
AVAILABLE**

## McIntosh Memorial Scholarship

**RAAF Association  
(WA Division) Inc.**

The McIntosh Memorial Scholarship is open to descendants of persons who enlisted in Western Australia for service in any branch of the RAAF. To be eligible, persons must be undertaking a first course of tertiary education, in any year of that course, and must reside in Western Australia.

The award for the 2011 academic year will be \$1,000 and is usually used by students to help defray the costs of equipment, books, or activities associated with their studies.

Application forms and further information on the Scholarship are available from the Executive Assistant or the Chief Executive Officer.

Air Force Memorial Estate  
Bull Creek Drive, Bull Creek,  
Phone: 9311 4449

**Applications close on Friday,  
29 October 2010.**

## Heart Moves exercise group

By Iris Bradbury

THE Heart Moves exercise group is run by Patrick at the RAAFA Estate Meadow Spring on Mondays and Thursdays and is an excellent way to keep fit.

As you can see it is thoroughly enjoyed by many of the residents on the estate and is a great way to keep us all "on the move", out of the house and out there meeting people.



Residents enjoying being "on the move"

# Your Division Councillor – Paul Sadleir, MBA, BE, FAICD, appointed 2007

PAUL joined Cedar Woods as Chief Executive Officer in July 2000, and has focussed on expanding the Company's property portfolio and range of activities from residential land subdivision into medium and high density residential and industrial developments. Cedar Woods now has offices in Perth and Melbourne, with 15 projects under way.

The company has a disciplined management approach, with a Corporate Plan that drives all of the company's activities. As Managing Director, Paul's responsibilities cover strategic planning, portfolio management, acquisition analysis, equity and finance raising and investor relations.

Prior to joining Cedar Woods, Paul was responsible for the establishment of the Bunnings Warehouse Property Trust which

successfully listed on the ASX in 1998. Between 1994 and 1997 Paul worked with Wesfarmers Limited in the areas of corporate planning and acquisitions and divestments.

Paul has a Master of Business Administration Degree and Bachelor of Engineering Degree, both from the University of Western Australia, and is an Associate of the Australian Property Institute and a Fellow Member of the Institute of Company Directors.

Paul has served on various industry bodies, including as a Councillor for the Urban Development Institute of Australia and the Property Education Foundation.



## Bull Creek a great location say apartment buyers

WHEN the Air Force Memorial Estate in Bull Creek was first established it was considered by many to be "out in the sticks," but is now seen as one of Perth's most desirable locations.

This view is common among those who have reserved one of the terrace apartments under construction on the estate.

AFME's Retirement Living Coordinator, Maureen Winton, says that most of the apartment buyers were drawn to the development because of the amenity of the Bull Creek estate and the extensive community facilities surrounding it.

"This area is arguably one of the best when it comes to health and medical facilities, shopping, transport, and entertainment", Maureen said.

Maureen also said that the sense of community and security that comes with residing at AFME Bull Creek was also an important factor motivating people to consider the apartments.

"They are the ultimate 'lock-and-leave' homes, which are very attractive to countless active retirees who travel regularly as tourists or to visit friends and relatives," she said.

While many of the apartments have been reserved by RAAFA members, Maureen said that RAAFA's reputation as a top-quality

provider of retirement living and aged care facilities had contributed greatly to the sales of apartments to people who were not previously Association members.

Only eight apartments remain available.

On the construction front there is now little over a year to go before the apartments are complete.

The ground level, podium level and level one have been set out and the walls for most of level two are in place.

Internal and external plastering is being undertaken on the ground level and ceiling grids are being installed.

Soon the internal formwork to the ground floor will be removed and for the first time it will be possible to experience how spacious the apartments really are.

It will be next year before the outside of the building can be seen without its scaffolding.

When the top floor is complete BGC will start applying the external coat and the balcony balustrades.

Another indication of the attention to detail that has gone into the terrace apartments is the installation of a new water treatment plant for the estate's bore water.



The podium between the apartments and the bowling greens is a handy storage area



The north east corner takes shape

This is expected to minimise or eliminate the prospect of water staining on the new apartments and surrounding areas.

For a terrace apartments information kit contact Maureen Winton on 9311 4488 or go online to [www.raafawa.org.au](http://www.raafawa.org.au) where you will find a link to the apartments.

Maureen would also be pleased to send an information kit to any of your friends or relatives you believe would benefit from living in a brand new apartment at AFME.



## THE ANNUAL GENERAL MEETING WILL BE HELD IN THE AIR FORCE ASSOCIATION CLUB, AIR FORCE MEMORIAL ESTATE, BULL CREEK DRIVE, BULL CREEK, AT 9.30AM ON SATURDAY, 30 OCTOBER 2010

Note: Prior to the AGM, at 09.20am, a wreath will be laid at the Spitfire Memorial Wall in memory of fallen comrades.

### CHAIRMAN

The Chairman will be the State President,  
Mr Ken Thornton

### PROGRAMME

- 8.30am Enrolment commences  
(please enrol early)
- 9.20am Wreath laying at Spitfire  
Memorial Wall
- 9.30am AGM commences
- 9.30am to 11.00am Standing Orders
- 11.00am Morning tea
- 11.30am AGM recommences (if required)

### AGENDA

1. Fallen Comrades
2. Affirmation of Loyalty
3. Confirmation of Minutes  
The State Executive confirmed the minutes  
of the 15th Annual General Meeting held  
on 31 October 2009.
4. State President's Report  
Mr Ken Thornton, the State President,  
will deliver his report.
5. Chief Executive Officer's Report  
Mr A G Warner AM LVO, the CEO,  
will deliver his report.

### 6. Financial Report and Statement

Mr Kim Pascoe, the Manager Corporate  
Services, will present the annual financial  
report.

Note: Any member desiring a copy of  
the accounts prior to the Annual General  
Meeting, may obtain the same from the  
Association's Head Office during normal  
office hours upon presentation of current  
Association membership card.

Due to the complexity of accounts, if  
members have any questions it would  
be appreciated if they could contact the  
Manager Corporate Services prior to the

close of business 22 October 2010, in  
order that their questions may be researched  
adequately prior to the Annual General  
Meeting.

### 7. Correspondence

A letter has been received from Buckingham  
Palace acknowledging the Affirmation of  
Loyalty passed at the last AGM.

### 8. Business Arising

Nil.

### 9. Declaration of the Poll by Chairman

### 10. Closure

### A MESSAGE FROM DIVISION COUNCIL

Division Council congratulates those  
RAAFA members who have been nominated  
as candidates for election as Division  
Officers at the 2010 Annual General  
Meeting, and thanks them and their  
proponents for their interest in the affairs  
of our Association.

Division Council wishes to remind those  
seeking election and the voting membership  
of the responsibility attached to service on  
Council. The powers of the Division are  
vested in Division Council, and members  
in general meeting perform an important  
function in electing Councillors.

RAAFA (WA Division) Inc. is a complex  
not-for-profit association operating in a  
competitive, regulated environment and  
subject to constant scrutiny. It faces a

very exciting and challenging few years and  
Division Council will be required to exercise  
leadership and make many decisions of  
great consequence. Division Councillors  
are effectively directors of a board, and have  
similar individual and collective obligations  
and responsibilities. The current Council  
is committed to efficient and transparent  
Council processes and continuous attention  
to good governance. All members of  
Council expect that any Division Council  
constituted after the Annual General  
Meeting would maintain such commitment.

Division Council wishes those nominated  
for election "Good Luck", and encourages  
those members voting to exercise their vote  
carefully and thoughtfully.

### VOTING INFORMATION

#### Notices of Motions

At its February 2010 meeting Division  
Council confirmed that the Division  
Constitution required extensive revision.  
The requirement results from the  
identification of anomalies, ambiguities  
and inconsistencies in the current  
Constitution, the affect of legislative change  
such as the amendments to the Associations  
Incorporation Act 1987, and the demands  
of good governance. This process will be  
complex and take considerable time.

As a consequence of the planned  
review NO Notices of Motions for the  
Constitution will be accepted for this  
year's AGM. Division Council anticipates  
there will be appropriate opportunities for  
any serious issues to be identified in the  
Constitution review process.

#### Division Officers Nominations

This year there are 4 positions available:

- State President
- State Vice President
- Two Division Councillors

The positions for State President and State  
Vice President have been filled unopposed.

Division Councillor nominees and  
supportive information are shown on  
the facing page.

#### Voting Procedure

Ballot papers for Division Council election  
will be sent to eligible members under  
separate mail. Please remember there are  
two Division Council positions, therefore  
please select two candidates.

## WELFARE OFFICERS AVAILABLE

The Royal Australian Air Force Association Welfare  
Service is client directed and available to all Association  
members. The main aim of this service is to assist  
members to maintain or improve their quality of life  
whilst also encouraging independence and choice by  
providing information, referrals and support as needed.

**Please note this service is not an emergency service.**

Contact a Welfare Officer as soon as you think you may need assistance or guidance:

<b>AFME Bull Creek</b>	<b>Bettyna Clark</b>	<b>9311 4562</b>
<b>Cambrai Village</b>	<b>Bianca Briggs</b>	<b>9304 5280</b>
<b>Erskine Grove</b>	<b>Helen MacBeth</b>	<b>9582 5369</b>
<b>RAAFA Amity Village Albany</b>	<b>Dianne van Clarke</b>	<b>9841 8311</b>
<b>RAAFA Estate Meadow Springs</b>	<b>Helen MacBeth</b>	<b>9582 5369</b>
<b>RAAFA Estate Merriwa</b>	<b>Bianca Briggs</b>	<b>9400 3778</b>





## NOMINEES FOR DIVISION COUNCIL

### Frank McCarthy

79 married with children and grandchildren.

Since 1998 Frank and Judy have lived at RAAFA Meadow Springs. Born in Sydney, his background includes a wide variety of occupations, principally administration, sales and transport, plus 21 years in the Air Force and 13 years at the Supreme Court of WA (Judges Staff).

Interest in local and community matters has involved positions within the Scouts Association, School Council, Justices Association, Restraining Orders Court, Civil Marriage Celebrant Association, PROBUS etc but more relevant to this nomination, Defence Force Welfare Association, WA Retirement Complex Residents' Association, RAAFA Board of Management, Estate Resident's Committee and Residents' Branch. Frank has been a member of the RAAF Association for nearly 30 years and he values it as an ex service welfare organisation which includes, without distinction, members from Defence Forces and civil backgrounds.

Without wishing to sound pretentious, he doesn't feel that this is the appropriate forum to extol his own virtues. The primary reason for Frank's application as a Division Council member is to contribute to the best of his ability to the security, wellbeing and overall benefit of the RAAF Association's members.



### Terry Spiro

MEM, FIEAust, CPEng, NPER

Terry started his career in the then Air Training Corps in 1962. He served five years as a Cadet, passing all the flight and promotion course training with distinction, culminating in equal second place in Senior NCO course at RAAF Base Pearce and the rarely awarded accelerated promotion to Cadet Warrant Officer.

Terry's career as an instructor in the RAAF (CAF) Reserve began with selected invitation to join with the rank of AC and progressing on merit promotion to the rank of Wing Commander (AIRTC) and Commanding Officer of WAAIRTC. He was involved in the formation of the National HQ for the Australian Air Force Cadets and retired as Deputy National Commander in 2005.

In civilian life Terry is a Registered Engineer with a Masters Degree in Engineering Management and has been a Director of Tri Star Group Pty Ltd, consulting engineers, since establishing the company in 1981. As such he has over 30 years experience in the building engineering services industry as designer, consulting engineer and project manager.

His career includes executive appointments at senior management and engineering level in a wide range of contracting, consulting, training and research organisations.

Terry is currently a Fellow of The Institution of Engineers Australia and Chair of the Society of Building Services Engineers (SBSE) in WA. He is a member of the newly formed National Committee and National Chair (Elect) for SBSE Australia.

### Colin Mounsey

BA, BEd, Dip Ed Admin

Colin has been a continuous financial member of the RAAFA since September 1945.

During that period he has served in the capacity of Social Secretary of the Nedlands District Branch for several years. Subsequently, he continued as a country member for the period 1959-1986 after which he became an active member of the City of Perth Branch.

Initially he was a Branch delegate at both Division and Assembly which was followed by a period of 10 years (1990-2000) as Branch President and since 2000 to the present, Branch Secretary.

Since 1990 he has been Editor of the official publication of the RAAFA (WA Division), Air Mail.

Colin's career path commenced in 1941 as an assistant in the family Newsagency business during the period 1941-1944 and 1945-1953 after service in the RAAF as a trainee wireless/navigator.

In 1953 he resumed his formal education at Claremont and Graylands Teacher Training Colleges where he was awarded a Teachers Certificate. In subsequent years he served as a classroom teacher, College lecturer, headmaster, Superintendent of Education and Acting Regional Director of Education.

Colin commenced higher education in 1956 as a part time/external student at UWA where he completed a Bachelor of Arts and a Bachelor of Education and later completed a Diploma of Education Administration (WACE, later Curtin University).

Colin believes that he still has a role to play to members of the RAAFA through service on Division Council.



## Membership Cards

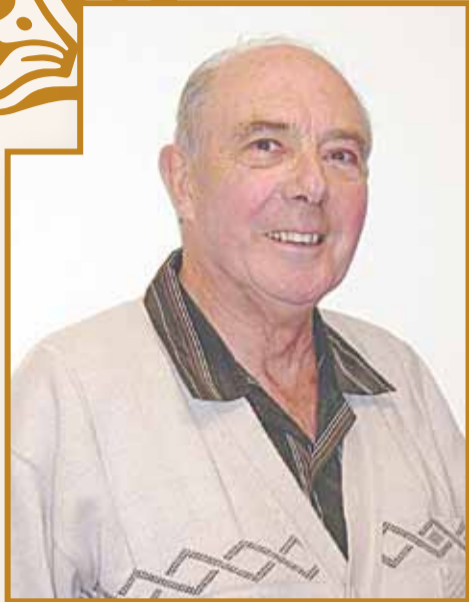
Have you recently paid your membership for the 2010/2011 period and not received your new card?

Have you not received your membership renewal notice?

Please contact reception on 9311 4444 and we will post one to you.



## The Padre's Piece



By Padre David

A COUPLE of months ago Graham Mabury of 6PR's Nightline wrote in his column for the Community Newspapers that humour has some lift and bounce and he told of a couple of incidents of people being bounced in the wrong direction – a little bit like Channel 9's Funniest Home Videos program.

Graham reminded his readers that Mark Twain called humour "the saving thing" replacing irritation and resentment with "a sunny spirit".

Way back in 1989, an American called Allen Klein wrote a book he called "The healing power of Humour" and he has lots of good practical advice to teach us how to lighten up and find the humorous side of our troubles and reduce stress. He asserts that science has proved that humour is a good medicine that can even promote physical health and certainly can promote the mental health that can add years to our lives. The book is full of pointed and humorous anecdotes, teaching learn-to-laugh techniques.

He retells that wonderful ancient story, how in the Middle Ages a person once went to a building site and started talking to the labourers about what they were doing. The first one burst out in anger at his question,

and complained about the stone he was using, the tools he had, the blazing sun and the backbreaking work. The visitor quickly moved on to a second worker who described his job as shaping rocks into usable forms to be then assembled as the architect's plans required. He acknowledged it was hard work that was sometimes repetitive but said he earned sufficient from his wages to maintain his wife and family. The visitor moved on to a third worker who simply replied by lifting his arm to the sky and saying, "why can't you see? - I'm building a cathedral".

Klein suggests we have all got the choice of either "Singing the blues" or of "Whistling a happy tune".

Sometimes life does hold some very painful moments over which we may not have control in WHAT happens to us, but we do have a choice in HOW we see our situation.

A long time ago I had a bible talk that I called "God's Three Cheers". Did you know that three times in the Bible Jesus encourages us to be cheerful, to have courage and to take heart? Get your old Bible out and look these verses up: Matthew 14 v 27 – Jesus is a friend alongside us in life, not to be feared as a figment of the imagination; Matthew 9 v 2 – He forgives our sins and brings healing, and finally John 16 v 33 – Jesus is the victor over all that life and death can hold.

Lets look at our lives through the eyes of our faith.

Shalom

PS. On three separate occasions recently I have been asked if I conduct Church services. Yes, I am still taking services. I am at AFME on the first Sunday each month at 10.30am; and on the fourth Thursday each month at the Chapel at Meadow Springs Estate at 10.00am and on the Erskine Grove Estate at 5.00pm. You will be warmly welcomed at any time at these services.

### F-111 maintenance workers encouraged to come forward

**Acknowledgement: Department of Veterans' Affairs**

THE Australian Government has committed \$55 million to ensure more F-111 fuel tank maintenance personnel, including pick and patch workers and others, now have easier access to compensation and health care.

The Department wants to contact all those involved in F-111 fuel tank maintenance and associated tasks between 1973 and 2000.

To check if you are eligible, freecall 1800 555 323 or email [f111enquiries@dva.gov.au](mailto:f111enquiries@dva.gov.au). For more information, visit [www.f111.dva.gov.au](http://www.f111.dva.gov.au)

# Bomber Command Commemoration Ceremony

MORE than 100 people attended the Bomber Command Commemoration Ceremony held on Sunday, 30 May 2010 at the AFME Spitfire in Bull Creek.

The commemoration ceremony honoured the 125,000 allied airmen (10,000 of whom were Australian) who served in Bomber Command Squadrons and paid tribute to Australian personnel killed during World War II.

Mike Wood in his role as MC, began the ceremony with a guard of honour provided by 703 Squadron Air Force Cadets as 30 Bomber Command veterans, dignitaries and branch representatives laid their wooden crosses at the memorial wall.

CEO Gerry Warner gave the address, acknowledging with gratitude, respect and a soldier's admiration the distinguished presence of Bomber Command veterans. He went on to outline what Bomber Command was doing on this day, 30 May, in the two years between the commencement of hostilities and the first "thousand bomber raid".

Mr Warner said, "On 30 May 1940 Bomber Command assets were employed on both strategic and tactical tasks. 44 Blenheims and 28 Wellingtons attacked targets in support of the evacuation of the British Army from its dire position at Dunkirk, while 18 Hampdens bombed oil refineries at Hamburg and Bremen."

"In the second year of the war, in May 1941, Bomber Command was launching hundred bomber raids on single targets and paying significant attention to the German Navy. At month's end 52 Wellingtons and 12 Stirlings sought unsuccessfully the heavy cruiser Prinz Eugen, and 14 Whitleys attacked the Tirpitz at Kiel but the vessel survived."

He finished by saying, "We honour those who served in Bomber Command and those who supported them. We particularly honour the RAAF members and other Australians who served, they contributed mightily to our country's heritage of service. They were true to their motto, they Struck Hard Struck Sure."

The highlight for many of the veterans and public alike was the fly past of three Tiger Moths flown by Kevin Bailey, Clark Rees and Trevor Jones. The Tiger Moth was used as a training aircraft for thousands of aircrew before and during WWII and holds nostalgic significance for many veterans. We are indeed indebted to these three for this generous gesture.

Following the ceremony, guests were invited to share their stories over morning tea and look through the displays at the Aviation Heritage Museum.

This was only the second time the Bomber Command Association held commemorative services throughout Australia on a Sunday near the anniversary of D Day.



L to R Doug Harrison, Les Gordon, Don Williamson, Jack Hoare, Doug Arrowsmith, John Lyell, Eddie Ellin, John McKenzie and John Crago

## Christmas in July

By: Dorothy Herrington

A VERY successful evening was held at RAAFA Estate Merriwa recently with a Christmas in July dinner followed by a country and western theme function.

During the evening lucky spots and lucky dinner placings were carried out with many people receiving prizes.

Many thanks to the kitchen staff who cooked a delicious three course meal and to the bar staff who joined in with the country and western theme with their dress attire. Thanks girls, it is great to see you go out of your way and participate as you do.

Several residents came in country and western fancy dress and these were judged during the evening. The best dressed lady was Shirley McBride who came as a North American Squaw. The best dressed man was Des Jones and together they made a good pair.

Music for the evening was provided by "The Shindigs Band" who were excellent and entertained us from 8pm to 11pm. Even though some of us didn't dance, we enjoyed the band so

much we were sorry to see 11pm come along. Hopefully we will get the opportunity to see this band again in the not too distant future.



## Museum volunteer receives Life Membership

GRAHAM Cotterell was presented with a Life Membership award at the opening of the Wirraway display by State President Ken Thornton on Thursday, 1 July 2010. Graham was overcome with emotion and unable to respond immediately, with his fellow volunteers offering their congratulations.

Graham Cotterell has been a Social Member of the RAAF Association and a dedicated volunteer at the Aviation Heritage Museum since 1993. He has been involved with the Workshop and Aircraft Restoration Teams with particular work as Senior Welder. As Team Leader of the workshop group for five years he has earned the admiration and respect of his colleagues for his sound organisation, clear leadership and quality decision making. He was awarded the Tiger Trophy in 2001 for his outstanding service.

He has been a pivotal participant in most restoration projects conducted by the Museum since 1993 and has contributed significantly to the education and information role of the Museum by the sectioning of various aircraft engines to be used as education tools for the many school children and interested adults who visit the Museum. Graham's coordination of the installation of the Catalina aircraft in the Aviation Heritage Museum, and his oversight of the closure of the old workshop and establishment of its replacement are further evidence of his outstanding and highly valued contribution to the Royal Australian Air Force Association (WA Division) Inc.

The State Executive had no hesitation in nominating Graham Cotterell for the award of a Life Membership. Congratulations.



Graham Cotterell in front of the Wirraway

## Pilots' graduation ceremony



L to R Air Commodore Bill Henman, OAM, FLTLT Andrew Abbey, OFFCDT Simone Mohrlök, Leut Daile Coey-Braddon, PLTOFF Daniel Butler

NO 219 RAAF Advanced Pilots' Course graduated on Thursday, 24 June 2010 at a ceremony held at RAAF Base Pearce. State President, Ken Thornton attended the ceremony and presented the "Most Improved" trophy to Flight Lieutenant Andrew Abbey.

Andrew completed secondary school at Monivae College in Hamilton, Victoria and worked for two years prior to joining the Air Force. He completed a science degree at the Australian Defence Force Academy before undergoing training as a navigator in Canada in 2003. Selected for fast jets, Andrew completed tours at 1 and 6 Squadrons as a navigator on the F-111C before commencing pilot training in January 2009. Andrew has been posted to 79 Squadron to fly the Hawk aircraft at RAAF Pearce.

Andrew was also the recipient of a majority of the class awards which included Dux, Most Proficient Pilot, Navigation and Instrument Flying.

The Highest Aggregate of Marks was awarded to Pilot Officer Daniel Butler and Officer Cadet Simone Mohrlök, Aerobatics to Officer Cadet Simone Mohrlök and Leadership to Leut Daile Coey-Braddon.

Reviewing Officer, Air Commodore Bill Henman, OAM offered his congratulations to the graduates saying, "the Air Force is a team that unites highly skilled, dedicated and specialised personnel, making us the most effective small Air Force in the world. You are a proud and integral part of that team and the Chief of the Air Force and I are pleased to welcome you aboard. May you serve your country well."

## 50th Anniversary of the end of the Malayan Emergency

**Acknowledgement:**  
Department of Veterans' Affairs

AUSTRALIANS reflected on the 50th anniversary of the end of the Malayan Emergency and the service and sacrifice of those involved on 31 July 2010.

The Secretary of the Department of Veterans' Affairs, Mr Ian Campbell, said the Australians who served in the Malayan Emergency played a key role in restoring peace and stability to Malaya and in the establishment of the independent nation of Malaysia.

"31 July marks 50 years since the end of the Malayan Emergency and I encourage

Australians to honour the contribution of the more than 7000 Navy, Army and Air Force personnel who served in the conflict and the 39 men who paid the ultimate sacrifice," Mr Campbell said.

Those who died are buried in Malaysia at the Kamunting Road Cemetery, Taiping; the Western Road Christian Cemetery, Penang; the Cheras Road Christian Cemetery, Kuala Lumpur; and the Kranji War Cemetery in Singapore. Those with no known grave are also commemorated at the Terendak Military Cemetery Memorial to the Missing in Malaysia.

The Malayan Emergency began post WWII, when the Malayan Communist Party

began instigating anti-British activities. Many Malaysians, particularly those of Chinese extraction, were unhappy with British rule and joined the Malayan Communist Party's push to bring down the colonial government.

Australia's military involvement in the Emergency began in 1950, with the deployment of Dakotas from 38 Squadron RAAF and Lincoln Bombers from 1 Squadron RAAF. Australian airmen attacked guerrilla positions, transported troops and supplies and dropped paratroops and leaflets. Other personnel, mostly signallers and sailors also served during this time.

Australia's commitment to Malaya increased with the

deployment of the 2nd Battalion, Royal Australian Regiment (2RAR), and its supporting units including artillery and engineers, in 1955, and with the replacement of 2RAR with 3RAR in 1957.

By late 1959, Australia's operations against the Malayan Communist Party were in their final phase, with the Malayan Government officially declaring the Emergency over on 31 July 1960.

After the official end of the conflict, Australia's commitment to its neighbour remained, with Australian troops staying on in Malaya until August 1963.

## 70th Wedding Anniversary



On their wedding day

By **Bob Cotton**

LEN and Jess Hunter celebrated 70 years of marriage on Sunday, 18 July with an afternoon tea for 50 family and friends, some not seen for many years, in the Cambrai Community Hall.

Len and Jess met at the East Fremantle dance when Jess was just 17 and Len was 19. Jess lived in East Fremantle and Len in North Fremantle and the North Fremantle boys used to walk across the Fremantle bridge to the dance.

They were married in St John's Anglican Church in Fremantle on 13 July 1940. Their eldest daughter June was born in 1941 and then ensued long separations due to the war where Len served in the Navy (thirtyniner). Their daughter Kay was born in 1946 and then Helen in 1953.

They now have 6 grandchildren, 5 great grandchildren and 3 great great grandchildren.

6 years ago the family finally convinced them to leave their beloved Fremantle and they moved to Cambrai Village to be closer to their family. They reside here independently where they extol the many virtues of the wonderful life and people in Cambrai.

### A Night of Stars

Hosted by the Aviation Museum Branch  
Saturday, 11 September 2010 at 6.30pm

AFA Club, Bull Creek. Tickets \$25pp from Club Bar or Museum. Includes carvery meal and music by Colin & Muriel.

Dress up as your favourite film, TV star or character, red carpet, favourite sports star or just come and enjoy the evening.

## Scholarships for Children of Veterans intending Tertiary Studies in 2011

IN 2011 the Australian Veterans' Children Assistance Trust (AVCAT) are expecting to give financial assistance for up to 65 students under many different scholarship schemes. All schemes help the selected children in need of the Australian veteran community with the costs of tertiary education. Applicants are considered for all schemes for which they are eligible.

Applications open on 18 August 2010.

To apply you must be:

- Within the means test. That is eligible on assets and income grounds for Youth Allowance benefits for full-time education.
- Enrolled, or planning to enrol in a full-time course of tertiary education in Australia by attendance at a university, TAFE or college. The course must be of one or more academic years length and at undergraduate level.
- The child or grandchild of a person who has operational service with the Australian Navy, Army or Air Force, or if not has three or more year's continuous full-time service as a member of the Australian Defence Force.
- Under the age of 25 when applying, unless exceptional circumstances related to veteran's service exist.

The largest scheme is the Long Tan Bursary funded by the Australian Government. There are 50 new bursaries each year. They are valued at \$9,000 each which is paid at \$3,000 per year for three years. There are selection quotas for each State and Territory. To apply you must be the child of an Australian Vietnam Veteran, be resident in Australia, be entering any year of tertiary study, having not previously received a Long Tan Bursary.

The other national schemes are the AVCAT Bursary, the two RSL Scholarships, three Vietnam Veterans' Peacekeepers and Peacemakers Scholarship and the Defence Force Welfare Association Scholarship. George Quinsey Scholarships directly pay tuition fees for economics, commerce and accountancy studies. There are also regional scholarships. In NSW, there are three from Brisbane Water Legacy covering Gosford/Wyong NSW and one from the NSW TPI Association. Some private donors offer two scholarships to resident NSW applicants. In SA, the VVAA also offers a scholarship.

Schemes vary between \$3,000 and \$5,000 per year each. Some are restricted to location of residence or studies. Most require veteran service in Vietnam but others are broader in eligibility criteria. Most schemes

continue payments for later years of study. All scholarship schemes but one pays monthly instalments. That scheme helps with tuition costs for courses in commerce, economics and accountancy. In addition to the above there is one grant per year to assist a handicapped eligible veteran's child or grandchild with special extra costs of transition to tertiary studies or employment

To receive an application form register your interest on 1800 620 361. Children and grandchildren of Vietnam veterans should do so now, as should any others who believe that they are eligible. If not sure, ask. Applications close on 31 October each year.

AVCAT  
PO Box K978,  
Haymarket,  
NSW 1240  
Fax: (02) 9213 7307,  
email: [avcat@dva.gov.au](mailto:avcat@dva.gov.au),  
web: [www.avcat.org.au](http://www.avcat.org.au)



## Fuzzy Wuzzy Angels remembered 65 years on

**Acknowledgement: Minister for Veterans' Affairs & Parliamentary Secretary for International Development Assistance**

THE Australian Government honoured the invaluable assistance provided by the Fuzzy Wuzzy Angels to Australian soldiers who served in the Kokoda Campaign during the Second World War.

Minister for Veterans' Affairs, Minister for Defence Personnel Alan Griffin said Parliamentary Secretary for International Development Assistance Bob McMullan presented seven commemorative medals to Fuzzy Wuzzy Angels and their relatives at a special ceremony in Port Moresby on Friday, 9 July 2010.

"The Fuzzy Wuzzy Angels played an invaluable role in assisting the Australians throughout the Second World War in Papua and New Guinea including the tough fighting

experienced on the Kokoda Track. Today we are continuing to honour their contribution," Mr Griffin said. More than 600 Australians were killed and more than 1000 were wounded during the Kokoda campaign.

Affectionately known as Fuzzy Wuzzy Angels, an estimated 50,000 Papuan and New Guinean civilians supported Australia in the Second World War by carrying supplies, building bases, airfields and other wartime infrastructure, and evacuating the sick and the wounded from fighting zones.

Mr McMullan said the strength, ingenuity and compassion displayed by the Fuzzy Wuzzy Angels during the Second World War is legendary and Australia is forever grateful for their assistance.

"Many Australians who became sick or wounded during the campaigns, in what is now Papua New Guinea, owe their

lives to the Fuzzy Wuzzy Angels. I am honoured to be here today to present these commemorative medallions to a deserving group of people," Mr McMullan said.

First awarded in 2009, the Fuzzy Wuzzy Angel Commemorative Medallion features the image of a blinded and barefoot Private George Whittington being helped along by Raphael Oimbari, photographed on Christmas Day 1942 near Buna on the PNG north coast.

The Australian Government is seeking to ensure all surviving Fuzzy Wuzzy Angels are honoured with a Commemorative Medallion. Medallions are available to surviving Fuzzy Wuzzy Angels and the widows of Fuzzy Wuzzy Angels. For information on nominations for medallions contact the Department of Veterans' Affairs on 02 6289 6136.

## SUBMISSIONS FOR AIR MAIL

All Branch Scribes, please note that Branch Notes can be submitted for all issues and you are most welcome to submit prior to the deadline. Additional articles of interest are also welcomed.

**Deadlines are:**  
**10 September for October/November issue**  
**5 November for December/January issue**  
**4 January for February/March issue**



# Notes From Branches and Groups

## City of Perth Branch

George Winnett

By the time you read this our branch will have had its AGM for 2010/2011. Perhaps new faces will appear to lead the branch for the coming year. Many thanks to the office bearers who have given their time over the past year. Well done.

### Upcoming events

Thursday, 16 September, Social Lunch. At our usual and popular venue, Jetty's Restaurant, Hillarys. Note the bus departs Bull Creek at 11.00am, make sure your name is on the list. Please have the appropriate money for the outing. Expecting the treasurer to give large amounts of change on the day is not possible. This outing enables those of our branch who live north of Perth to join us for the day.

Sunday, 10 October, Mokine Memorial Service. Try to be there. Details later at branch meetings but the usual conditions will apply including bringing your own folding chair if possible.

Thursday, 9 December, Christmas Meeting, 11.45am, Meg Olive Room. Please note due to problems with a venue our Christmas meeting date has been changed.

## Cambrai Club

Phone: 9304 5000

### Trading Hours

Tuesday  
4.00pm to 8.00pm Fish and Chips/  
Quiche and Chips

Wednesday  
10.00am to 11.00am Morning Tea  
5.00pm to 6.00pm Happy Hour  
6.00pm to 8.30pm Dinner

Friday  
Bistro/Theme Night once a fortnight

Sunday  
Lunch 2nd Sunday of the month

Contact Bar Staff on 9304 5000 at any time for bookings or information.



## Mandurah Branch

Graeme Coventry

A General Meeting and the Annual General Meeting were held on Thursday, 19 August 2010; unfortunately the deadline date for submissions to Air Mail prevented reporting on these two meetings.

### Upcoming events

Thursday, 21 October, General Meeting, 3.30pm, AFA Club Meadow Springs

Thursday, 21 October, Sundowner after General Meeting

Thursday, 9 December, Christmas Lunch

Thursday, 16 December, General Meeting, 3.30pm, AFA Club Meadow Springs

Thursday, 16 December, Sundowner after General Meeting.

## Meadow Springs Club

Phone: 9582 5375

### Trading Hours

Monday  
11.30am to 2.30pm Bar  
12noon to 2.00pm Lunches

Tuesday and Thursday  
11.30am to 5.30pm Bar  
12noon to 2.00pm Lunches

Wednesday  
11.30am to approx 9.00pm Bar  
12noon to 2.00pm Lunches

Friday specials  
12noon to 2.00pm Lunches  
1st Friday 5.00pm Fish and Chip night (please note price change \$12.50 for battered & \$13.00 for grilled fish and chips).

2nd Friday 6.30pm Dining in Beaufort Restaurant

3rd Friday Bar until 2.30pm unless Dinner booking

4th Friday 6.00pm Entertainment night, Buffet \$19.50 per person

Saturday and Sunday  
Ring bar for details

### Tasty Tuesday Lunch Special

Fish and Chip \$10.00 per person  
Counter menu also available

### Chase the Ace, Bingo & Horse Racing

5.00pm to 8.00pm Wednesday, meal available

Bookings to be made at the bar or call on 9582 5375

## WRAAF BRANCH Branch

Judy Bland

At the recent AGM the following were elected to committee:

President – Mrs Nora Cunningham

Vice President – Miss Pat Kempton

Secretary – Mrs Judy Bland

Treasurer – Mrs Lynn Sprigg

Social Co-ordinator - Mrs Laeraine

Ewen-Chappell

News Editor – Mrs June Moore

We ask that all mail be sent to WRAAF Branch, AFME Bull Creek Drive, Bull Creek 6149.

We are pleased to announce that we will be hosting the 2013 National Reunion and work is already in progress.

Hope to see you at the annual lunch and the 2011 Brisbane Reunion in January.

### Upcoming events

Sunday, 17 October, 59th Annual Anniversary Dinner. We hope all ex-WRAAF will make the effort to attend, partners and friends also welcome. Tickets \$30pp available from Judy Bland 9311 4401 or Laeraine Ewen-Chappell 9306 2681..

## Bull Creek AFA Club

Phone: 9311 4460

### Trading Hours

Monday and Thursday  
11.30am to 6.00pm Bar

Tuesday  
11.30am to 2.30pm Bar

Wednesday and Friday  
11.30am to 10.00pm Bar

Saturday  
3.00pm to 6.00pm Bar

Sunday & Public Holidays - Closed

### Counter Meals

11.30am to 1.30pm Monday to Friday

### Wings Restaurant – Closed

(only open for functions and A la Carte every 4th Wednesday of the month 6.00pm to 10.00pm)

### Chase the Ace

4.00pm to 5.30pm Monday

### Friday Dinner Dance

Raffles on sale from 4.30pm  
Dinner 5.30pm to 7.00pm

### Band Roster

1st Friday – Colin & Muriel

2nd Friday – Michael & June

3rd Friday – Colin & Muriel

4th Friday – John Callander

## Merriwa Club

Phone: 9400 3640

### Trading Hours

Tuesday  
12noon to 2.00pm Bar  
5.00pm to 8.00pm Bluegum Restaurant theme night

Wednesday  
12noon to 2.00pm Bar  
4.00pm to 6.00pm Bar  
4.30pm to 5.30pm Happy Hour

Thursday  
10.00am to 11.00am Morning Tea  
12noon to 2.00pm Bar  
4.00pm to 6.00pm Bar

Friday  
12noon to 2.00pm Bar  
4.00pm to 6.00pm Bar  
5.00pm to late Bistro

Saturday  
12noon to 6.00pm Bar  
2.00pm to 3.30pm Afternoon Tea

### Counter Meals

Available Tuesday to Saturday, last orders taken 1.30pm daily

### Tuesday Theme Night, Bluegum Restaurant (please book)

Different 2 course menu every week  
\$17.50 per person

### Wednesday Offal Club, Bluegum Restaurant (please book)

4th Wednesday of every month 12noon to 2.00pm \$13.00 per person

### Thursday Morning Tea

Tea /coffee with sandwich and cake  
\$6.00 per person

### Friday Night Bistro

Orders taken from 5.30pm to 7.00pm  
Raffles, lucky wheel and horse racing

### Saturday

Fish and Chip lunchtime special \$9.00 per person  
Afternoon tea, coffee and cake \$5.00 per person

### Bingo, main hall

Every second Wednesday, eyes down  
7.30pm

# Stay On Your Feet Week

*Acknowledgement: Arthritis WA*

JOIN Arthritis Australia for a free “Falls Prevention Seminar, including Healthy Eating, Balance and Exercise”. Light refreshments provided after the seminar.



## Speakers will include:

Deborah Kerr (Senior Lecturer, Nutrition & Dietetics, Curtin University) – Diet and healthy eating

Jan Smith (Tai Chi for Arthritis Instructor) – Staying On Your Feet the Tai Chi way

Lou-Anne Green (Physiotherapist, Acqua Physiotherapy) – Hydrotherapy

Tuesday, 14 September, 10am to 11.30am (9.45am registration)

Arthritis WA, 17 Lemnos Street, Shenton Park

Bookings essential on 9388 2199.

# Joining forces for asthma in spring

*Acknowledgement:*

*Asthma Foundation of Western Australia Inc.*

IN LINE with the onset of spring and National Asthma Week (1-7 September) the Asthma Foundation of WA is holding a street appeal collection in the Perth CBD on Friday, 3 September. They are seeking support from the community to get involved in raising funds to ensure those affected by asthma are able to manage the disease and gain a better understanding about asthma first aid.

National Asthma Week occurs annually in spring – a very pertinent time for those with asthma. Statistics show that over 225,000 West Australians are living with asthma, with several more people indirectly affected by the disease; be it through family, school, the workplace or a sporting team.

2010 is a significant year for the Asthma Foundation of WA with many new initiatives being undertaken. National Asthma Week will celebrate the unveiling of a new and fully interactive website, funded by Lotterywest, to further assist those impacted by the disease.

CEO David Johnson says, “Studies have shown that people underestimate the

seriousness of their asthma. They believe their asthma is under control even when it’s not, and as a result, their quality of life is badly affected. Poorly managed asthma not only influences people’s lifestyle, but it can also be fatal”.

Many are surprised to learn that poorly controlled asthma can lead to permanent lung damage. Some have to take time off and tolerate disturbed sleep, without realising that these problems can be addressed.

While deaths from asthma were recorded in all age groups in 2008, over 76 per cent of asthma deaths occurred in adults aged 60 years and over, with 343 deaths recorded in this group.

If you, or a loved one is part of this at-risk group of adults aged 60 years and over, living with asthma, please consider, like everybody should, having an up to date Asthma Action Plan and knowledge of asthma first aid.

For more information on the free asthma education scheduled in the lead up to National Asthma Week, please visit [www.asthmawa.org.au](http://www.asthmawa.org.au) or phone 9289 3600.



# Visiting a person with dementia

*Acknowledgement:*

*Alzheimer’s Australia*

VISITING family and friends with dementia is important for their emotional wellbeing. However people with dementia are usually not able to initiate activities or “entertain” you, the visitor. Here are a few tips you may find useful when visiting your friend or family member, whether they live at home or in residential care.

## • Develop a flexible attitude

We all have high and low energy days and your friend/relative may be tired the day you visit. While things may not go as you had planned, remember your visit is still important – for you and the person you are visiting.

## • Be kind to yourself

Visiting can sometimes be sad and difficult, and you may need nurturing – perhaps take a supportive friend with you or plan a treat for yourself on the way home.

## • Take something with you

You can engage the person you’re visiting by taking a magazine or newspaper with you. Read out interesting articles or do a quiz together. Take flowers, a food treat or old photos or postcards. This then becomes an activity which helps with stimulation and reminiscence.

## • Establish a visiting ritual

Say and do the same things on arrival and departure each visit. This will add structure for your friend/relative. Introduce yourself on arrival, for example “hello mum, it’s me, Elizabeth, your daughter”. This reduces their anxiety as you remind them of your name and connection – don’t make them guess.

## • Write cards and letters

Working together, write a letter to your mutual friends or family. This can nourish and maintain important links in their life.

## • Organise a drink

This will help with fluid intake, socialisation and continue normal “old” patterns of hospitality.

## • Get to know the care staff by name

## • Silence is not a negative thing, learn to enjoy quiet times.

## • Talking isn’t everything

Hugs, hand and neck massages and hand holding can replace or complement conversation.

## • Start a “communication book” of important things to remember

This can be written in and read by all visitors and act as a memory prompt for your friend/relative.

## • Make a life book

This is a wonderful way of validating the life journey of your friend/relative and reminiscing old accomplishments. Work through it on your visits. This project can make your time together even more enjoyable and special.

## • Consider doing tasks

Sew labels on clothing, assist with food and fluids or take the person you are visiting for a walk. This will not only benefit the person concerned but it will also maintain your vital role and help you to feel useful and important. It can also assist care staff in residential facilities.

## • Play an instrument or sing

If you are musical, consider playing for your friend/relative. Music creates relaxation, a return of fond memories and feelings of calm and security.

## • Take an animal or your pet with you

A visit with a well-loved pet can improve the emotional health and well-being of your friend or relative. If visiting a residential care facility, speak to staff before taking your pet with you.

## • Know that your visit makes a difference

Research suggests that people living in residential care need emotional support for their well-being and are less likely to be depressed when they have regular weekly visitors.

## • If necessary, talk to someone

There are many issues around changing roles and grief that affect families, friends and carers of people with dementia. It is very important to take care of yourself. Speak to a supportive friend about your feelings or call Alzheimer’s Australia’s National Dementia Helpline on 1800 100 500 or visit [www.alzheimers.org.au](http://www.alzheimers.org.au)

