



AIR MAIL

ROYAL AUSTRALIAN AIR FORCE ASSOCIATION

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

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> WHAT'S
INSIDE



LIFE MEMBER

Ken Thornton has been presented with a Life Membership award for his 12 year commitment to RAAFA WA.

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MELBOURNE CUP LUNCHEON

The Bull Creek AFA Club hosted a stylish Melbourne Cup luncheon for 150 guests including the ladies from the Red Hat Society.

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Remembrance Day roundup



1

We Shall Keep the Faith

By Moina Belle Michael

Oh! You who sleep in Flanders' fields,
Sleep sweet – to rise anew,
We caught the torch you threw,
And holding high we kept
The faith with those who died.
We cherish too, the poppy red
That grows on fields where valour led.

It seems to signal to the skies
That blood of heroes never dies,
But lends a lustre to the red
Of the flower that blooms above the dead
In Flanders' fields.

And now the torch and poppy red
Wear in honour of our dead.
Fear not that ye have died for naught
We've learned the lesson that ye taught
In Flanders' fields.



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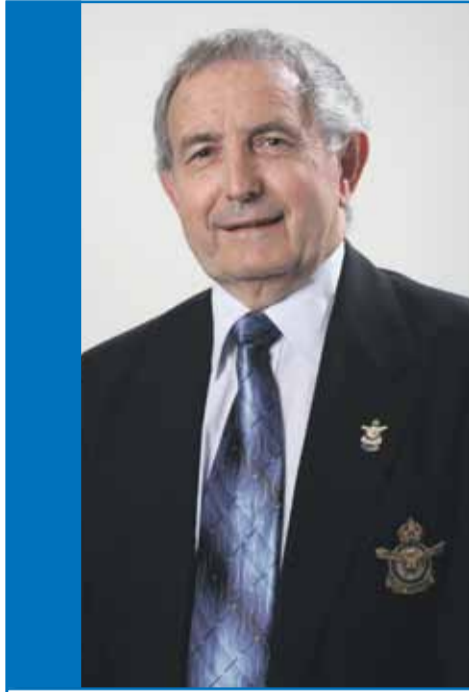
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1. Araluen choir
2. Kings Park
3. Melville Civic Centre, L to R Vera Harrison, Doug Harrison, Mair Walley, Brian Walley
4. RAAFA Amity Village, Albany
5. Cambrai Village
6. Air Force Memorial Estate, Bull Creek

Around the roundel



State President, Graeme Bland

By Graeme Bland

AS THE saying goes – back in the saddle again and I just hope I can represent you wisely. Please excuse the brevity of this report but I am writing it before I've spent a week in the chair.

Elsewhere in this issue you will find the detailed reports from the 2010 Annual General Meeting. It was disappointing that only 116 members took the trouble to attend and show an interest in the affairs of the Association and this indifference worries me in respect to the future of the Division.

On your behalf I express thanks to the retiring Division Council members and in particular those who have diligently served their terms. To the new Division Council, welcome and I hope you find the

challenges of your term both interesting and satisfying.

I would also like to acknowledge the Staff in the various areas of the Division for their dedication to the tasks of looking after the wants and needs (when possible) of our members, residents and those in our Aged Care Facilities and AFA Care who look after those of us "aging in place". You obviously find it rewarding in what ever you do in helping others.

One forgotten area of our Membership is recognition of our members who have achieved 50 cumulative years of Association membership. If you think you have reached this milestone please write to the State Secretary stating your full name, current membership number, date of joining and years, if any, that your membership may

have lapsed. We will contact National accordingly.

Another area to be given thought is the position of Air Mail Editor. Our incumbent Editor has been on the job for some twenty years and feels it is time to make a change in his life. Simple fact no Editor – no Air Mail. I strongly urge that if you have a bit of talent in literature and have a bent toward proofreading please get in touch so we can maintain a future for Air Mail.

Well folks may I and my wife Judy, take this opportunity to wish all members and their loved ones a very happy Christmas and may the New Year be safe, bountiful and bring all you ask of it.

Travel safe and remember to "stay on your feet".

Life Membership presented

IT WAS a bit like "This is Your Life". Ken Thornton thought he had finished the business for the evening at the October Division Council dinner, having just presented two Certificates of Service when the State Secretary announced there was to be another presentation. To Ken's great surprise it was a Life Membership award for himself.

Ken has been a member of the WA Division since June 1998. He and his wife Peggy became residents on the Air Force Memorial Estate at Bull Creek in October 2001.

At various times during his period of residence Ken has served as Vice President of the Memorial Estate Residents' Branch,

Chairman of the Estate Residents' Committee, Supervisor of the Village Shop and Chairman of the AFA Club Committee. He has also been a volunteer at the Aviation Heritage Museum.

He was elected to Division Council in October 2006, and shortly thereafter accepted appointment as State Vice President following the sudden resignation of the recently elected incumbent. At the 2007 Annual General Meeting he was elected State Vice President for a two year term. Shortly before the Annual General Meeting the following year, the State President, Phil Rowles, became seriously ill and died in office. Ken provided continuity and stability during that difficult period and

discharged the responsibilities of State President until the duly elected State President took office.

Less than a year later in October 2009, the State President resigned abruptly mid-term. Consistent with the Division Constitution, Ken assumed the appointment until October 2010 and guided Division Council through a very difficult, demanding and confused period.

For his valued contributions as a volunteer, acceptance of responsibility in testing circumstances, and calm leadership, Division Council recommended without reservation that Ken Thornton be awarded Life Membership.



Ken Thornton



Michelle Govich

Corporate Services jetsetter

OUR resident jetsetter was recently presented with a Service Award in recognition of her 15 years loyal service with RAAFA.

Michelle Govich started in Corporate Services at the tender age of 21. She is now a payroll officer and has seen RAAFA grow from a single estate of around 100 employees to the 6 villages and over 500 employees we have today. During her years of paying RAAFA staff she has never let them down and her ability to work alone and meet deadlines has her well respected by all.

Michelle is an active lady who enjoys cooking, keeping fit, live music and jetting off to foreign lands and far away places whenever she gets the chance.

Her love of experiencing different cultures has seen her explore parts of Europe, UK and Asia. One of her favourites would have to be discovering her family origins in Croatia, a destination she tries to include in all her European holidays.

Some of her memorable moments during her travels have included swimming with the sharks, body rafting in Sicily, indulging in tapas and paella in Spain, being wowed in Amsterdam, seeing the wonders of the Greek Islands and in every country, listening to the locals' stories.

Congratulations on achieving 15 years service with RAAFA.

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

25th Anniversary of the Mokine Memorial Service



By **Colin Mounsey**

ON SUNDAY 10 October a large group of RAAFA members from the Bull Creek, Merriwa and Meadow Springs Estates converged at the memorial site on Avro Anson Dr, Mokine (near Clackline) for the annual memorial service. The service honours and pays respects to the four airmen, F/o Lynton Burt, Sgt Geoffrey Debenham, Sgt Noel Nixon and Sgt Kenneth Hugo, who perished when their Avro Anson aircraft crashed near the site on 9 October 1942.

To mark the site of the tragedy a group of local residents erected a cairn of rocks from the area to which a wooden cross made and engraved by an army ordinance team, was mounted.

With the passage of time and movement of people from the area the memorial was "forgotten" and became enveloped by the regrowth of trees and shrubs.

In the early 1980's a survey party from the Northam Shire discovered the site and the

City of Perth Branch became involved in the research into the significance and history of the structure.

Following a research of official records by Branch member, George Winnett, a team from the City of Perth Branch cleared the site, refurbished the memorial and improved its access in preparation for its rededication, which was performed by the Rt Revd Dennis Bryant at the first memorial service in October 1985.

In more recent years the RAAFA (WA Division) Inc. received a grant from the DVA "Salute Their Service Program" through which an enthusiastic team from the Northam District, led and co-ordinated by Mr "Sarge" Bottacin upgraded the area and the Memorial.

Since then a partnership has developed between organizations and individuals from the Northam District and RAAFA which has increased the awareness and significance of the Memorial. This was reflected in the attendance and participation in the 2010 Service.

In preparation for this year's Service members from the Northam Sub-Branch of the RSL erected a shelter and arranged additional seating at the site which added to the comfort for our party and participants from the district.

At the commencement of the Service, Branch President, Ray Passmore welcomed the State President of the RAAFA (WA Division), Ken Thornton, the president of the Northam Branch of the RSL, Donna Prytulak, James Garrhity President of the Bakers Hill Branch of the RSL, Sarge Bottacin, co-ordinator of the redevelopment team and Joan Mitchell, who with her late husband, Brian were unofficial caretakers of the site for many years and the large group assembled at the site.

Padre David Oxley led us in a service of remembrance and honour in prayers and hymns. As part of proceedings representatives were invited to participate in the wreath-laying ceremony. Ken Thornton led the party followed by Ray Passmore, Donna Prytulak, a representative from the Bakers Hill RSL, Muriel Wray representing the RAAFA Estate Merriwa, Stan Weston representing Sunderland Squadrons Branch and Cambria Village and Charles Cugley in memory of his cousin who perished in the crash.

In conclusion Ray Passmore thanked those from the RSL communities, the guard of honour provided by Phil Sullivan a member of the Avon Valley 10th Light Horse Memorial Troop; those who prepared the site and all who attended the Service.

Following the Service the RAAFA parties enjoyed lunch at the Northam RSL Hall which had been prepared by the Women's Auxiliary. It was a fitting finale to the occasion.



Bettyna Clark

New Welfare Officer

WE EXTEND a warm welcome to Bettyna Clark who recently joined the RAAFA team. Bettyna is the new Welfare Officer based at AFME, Bull Creek. She was born in Maracaibo, Venezuela, and is an only child. Most of her extended family still live in Venezuela.

Her first encounter with Australia was in 1995, when she came to Sydney on holiday with her husband after finishing her Psychology Degree. At the time it didn't cross her mind that she would someday be able to come back to live here. Bettyna has had the good fortune to travel extensively and has lived in many different countries around the world.

She moved to Australia six years ago with her family. Her husband works in the gas and oil industry and her daughter attends All Saints College. Prior to joining RAAFA Bettyna worked with Home and Community Care as an Assessment Officer.

She loves dancing, foreign languages, travelling, and BBQs. Together with her family they are really enjoying the Australian way of life.

Bettyna said, "I really feel that I have been blessed with the challenge and opportunity of joining RAAFA as your Welfare Officer, based at Bull Creek. I will try to do my best not only to assist you but also to integrate myself as a new and active member of your community."

Lodge staff recognised

GORDON Lodge celebrated one year accident free on Monday, 4 October, and Mary Salib, Assistant Manager, had great pleasure in accepting the award on behalf of the staff at a special morning tea. At the celebration three Gordon and Dean Lodge staff were also presented with Service Awards in recognition of their loyal service with RAAFA. Congratulations everyone.

Flora Dimov commenced at Gordon Lodge in February 1990 in the laundry. She was born in Greece and moved to Perth in 1956. Flora lists her memorable moments as getting married, having two children and becoming a grandmother. Flora enjoys spending her spare time working in the garden.

Anne Hughes commenced at Dean Lodge in June 1991 as a domestic. Anne was born in Preston, Lancashire and moved to Australia in 1974. Getting married and having her two sons are her most memorable moments, and she now spends her spare time playing with her four wonderful grandchildren.

Irene Moore commenced at Dean Lodge in February 1995 as a carer. Irene grew up in Geraldton and went to school at the Stella Maris College. She moved down to Perth in 1968 to commence her enrolled nurses training which she completed at Hollywood Hospital. Irene enjoys cooking and doing crosswords and lists marriage and having three children as her most memorable moments.



Safety Co-ordinator, Julie Exeter (left), presents Assistant Manager, Mary Salib, with the safety award



State President's Report



Ken Thornton

By Kim Thornton

RAAFA Members, Chief Executive Officer and Division Councillors, I have pleasure to present a report for the year ending 30 June 2010.

Division Council

The present Division Council members are the State President, State Vice President, State Secretary, Chief Executive Officer (ex-officio), Charles Geddes, Graeme Bland, Mike Wood, Ian Petkoff, Toni Stampalija and Lynton McRostie.

Mike Wood is not standing for re-election and due to other commitments Lynton McRostie and Paul Sadlier are not accepting re-appointment. I on behalf of the Division Council and the members of RAAFA thank them for their valued contributions. In addition on your behalf I wish to thank all of the members of the Division Council for their advice and assistance during the year.

I am not standing for re-election after a busy and interesting year and it is now time that I step down.

Membership

The total WA Division Membership as at 30 June 2010 was 4,983 and unfortunately is declining. As with every Division and Branch

it is very difficult to attract personnel currently being discharged from the Royal Australian Air Force to join the Association.

Retirement Accommodation

The Association currently provides Independent Living Units for 1,961 of our members at our six villages which are being managed by our Director of Estates and Estate Managers, which at times is not the easiest of tasks.

Aged Care Facilities

The Association has Residential Aged Care Facilities established on four of our Retirement Estates with a total of 384 mixed high and low care beds. These are managed by our Director of Care and Facility Managers who have to keep them up to the constantly changing legislation standards.

Welfare Officers

RAAFA Welfare Officers provide services at each Estate for use by 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.

Veterans Services

RAAFA continues to operate pension offices at Meadow Springs and Bull Creek. Currently RAAFA has 2 Pension Officers operating at the Bull Creek centre on a roster system in conjunction with 6 officers authorised by other ex-service organisations. The RAAF Association has provided accommodation together with associated costs at both of these offices.

Fellowship

This year we have provided fellowship opportunities for our members in the following ways.

We have had the Annual Dinner and as with all functions, we are constantly trying to improve for the enjoyment of our members. This year we were delighted to see that numbers increased.

We also held ceremonial events for members and branches to participate in. These included the Anniversary of the Bombing of Darwin, Anniversary of the formation of the RAAF and Bomber Command Commemoration Day. In conjunction with the Branches and RSL we also commemorated ANZAC Day, Vietnam Veterans' Day, Remembrance Day and Mokine Memorial Service.

I have also represented RAAFA at various ceremonies including the Cadets 2010 passing out parade and the graduation ceremonies of RAAF Advanced Pilots Courses Wings Parades held at Pearce.

We keep members informed of these events by invitations and reports in our Air Mail and I thank the volunteers who spend time every two months to ensure that Air Mail is sent out.

I also take this opportunity to thank Branches, volunteers and staff for their assistance in putting on these events.

Unveiling of the Catalina Display

RAAFA celebrated the unveiling of the Catalina display on 11 June 2010 by His Excellency Dr Ken Michael AC, Governor of Western Australia. The event included music by the Melville AFA Brass Band, and addresses by Australian American Catalina Foundation Chairman, J Barry Williams, myself and a Catalina Veteran, Ivan Peirce and was followed by morning tea.

It was a well organised event which after some early communication problems was considered by all those involved to be very successful and of which the association can be proud.

Revised WA Constitution

The Division Council recognised some time ago that our constitution needed revision because of issues related to the size and complexity of the business, especially the retirement village expansion and aged care legislation requirements, which coupled with the impending changes to the WA Associations Incorporations Act are due in early 2011.

Prævia Consulting was appointed as Consultants to help draft the revised Constitution in conjunction with the Division Council and with consultation of Members, to develop a more robust and focussed Constitution that would serve RAAFA (WA Division) Inc into the future.

An important reason for the revision of the Constitution is the new proposed legislation that governs associations that is due for release within the next 18 months. Following there will be an 18 month moratorium period in which to ensure that Constitutions meet the new law. After that time, if it does not comply then the new law will apply where the constitution falls short.

A second issue and perhaps the most pressing is that RAAFA (WA Division) Inc. has grown significantly since the adoption of the current Constitution and is now subject to a wide range of laws covering our diverse activities and business interests. It is vitally important that the Constitution continues to protect the things that are important to members.

Membership rules have changed over time and the proportion of veterans and ex-service personnel is shrinking so the focus of the Association must be to preserve our objects and aims to secure the needs for all members

Chief Executive Officer's Report



Gerry Warner

By Gerry Warner

STATE President, Division Councillors, members of RAAFA, I am pleased to present the Chief Executives Officer's Report for the year ended 30 June 2010.

Again, our work in 2009/10 followed the extant Eight Strategic Directions previously set by Division Council:

- Good governance;
- Vibrant membership;
- Growth and development;
- Quality services;
- Valued assets;
- Financial sustainability;

- Environmental responsibility; and
- Healthy workforce.

Financial

The Manager Corporate Services will present the Annual Financial Report, but some preliminary comments are appropriate. RAAFA produced a very pleasing result for the year with a \$2M profit, compared to last years \$309K.

The total revenue was \$5M more than last year due mainly to increased aged care subsidies resulting from the new funding model. Resident fees also increased following pension increases

delivered by the Australian Government during the Global Financial Crisis. However, because of the increase in care levels at the Aged Care Facilities, wages and on costs increased by \$1.7M.

Our cash holdings have been stable during the year even after the expenditure of \$11.9M on buildings and significant capital projects. The outlook and early results for 2010/11 are very positive and the results should be maintained, even with some significant identified challenges.



CEO's Report Continued

I now report on a number of matters of significance. Although reporting on the year ended 30 June 2010, I reflect today's situation to avoid confusion where appropriate.

During 2009/2010 RAAFA received a Government of Western Australia ANZAC Day Trust grant for \$12,000 providing a range of welfare and assistance to members and residents. I gratefully acknowledge it this morning.

Governance

Last year I reported that from my Chief Executive Officer's perspective, there had been a reduction in RAAFA's standard of governance, primarily in the effectiveness of some committees and the frequent blurring of the line between governance and management. To some extent my concerns remain, but I am pleased to mention that such concerns are now included in RAAFA's comprehensive and robust risk analysis system. Further, I reported that the Division Constitution required major review and revision. Subsequently Division Council initiated a review and extensive consultation with members has occurred. I thank all those who have participated and contributed views, comments and opinions.

Scholarships

The McIntosh Memorial Scholarship and the Swetman Aviation Education Fellowship were awarded to deserving candidates. The 2010 McIntosh Scholarship was awarded to Andreas Biddiscombe who is studying for a Bachelor of Science at UWA. Andreas grandfather was a Flying Officer in WWII and served in Bomber Command with 467 Squadron. Jeremy Plumb who is completing the Year 12 Aviation Program at Australind Senior High School was awarded the 2010 Swetman Fellowship.

Aged Care Facilities

As mentioned earlier in this report, the residential aged care facilities achieved good financial results for the reporting year as a result of a significant increase in subsidy funding from improved assessment processes in each lodge. These results were very pleasing, however wages will impact significantly in the current financial year due to the salary increases which will result from current enterprise bargaining negotiations. RAAFA wage levels have fallen behind a number of other providers in the industry and the negotiations have been focused on attempting to establish fair, appropriate and competitive parity. Negotiations commenced on 29 June 2010 and are expected to be complete next month.

Recruitment activities remained high as the labour market tightened and the search for the right staff continues. It is hoped that our new enterprise agreements may assist in not only attracting but retaining staff in RAAFA.

Occupancy for the most part remained high and it is particularly pleasing to note that Vivian Bullwinkel Lodge reached full occupancy for the first time since it was opened 26 September 2007. Waitlists and demand remained strong at the Merriwa and Bull Creek sites whilst McNamara and Vivian Bullwinkel experience delays in filling vacancies due to weaker demand and increased competition for occupancy in their respective locations.

Accreditation visits remained consistently high for the year and unfortunately resulted in a non-compliant outcome for McNamara Lodge in November last year. After our provider response to the audit and intense corrective action, we were given accreditation for one year. Whilst this was a disappointing outcome, the staff have worked very hard to rectify the areas of concern and it is hoped that the lodge will receive a full 3 year accreditation period when it is audited again during 16-18 November of this year.

AFA Care

AFA Care continued to deliver services to around 580 clients through the Veterans' Home Care and Community Nursing Programs in the Metropolitan and Peel regions. AFA Care submitted a new tender for the continuation of the Community Nursing program in August 2009 and received notification that the tender had been successful early in 2010. Unfortunately during this time there were significant increases in staffing costs resulting from the new modern awards which had not been factored into the contracts by DVA nor into RAAFA's budget preparation for the tenders. This raised viability concerns across the community care industry, however AFA Care has managed to retain a positive financial situation thanks to the efforts of the staff who have successfully changed aspects of service delivery.

Aviation Heritage Museum

The Aviation Heritage Museum operated normally throughout the year, and I wish to acknowledge the important parts played by the Museum Branch and our dedicated and professional volunteers in support of our Museum. The Museum was central to a very successful function on 11 June 2010, when His Excellency the Governor of Western Australia unveiled the Catalina display. The superb and lengthy restoration of the Wirraway was finalised toward the end of 2009/2010, with the State President opening the display on 1 July 2010, one day beyond our reporting year. On that occasion he also recognised with Life Membership the outstanding contribution of Graham Cotterell. The Museum continued the development and refinement of its internal processes, and progressed a variety of internal and external projects which have improved the efficiency and aesthetics of the Museum.

Last year I reported grants from the Department of Veterans' Affairs and Lotterywest to assist with the restoration of the Battle of Britain Commemorative Lace Panel. That project was completed by the Textile Conservation and Restoration Workshop late last year.

RAAFA Estates

RAAFA operates 6 estates with a total of 1,335 retirement living units which are home to nearly 2,000 resident members. Occupancy levels were maintained across the estates, but there have been noticeable delays caused by the slow real estate market. RAAFA unit prices remained steady over the past year and are considered to be relatively affordable at \$124,000 (1-bed unit) to \$295,000 (3-bed unit).

Four estates recorded a budget surplus on the operating account, after adjustments, as follows:

- AFME Bull Creek - \$69,151
- RAAFA Estate Meadow Springs - \$53,830
- Erskine Grove - \$72,892
- RAAFA Amity Village Albany - \$173

Management has been reviewing the operations and finances of the licensed clubs, including prices, costs, and club services. This review continues in an endeavour to improve the cost and quality of service to residents/members and the lodges.

The issuance of rate notices to retirement villages operated by Not-For-Profit/Charitable organisations remains a contentious issue, particularly since the State Administrative Tribunal handed down its decision on the City of Belmont / Retirees WA Inc. case in April this year. Three of the RAAFA estates have been rated and objections have been lodged with City of Melville and City of Mandurah. Solicitors have been engaged because of the complex legal aspects involved, and we have commenced proceedings in the State Administrative Tribunal in relation to the AFME.

The Review of Retirement Villages Legislation commenced in 2006 but has experienced many delays. However, it is expected the statutory report on the future regulation of the retirement village industry will be submitted to the State Government in the coming weeks.

Meanwhile, the transition period for the implementation of the new Food Act and Regulations has been completed. Premises will be audited and the Food Act specifies a number of offences and the very significant penalties that can apply (for an individual, a fine of up to \$100,000 and 2 years gaol, and for a corporation up to \$500,000). RAAFA has implemented a Food Safety Program for each of the kitchens at the AFA Clubs and the aged care lodges. The requirements for other areas used by residents, members and groups are not as strict, but nevertheless safe food preparation and handling is still essential.

Some of the older independent living units at Bull Creek and Meadow Springs benefited from the Federal Government homes insulation package funding prior to the abrupt cancellation of the scheme early this year. The potential of installing solar power on units and common facilities is being explored, and specialist advice is being obtained because the electricity distribution network and tariff arrangements on estates are complex.

Redevelopment of AFME Bull Creek

Turning now to the redevelopment of AFME Bull Creek. The first apartment tower was commenced after the last AGM and construction has progressed very satisfactorily, with the practical completion date still October 2011. The apartments are competitively priced at \$550,000 - \$695,000 and to date, contracts have been signed for 59 of the 66 apartments.

Other associated works and projects on the estate during 2009/2010 included:

- The construction of the boundary walls along Leach Highway and Bull Creek Drive.
- A new bore and a water treatment system.
- The upgrade of the power supply to the estate.
- The start of planning and documentation for the next apartment tower. This building will be located next to the AFA Club and will comprise residential apartments and common facilities. I expect construction to start late next year (subject to obtaining approval).

Deterioration of the existing AFME buildings because of age is well known and the general infrastructure and services on the estate are being maintained or improved in conjunction with the redevelopment. I take this opportunity to thank the residents and others for their cooperation and patience during the redevelopment.

Throughout the year I represented RAAFA on the newly-established Department of Veterans' Affairs WA Consultative Forum, and also served as one of the three Trustees of the WA Government ANZAC Day Trust.

Finally, I sincerely thank our dedicated volunteers, and our committed and professional RAAFA members of staff, for their sterling service throughout a challenging, busy but successful year. We ask much of them as they continue to pursue RAAFA's vision for the benefit of our members and residents – "A financially secure, adaptable organisation growing on a broad base of caring and supportive services."

State Treasurer's Report Page 6



State Treasurer's Report

By Kim Pascoe

STATE President, Mr Ken Thornton, members of Division Council and members of the Division, good morning. It is my pleasure to present the Treasurer's report for the year 2009/10.

Overall

When compared with last year our Current Assets increased by \$3.37M and Non-Current Assets increased by \$5.63M which together brought our Total Assets to \$220.5M. Against that amount our Total Liabilities stood at \$193.8M. This resulted in our Net Assets standing at \$26.7M which was a \$2.05M increase over last year.

Capital factors that contributed this year are:

1. Retentions of Bonds & Entry Loans \$4M income

2. Interest on Investments (net of Interest Paid) \$1.27M

On a Cost Centre breakdown the results including capital income were:
Units: Collectively made a surplus of \$444K (before club loss). The managers continue to watch expenses carefully. ILU's that made a surplus (before depreciation and capital retentions) will shortly vote on how to treat the surplus (ie could vote to have their maintenance fees refunded proportionate to their monthly fees and surplus).

Clubs: Unfortunately the clubs collectively made a loss of \$395K. The review of clubs is on-going and lots of ideas are being tried to hopefully improve the financial results.

Aged Care Facilities: Collectively made \$2M. The new funding instrument ACFI

was more aggressively maximised which resulted in subsidy income increasing to \$15.7M (up \$3.6M on 08/09).

Other Cost Centres': Home Care cost centre made a profit of \$170K. The Museum loss was \$53K which fully recognized the standard accounting items including depreciation.

Cash Position: We have increased our Cash Assets by \$2.2M by getting larger Bonds and higher selling prices of units, which has meant that even though we spent \$11.9M on capital development we still continued to maintain a healthy cash position.

The future

Apartment Tower IB to continue construction and Tower IA is in planning phase at Bull Creek. Gordon Lodge

upgrading to ensure it lasts at least 6 more years.

The Aged Care Facilities are currently negotiating an Enterprise Bargaining Agreement for care staff wages and it will exert pressure on wages expenditure in 2010/11 which management will keep a close eye on.

As can be seen from the above and information from our CEO and State President the future of RAAFA is looking positive in growth and all managers continue the hard work of ensuring the residents and members funds are used wisely.

In closing I wish to thank all staff and the Division Council Members for their support and assistance over the year. Mr Chairman that concludes the report and I thank members for their attention.

Important milestone in veterans' health care

Acknowledgement:
Department of Veterans' Affairs

THE Secretary of the Department of Veterans' Affairs, Mr Ian Campbell, said an important milestone in the development of a new program to improve health care for thousands of veterans and war widows was reached in early October.

The Clinical Reference Group, which will provide the government with advice on the design and implementation of the Preventable Admissions and Improved Community Care Program, held its first meeting on Wednesday, 29 September. The reference group is made up of clinicians

from across Australia with expertise in the management of chronic diseases, and includes a representative from the ex-service community.

The program aims to reduce the number of veterans and war widows being hospitalised by improving the community-based management of chronic diseases such as congestive heart failure, chronic obstructive pulmonary disease and diabetes.

The program was announced in the 2010-11 Federal Budget and will start operating in May 2011. Around 17,000 veterans and war widows are expected to benefit from the program by 2014.

Under the program, a doctor will prepare and regularly review a care plan for the participating veteran or war widow. The plan will be implemented by a nurse who will provide assistance such as coordinating appointments with health professionals and helping to manage medication.

Mr Campbell said the first meeting of the Clinical Reference Group is a major step in establishing the program. "The work of this important group will provide invaluable guidance to the Department of Veterans' Affairs in setting up the program and improving the management of chronic diseases in the veteran community. It will

also act as a conduit to the medical and ex-service communities," he said.

One of the reference group members, Dr Steve Hambleton, Vice President of the Australian Medical Association (AMA), said that the AMA is very pleased to support the Department of Veterans' Affairs program. "It's an innovative program that acknowledges the need for holistic and coordinated primary and community care. This model supports the role of the veteran's doctor and practice nurse in a team approach to improving health outcomes for Australia's veterans."

'Dear Welfare'

Dear Bettyna,
Christmas holidays are around the corner and I get very stressed and anxious at this time of year. Especially this year, my family is overseas, my wife passed away several years ago and most of my friends are gone or too ill to spend time together. May be I am just being silly. What do you think I can do to avoid feeling lonely at Christmas?

Signed Lonely at Christmas



Dear Lonely at Christmas,

You're not alone, most people become depressed during the Christmas holidays. We think everybody around us is having a happy holiday full of joy and surrounded by the things we think bring happiness

like money, family and friends. But, the reality is that only a few of us will have a perfect Christmas.

There are several reasons why we may feel sad during the Christmas season. For example: absence of a beloved person which creates feelings of loneliness and regret; unrealistic expectations, we always have that idea that the holidays will be a happy perfect time; nostalgia, previous holiday memories keep the present from measuring up; loneliness, we might not have someone to sit with at the dinner table because many of our friends are either too ill or no longer alive; family misunderstandings and economic difficulties.

If you think you are prone to feeling lonely and sad at Christmas,

be proactive and get prepared. Luckily, there are a lot of simple strategies which could make your next Christmas holidays a different experience: revise your expectations and priorities, don't try to do too much in a very short time, instead be kind to yourself, seek support, and laugh at yourself and the world every now and then. Help others, there is always someone who is struggling and needs your help; being a volunteer for example, will take away self-pity and seasonal sadness. Also, avoid watching or listening to the news during the holiday's season, since much of it is negative and depressing, try to read or watch inspiring books, movies and TV. Another way of fighting Christmas "blues" is keeping busy, not only mentally but physically, go outside, walk and even book yourself for dinner at a restaurant. Arrange to go away for Christmas, sometimes being around people who don't know

you is good therapy and a great way of starting to think differently.

In general if Christmas is a problem for you, find things to do to take your mind off your own situation, perhaps by going to a local church and getting together with support groups to talk about your thoughts and feelings.

In conclusion, whatever you do to cope with Christmas blues, remember: "Life is an opportunity, benefit from it. Life is beauty, admire it. Life is bliss, taste it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is too precious, do not destroy it. Life is life, fight for it."

— Mother Teresa



Terrace apartments update

IT IS now possible to see the building from the Canning River, which means the views to the north from the top two levels will be spectacular. And the outlook from the south-facing apartments has also impressed those who have experienced it.

Other favourable comments include how spacious the building feels. From the bowling green level it is possible to see just how wide and impressive the entries and passage ways will be. The feeling of space is carried through to the apartments themselves.

One of the apartments is being fast-tracked so new residents and prospective buyers can experience the size and standard of fitout that will make the terrace apartments the new standard for retirement apartments in Western Australia.

Some people looking at the building as it is now, and who haven't seen the architectural drawings of the apartments, have commented about the unimpressive concrete blocks that make up the external and internal walls of the building.

This is understandable as there will be about 250,000 of the blocks in the completed building and external plastering and cladding won't start until the roof is completed, which is scheduled to be around March next year.

At that time the tower crane will be taken down and plastering will start at the top level and work down with the external

scaffolding being removed as the task progresses.

What will emerge is one of the most attractive apartment buildings to be seen anywhere in Perth.

Construction

Work has started on forming the floors for the top level of the apartments and the builders are working towards having the level 4 floor completed before Christmas.

While form workers are busy preparing to pour concrete on level 4, electricians, glaziers, plumbers and other finishing trades are fitting out apartments on the other levels.

Each day sees around 50 to 60 people on the site as work is conducted at every level of the building.

Once concrete pouring is completed the builder expects the number of people on site to increase to around 70 every day as more of the finishing trades work to complete apartments.

For a terrace apartments information kit contact Maureen Winton on 9311 4488 or go online to 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 friends or relatives you believe would benefit from living in a brand new apartment at AFME.

Bull Creek Veteran Support Centre

By Graeme Bland

THANKS to the RAAF Association (WA Division) Inc. this centre is located in Unit 35, Wells House on the Air Force Memorial Estate at Bull Creek. There are two consultation rooms manned by persons of all three ADF Branches to advise and assist ex-Service and serving ADF persons to optimize their Pension, Allowances and Compensation entitlements from DVA and assist with the paperwork that is required.

This service also extends to dependants of serving and ex-serving ADF Members.

The team at the Bull Creek Veteran Support Centre are all TIP qualified ie. they have been trained through the Training and Information Program sponsored by the Federal Government and continually undergo refresher training. These practitioners have completed training of the three Compensation Acts that ADF and ex-ADF personnel are covered.

The Centre is manned Monday to Thursday on most mornings but appointments are necessary due to varying workloads, and are available by ringing (08) 9311 4235. If no one is available to answer you direct please leave your name and contact number with the answering service and someone will contact you in due course. Email contact can be made through bcvetcent@three.com.au.

Our services are totally voluntary and we always need more bodies to help us help others in providing this service to our Veterans. Formal training is available assisted with a mentoring program at Bull Creek.

Access to this Centre is easy and convenient as we are serviced by train or bus and parking is available.

Unsure of your entitlements?
You will never know if you don't ask!

Unattached Members

Why join a Branch?

CONCERN was raised at a recent Branches Forum over how Unattached Members get to have a say on Membership issues or keep informed. Four avenues come immediately to mind, one being the Annual General Meeting, secondly all members get this Air Mail, thirdly being a member of a Branch and last but not least through the State President or State Secretary.

Why join a Branch?

RAAFA Branches have the responsibility of assisting the Division to carry out the Aims and Objects of our Constitution. That includes keeping members informed, providing social and other opportunities to relieve isolation, build a sense of camaraderie, act as a welfare conduit for its Members and maintain a sense of purpose, just to mention a few. Each Branch has two delegates that attend the bi-monthly Branches Forum which acts as a two way information medium between Division Council, Branches and thus also the members.

Some Branches meet monthly, others bi-monthly. Some Branches have specific criteria for accepting new members and others are geographic or open to all-comers. Without your participation many Branches will have to close. The future of the RAAFA WA Division is in your hands.

For further information on RAAFA Branches contact the State Secretary on 9311 4445.

WANTED

AIR MAIL EDITOR REQUIRED

With the retirement of the current editor a vacancy exists.

This volunteer position involves the proofing of material for this publication.

For further information contact Julie Stearne 9311 4449 or Colin Mounsey 9450 3958.

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:

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

The Padre's Piece

By Padre David

THE beginning of December – three and a half weeks to go to Christmas.

I wonder if you are one of those prudent people who began thinking about and buying Christmas presents for family members when the winter sales were on – or will you be rushing around the shops on Christmas Eve still wondering what to get for them?

I've got ten suggestions for you that are "large of heart and small of purse", and by giving these gifts this Christmas you will be giving the most priceless gift of all ... yourself.

1 The Gift of Listening
This means, we really listen. No interrupting, no walking away, no planning our response ... just listen.

2 The Gift of Signs of Affection
Be generous with your hugs, kisses, pats on the back, gentle squeezings of the hand. Let these tiny actions demonstrate the love you have inside you.

3 The Gift of a Note
As simple as "I love you" or as complex as a verse. Leave the note in his socks, in her purse, in their school bags or lunch boxes.

4 The Gift of Laughter
Give those you love this gift. Cut out a cartoon, clip a joke and pass it on by email. Your gift will say "I love to laugh with you."

5 The Gift of a Game
Offer to play your friends favourite games. Even if you lose you'll be a winner, because together you will have shared an experience.

6 The Gift of Doing a Favour
Help with the dishes, type up that letter, run an errand. This gift is made more valuable when it anticipates a request rather than responding to it.

7 The Gift of a Cheerful Disposition
No complaining, no feeling sorry for yourself, no nasty comments. Your gift of cheerfulness will be precious gift for everyone ... including yourself.

8 The Gift of Being Left Alone
There are times in our lives when we need to be alone. Become more sensitive to these times in the lives of others and respond generously with the gift of "do not disturb."

9 The Gift of a Compliment
Pay your loved ones compliments. A simple "you look good in those clothes" or "thanks for dinner tonight, it was really nice" is a fantastic gift for those who may feel taken for granted.

10 The Gift of Prayer
Make a prayer list of those you love or about whom you have a concern. Praying for someone is like saying "you are so special to me that I often talk to God about you."

May your Christmas be filled with Peace, Joy and Love.

Shalom

Certificate of Merit received

AT A recent WAAAF Branch meeting June Perry was awarded a Certificate of Merit in recognition of her hard work.

Soon after World War II June joined the RAAF Association but unfortunately let her membership lapse when she went to live in the country. When she returned to the city in 1974 she rejoined the Association.

The next 10 years saw June actively involved in RAAFA and RSL Service commemorations in the Boddington, Cockburn and Melville areas where she participated on ANZAC Day. June regularly attended the Dawn Service at Fremantle until five years ago when her declining health made it difficult.

When she was a member of the Museum Branch she catered for the Scouts visiting the Museum during their Jamboree. She has been a fully paid up member of the Bull Creek AFA Bowling Club for the past 19 years and since 2004 she has been a Committee Member of the Memorial Estate Residents Branch, always providing positive input.

June voluntarily stepped in to take over the compiling and editing of Esprit, the quarterly newsletter of WAAAF Branch, when the former editor became ill. The Esprit goes out to over 200 WAAAF subscribers living Australia-wide and a few who live overseas. She has made Esprit a

newsletter full of selected informative material as well as the social movement of the girls who were together during their WAAAF days, which has won much admiration from all.

The monthly Chatter of the Air Force Memorial Estate was taken over by June in 2004 and has been given a most welcome overhaul. It contains information on basic every day activities in which the residents can participate, and carries war histories of past and present residents. It includes popular items of interest and much sparkle that keep the residents eager for next month's issue.

June Perry has done so much for the WAAAF Branch and the RAAF Association that the WAAAF Branch considers her well deserving of a Certificate of Merit.



June Perry receiving her award from Jim Carruthers, State Secretary

WAAAF girls appreciated

THE State President, Ken Thornton presented a Certificate of Appreciation to Effie Bevis at a recent WAAAF get together.

Effie Bevis has been one of the girls marching in the ANZAC Day parade under the WAAAF Banner for many years. In 2001 she joined the NORWAAAF Group, a group of ladies who live north of the river and now find it difficult to travel to Bull Creek.

Since 2006 Effie has been Secretary of the Group and is now Vice President. She has been an active promoter of both WAAAF and RAAFA and organises the ladies to attend the many commemorative events that are important to the Association, Branch reunions and luncheons.



Effie Bevis receiving her award from Ken Thornton, State President

Effie's concern about her fellow members health and wellbeing sees her organising social outings, taking bookings, getting tickets and actively helping to keep the Group together.

The WAAAF Branch considered Effie Bevis deserving of the award of a Certificate of Appreciation.

Well done and congratulations.

VETERANS AND VETERANS' FAMILIES COUNSELLING SERVICE

A SERVICE FOUNDED BY VIETNAM VETERANS

Who can use the VVCS?

- Australian veterans of all conflicts and peacekeeping operations.
- Partners, ex-partners and dependent children of veterans with issues arising from the veteran's overseas service.
- Sons and daughters of Vietnam Veterans with issues relating to their parent's service.
- Certain current and ex members of the Australian Defence Force.

What services VVCS provides

- Individual, couple and family counselling

In a friendly and safe setting, counsellors help veterans and their families address problems in their lives with the aim of finding effective solutions for an improved quality of life. Counselling can help to communicate, understand and address a range of personal and emotional problems. These

may include ongoing service-related stresses for veterans, the impact on their partners and sons and daughters, personal crisis at work or home, relationship and family issues, alcohol and drug abuse, and other physical or emotional difficulties.

Counselling and Administration is at: 7 Kintail Road, APPECROSS WA 6153
TELEPHONE 1800 011 046 (TOLL FREE)



Melbourne Cup Luncheon



Winners of the hat parade

THE AFA Club in Bull Creek was the place to be on Tuesday, 2 November with nearly 150 people joining in the Melbourne Cup luncheon celebrations.

Our guests included ladies from the Red Hat Society. This international Society is dedicated to reshaping the way women approaching 50 and beyond are viewed in today's culture. They support and encourage women to pursue fun, friendship, freedom, fulfilment of lifelong dreams and fitness.

The luncheon was a very successful day with a great atmosphere, full of fun, enjoyment and the traditional hat parade. We hope to see you at the festivities next year.

Division Councillors service recognised

KEN Thornton presented his last Certificates of Service as State President at the October Division Council dinner to Paul Sadleir and Lynton McRostie.

As an appointed Division Councillor, **Paul Sadleir** has provided valuable service to the RAAF Association (WA Division) during the period 2007 – 2010.

Paul has brought his business acumen and experience, integrity and knowledge of governance to the professional and exemplary discharge of his responsibilities. He was instrumental in the establishment of the Planning and Development Committee and thereafter has been the pivotal member during a period of significant decision-making.

Whenever the opportunity presented Paul sought and facilitated improvement, and he was always ready to offer considered advice to Division Council and senior management.

Lynton McRostie served as an appointed Division Councillor on the Division Council RAAFA (WA Division) during 2009 – 2010.

During his tenure Lynton also served on State Executive and the Audit Committee. He discharged all his responsibilities with integrity, diligence and a clear sense of the absolute requirement for good governance. As a member of the Audit Committee he strived to develop and mature its focus and processes.

Lynton unequivocally supported the proper functioning of Division Council, and provided greatly appreciated advice and support to fellow Division Councillors and senior management alike.

Congratulations!



L to R Paul Sadleir and Lynton McRostie

Cheetah engine takes breath at Serpentine

By Ian Fraser

THE Aviation Heritage Museum was represented by members of the Aviation Museum Branch when they attended the annual Fly-In held at Serpentine airfield on the September long weekend. The weather gods favoured the day we attended, being Sunday and were informed that flying participation would be a 'low key' event basis.

However, there were a plethora of aircraft on display, some exotic, some esoteric. Take your pick! One of these surely was the 'Silver Centenary', a home-grown aircraft dating back to the 1920s. This aircraft has been lovingly restored over a prolonged period and made its maiden flight in recent months.

Another first, this time for the museum, was the firing-up of a Cheetah engine, used to power Avro Ansons. The engine has been restored by museum member Peter Shepherd and both he and museum volunteer and WWII veteran, Lyall Bell,



Silver Centenary

took a hand in starting up the engine and revving it up for several minutes, much to the admiration and wonderment of old and young alike. Plenty of photographs were taken.

Other highlights included displays from Tiger Moths, Stearmans and a North

American T28 Trojan. A post-war radial-engined trainer was flown by its owner, much to the envy of those on the ground.

It is intended to display the Cheetah engine at subsequent public gatherings to promote the Aviation Heritage Museum as well as the RAAF Association.

Veterans warned of potential scams

Acknowledgement: Department of Veterans' Affairs

VETERANS have been targeted by scam-artists claiming to represent the Australian Government, secretary of the Department of Veterans' Affairs Mr Ian Campbell said today.

Mr Campbell said the Department of Veterans' Affairs (DVA) had been made aware of several approaches to members of the veteran community asking for personal information in exchange for new government services such as free electricity or pension benefits. In some cases these people posed as officers for DVA.

"These 'offers' are false and my Department is investigating these incidents," he said.

"Veterans in Queensland and Victoria have been most recently targeted however veterans across the country should be aware of the potential scams."

"I urge the veteran community to exercise caution when asked to release personal details:

- Be caution about when and to whom you release your personal information.
- If you receive a phone call or letter asking for personal information such as your

DVA client number or banking details, do not answer straight away. Contact your nearest DVA office on 133 254 (for metropolitan callers) or 1800 555 254 (for non-metropolitan callers) to confirm the source is legitimate.

"It is disappointing that our veterans are being targeted by these cowardly scams and I encourage members of the veteran community to contact DVA if they have any concerns," Mr Campbell said.

The Government's Scamwatch website - www.scamwatch.gov.au - contains useful information on how to protect your privacy.

Notes From Branches and Groups

Airfield Construction Squadrons' Branch

Val Lopaten

Location for the 2011 AGM has to been reviewed following attendance issues and will be held at Meadow Springs.

A special newsletter was sent out on 17 September mainly to advise all of our ex-ACS members in WA that the Annual Reunion, which was to have been a self-catered BBQ "under the sails" at the AFA Club at Meadow Springs, had to be abandoned due to the strict requirements contained in the new Health and Safety Regulations. It was a difficult decision to make but the possible risks involved were too great for our members to take. Maybe the Xmas Lunch on 2 December might have a small taste of an ACS Reunion about it.

Upcoming events

January, General Meeting – deferred to 17 February.

Thursday, 17 February, Annual Picnic & General Meeting, North Dandalup Dam. All BYO with excellent BBQ facilities available.

March, General Meeting – TBA. May be deferred due to QLD ACS Reunion.

Australia Pacific Branch

Denny Hains

As this will be the final branch notes for 2010, president Frank Fergusson would like to wish all members a very happy Xmas and a prosperous New Year.

Congratulations must go to Graeme Bland on his re-election to President and also to those other members elected to the committee

We hope the New Year will bring out more members to our monthly meetings. Best wishes to all.

Upcoming events

Saturday, 18 December, End of Season Windup, 5.00pm. BBQ \$15 per person with chef included. Happy Hour between 6.00pm and 7.00pm.

Monday, 24 January, Branch Meeting, Admin Building 11.00am.

Monday, 28 February, Branch Meeting, Admin Building 11.00am.

City of Perth Branch

George Winnett

Christmas and New Year are upon us. We all look forward to a new start in 2011. Those Branch members who had troubles during the past year are hoping that all is behind them. We wish them well and look forward to a healthy and happy year with the Branch. Our Branch varies its activities during the year between formal business meetings and social occasions, all are important. Why not make one of your resolutions for the New Year to attend as many of these as possible.

President Ray and his wife Nancy send best wishes and compliments of the season to all.

Upcoming events

Thursday, 9 December, Annual Christmas Social, Meg Olive Room, 11.30am. Please note the date, this is a great occasion so try to be there. The Club provides hot finger food and members extra plates for the table. No packet biscuits please.

Thursday, 20 January, Social Lunch, AFA Club Bull Creek, 12noon for 12.15pm. Please note there is no formal meeting this day.

Thursday, 24 February, General Meeting, Ev Nicholls Room, 11.00am. Lunch in the AFA Club to follow for those who so wish.

European Area Branch

Clive Naylor

If Association members are really interested in the RAAFA, then I would urge them to join one of the many branches available to them. The European Area Branch, for instance, welcomes anyone with a European background. Our meetings are held in the Meg Olive Room in the Admin Building at 7.30pm on the first Wednesday of every month (January excepted). We finish the meetings with a very enjoyable social hour.

(Contacts: Les Gordon 9311 4322; Doug Harrison 93114414 or Jo Naylor 9481 0042).

I would like to take this opportunity to wish all our Branch members and our fellow RAAFA colleagues and staff a very happy Christmas and a healthy and prosperous New Year.

Upcoming events

Saturday, 11 December, Christmas Party, Village Hall, AFME, Bull Creek, 6.00pm. Please bring a plate of finger food to share, drinks will be provided. Once again we are joining with the Aviation Museum Branch for this festive occasion. Old, new and prospective members will be most welcome. More details will be given at our 1 December meeting.

January, No Meeting.

Wednesday, 2 February, General Meeting, Meg Olive Room 7.30pm. We hope to provide an update on the Constitution Review following Branches Forum in January.

Wednesday, 2 March, General Meeting, Meg Olive Room, 7.30pm.

Mandurah Branch

Ruth Poat

The bi-monthly General Meeting was held on 21 October. 78 members attending and a BBQ Sundowner followed where all had a great time.

The following ladies were welcomed as new members to the Branch, Wilma Arter, Meryl Faulkner, Marguarete Raston and Elsie Snyder.

The following Office Bearers were added after the AGM:

Ruth Poat - Secretary

Mathew Treloar – Executive Committee

Upcoming events

Thursday, 18 November, Executive Committee Meeting, Flight Deck, AFA Club, Meadow Springs 3.30pm. Happy Hour follows in Sportsmen's Bar, 4.00pm, adjourning to the pool gazebo from

5.00pm. BYO everything, food, drink and chair.

Thursday, 9 December, Branch Xmas Dinner, Middleton Hall, 12noon for 12.30pm. Xmas fare plus entertainment at subsidised cost of \$21 per person. Beverages at own cost. Bookings essential to Hugh on 9582 5043 before 12noon Thursday, 2 December.

Thursday, 16 December, General Meeting, Edwards/Newton Room, AFA Club Meadow Springs 3.30pm, festive season Happy Hour follows, BYO nibbles and beverages, happy hour prices apply.

Thursday, 20 January, Executive Committee Meeting, Flight Deck, AFA Club Meadow Springs, 3.30pm.

WRAAF Branch

Judy Bland

Our Annual Luncheon was held on 17 October at the AFA Club Bull Creek, and was well attended by 49 people. There was representation from Returned Ex-Servicewomen's Sub Branch, WRANS and WAAAF. A most enjoyable lunch, the meal was good, the service as always was great and the camaraderie between all in attendance made for a wonderful day.

We extend greetings to one and all for the upcoming Festive Season. Keep safe and well.

Upcoming events

Tuesday, 7 December, Christmas Party, Village Hall, 6.30pm. Bring a plate of food to share (note there are no heating facilities) and a gift for exchange. Partners and friends welcome. Please note there will be no meeting.

January / February, no meetings because of National Reunion.

Tuesday, 1 March, BBQ at Judy & Graeme's, Unit 201 Ventura House, AFME, Bull Creek, 6.30pm. BYO meat, drinks and a salad or dessert to share. Plates, glasses and cutlery supplied. For further information please ring Judy on 9311 4401.

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:
7 January for February/March issue
4 March for April/May issue
6 May for June/July issue



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 –
2nd and 4th Friday of the month
(subject to change – contact bar staff)

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

Christmas Trading

Closed Sunday 26 December to
Sunday 2 January inclusive

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 5.00pm 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
2nd Friday 6.30pm Dining in Beaufort
Restaurant
3rd Friday Bar until 5.00pm unless
Dinner booking
4th Friday 6.00pm Entertainment night,
Buffet \$19.50 per person

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

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

Christmas Trading

Closed Sunday 26 December to
Sunday 2 January inclusive
Open Friday 31 December,
New Years Eve Party

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 – Robert Fern
3rd Friday – Colin & Muriel
4th Friday – John Callander
5th Friday – Dinner only in the
member's bar

Christmas Trading

Closed Sunday 26 December to
Sunday 2 January inclusive
Open Friday 31 December,
New Years Eve Party

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

2nd Wednesday, eyes down 7.30pm

Christmas Trading

Closed Sunday 26 December to
Sunday 2 January inclusive

Gifts for new childrens' ward

By Eileen Oxley

SOME ladies from the St Michael's
Chapel Congregation recently discovered
that there was little to keep the young
patients at the newly opened childrens'
ward of the Peel Health Campus in
Mandurah amused.

With the help and nimble fingers of
the Meadow Springs Craft Group and
Melanie Gilmour they set about changing
this. They got together and have been
busy making and stocking gift bags. The
gift bags have been filled with donations
of toys, books and activities which were
kindly donated from both groups.

Chris Horsham, a nurse in charge of
the Sarich Wing, accepted the gifts and
expressed her appreciation on behalf of
the hospital.

Battle for Australia

MEMBERS of the WAAAF Branch attended a Battle for Australia commemoration
ceremony held in Melville on Wednesday, 1 September.

The ceremony was organised by the Applecross Sub-Branch of the RSL to commemorate
and honour all those who fought to defend Australia from enemy invasion between
1942 and 1945.



L to R Florence Davies, Cynthia Lyall, Kate Quan and June Perry

RAAF BALLARAT REUNION

24 to 27 March 2011

If you served at RAAF Ballarat in any
capacity, service or civilian you are
invited to participate in the reunion.

The reunion will include happy hours,
Mayoral reception, Museum tours,
Memorial Service, Dinner and BBQ.

Full details are available from Phillip
March on radschl.reunion@gmail.com
or 0416 099 464.



Food Fiction - There is no such thing as a diabetes diet

Acknowledgement: *Diabetes WA*

THE most common question our Credentialed Diabetes Educators and Accredited Practising Dietitians get asked during consultation is: "I have diabetes, now what can I eat?"

Clients often want the black and white answer to this question and sometimes become frustrated with our response! Comments such as "you should have a list of foods that I can and can't eat", "I just want you to give me a diet plan to follow every day" or "can't you talk to the supermarkets and get them to put all the "diabetic" foods down one aisle" are extremely common.

These sort of comments are like a red flag to our Diabetes Educators and Dietitians as it means the client has either not understood or been taught the following important information about diabetes and nutrition:

1. Eating for diabetes is a very individual thing. The affect of a food on the blood glucose level's (BGL's) will depend on the amount of insulin being produced by the body (or injected), medications taken to

manage diabetes and, in type 2 diabetes and the level of insulin resistance the person has. All of which vary from person to person.

2. Other factors to be considered include whether the person needs to lose weight, whether they have other chronic illnesses impacted by lifestyle (eg. cardiovascular disease), the amount of money they have to spend on food, the cooking skills of the person and last but not least the foods that they like and dislike!

3. Eating for diabetes is not black and white as "foods allowed" and "foods not allowed". There are foods that we recommend people eat "every day" and should make up a large part of daily nutritional intake. Then there are the "sometimes" foods that can be eaten now and again and in small quantities. Again this will be based on what each individual's diabetes, situation and needs are.

4. And finally, please remember – there are no specific "diabetic" foods that we recommend, there are just healthier choices for everyone (regardless if they have diabetes or not). Often products labelled as "diabetic friendly" are anything but!

Many "diabetic friendly" products have no sugar added but are packed with saturated fat or kilojoules which we know increase weight gain, insulin resistance and cholesterol problems. A good example is "diabetic chocolate" – check out the fat and kilojoule content of the next bar you see.

Eating for diabetes is about understanding food ie assessing it for its general nutritional qualities (fat content, kilojoules, fibre content, glycemic index) and then experimenting with blood glucose levels to know whether it should be an everyday or a sometimes food.

Obviously working all of this out can be a bit daunting, especially without any guidance, so we strongly encourage people to seek the help of our Credentialed Diabetes Educators or Accredited Practising Dietitians.

You can also take advantage of our Shop Smart and Cook Smart courses where you can arm yourself with the nutritional knowledge and skills you need to make confident decisions about your diabetes and food. Bookings and enquiries on (08) 9325 7699.

Berry and Vanilla Crème Desert

Ingredients

Juice of 1 orange
1 tbsp soft brown sugar
1 tbsp sweet wine
250g (1 ¼ cups) mixed fresh or frozen berries
8 sponge finger biscuits

Vanilla Crème

100g low fat cream cheese, at room temperature
4 tbsp low fat sour cream
4 tsp icing sugar
1 tsp vanilla essence

Method

1. To make the vanilla crème, put the cream cheese and sour cream in a mixing bowl and stir with a wooden spoon to combine. Sift in the icing sugar, add the vanilla essence and stir well to combine.

2. Combine the orange juice, sugar and wine in a bowl, then add the berries and leave to marinate for 15 minutes.

3. Choose four 250ml (1 cup) glasses with a wide base. Cut a sponge finger biscuit to cover the base of each glass. Add a spoonful of berries and a drizzle of marinade over the biscuit base, then top with a spoonful of vanilla crème. Top with another layer of sponge finger, the berries, a little more marinade, and finish with the vanilla crème. Chill until ready to serve.

This recipe comes from Diabetes WA

Strawberries: One cup of strawberries contains over 100mg of vitamin C, almost as much as a cup of orange juice. They also give us some calcium, magnesium, folate and potassium.



Prostate Awareness

Acknowledgement: *Prostate Cancer Foundation of Australia*

SOME of Australia's biggest TV, music, media and sports stars have come together to front a major prostate cancer awareness campaign that offers men clarity about prostate cancer and testing. The campaign has been developed to provide men with clear advice on prostate cancer risk by encouraging men to discuss their individual risk and testing options with their doctor.

The driving force for the community awareness campaign was Underbelly and Rescue: Special Ops star Les Hill who personally felt Australian men needed to be further educated about the severity of prostate cancer.

"I was absolutely taken back when I realised that every three hours a man dies as a direct result of prostate cancer. We are talking about thousands of men losing their lives each year when prostate cancer can be treated and cured if detected early," said Mr Hill.

"The support we have received from people in the sport and entertainment industries has been astounding, and if we are able to at least let men know that all it takes is a chat to your doctor, then we would have already made a difference in our community."

The campaign has been launched as new research shows the majority of men recognise prostate cancer as the most important men's health issue (83%), but are seeking further information about the benefits of testing for prostate cancer risks and treatment options.

A survey conducted by PCFA found that almost half (40%) of the men surveyed believed the advice given on the benefits of testing for prostate cancer was far too confusing. The survey also found that 41% felt conflicted about treatment options for the disease following a diagnosis.

PCFA's CEO, Mr Andrew Giles, says we should be committed to educating not only men but the general public on the risks of prostate cancer.



Early detection is the key to enabling better outcomes and potential cure of prostate cancer. Accordingly, PCFA recommends that men at 50 with no family history of prostate cancer, and men at 40 with a family history, should discuss prostate cancer and assess their personal risk each year with their doctor. If deemed necessary, a combination of both a Prostate Specific Antigen (PSA) blood test and a Digital Rectal Examination (DRE) is recommended.

"Testing for prostate cancer should be viewed and discussed at an individual level, PCFA recommends that men talk to their doctors about their individual risk of prostate cancer. As the national peak body, we will continue to support this message in the hope to alleviate the uncertainty around testing and treatment," said Mr Giles.

For more information go to www.prostate.org.au

Oxfam Unwrapped

Acknowledgement: *Oxfam Australia*

WHAT do you give the person who has everything? How about a goat? Or a chicken? Or a pig? Or a pile of seeds? Oxfam Unwrapped offers a range of over 40 totally unexpected gift ideas that will also help transform the life of a person living in poverty.

When you buy an Unwrapped gift card, your donation helps support Oxfam Australia's life-changing work around the world. Best of all, your family member, workmate or friend receives an extremely memorable gift card explaining how their special gift is helping others. It's a way that those of us with a lot can help those with a little.

Look the goods in 4 easy steps.

1. Choose your favourite gifts.

There are 44 to choose from. Some are cheap, and others will require deeper pockets. But every single gift will change the life of someone living in poverty.

2. Place your order

You can place your order online, which saves Oxfam Australia money, on www.oxfamunwrapped.com.au, or call us Monday to Friday on 1800 034 034 or use the catalogue, visit an Oxfam shop or by a unique Unwrapped Goat charity gift card from Woolworths and Big W stores.

3. Personalise or write your own card.

You've bought your card, now you just need to personalise it. Oxfam can have the card delivered to you, or if you order online, simply type out a message to be printed inside, then Oxfam will send it directly to your recipient. Every card also includes an explanation about the role your specific gift plays in fighting poverty, so your recipient will know just how good a cause it is.

4. Save the world from another unwanted gift!

Not only have you found the perfect gift for the person who has lots, but you've also found the perfect way to help those with little. Now that's a life-changing gift.

We don't actually mail goats. But all of these gifts are real items that we use to fight poverty. When you purchase an Unwrapped gift card, your tax-deductible donation will fund projects that your gift represents.

For example, when you buy gifts such as bees, a piglet, a goat or a farmers pack, you'll be contributing to our agricultural projects. Or, if you purchase a clean water jar, a bicycle ambulance you will be funding our health projects.