



AIR MAIL

ROYAL AUSTRALIAN AIR FORCE ASSOCIATION

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

February / March 2012
Print Post Approved:
PP644113/100

> WHAT'S
INSIDE



Volunteering

Ken Haines' "exceptional contribution" to RAAFA and its members was recognised with a special award by the City of Melville

PAGE 9 >



RAAFA Welfare

Many campaigns and activities were undertaken by RAAFA Welfare Officers in 2011 to help members maintain and improve their quality of life

PAGE 11 >

103 not out Mirage Terraces even better than expected

OLIVE Orgles, a resident at McNamara Lodge, Meadow Springs, celebrated her 103rd birthday on 20 December 2011.

In her 103 years Olive has accumulated a large family with four children, 11 grandchildren, 19 great-grandchildren and one great-great-grandchild, who all helped celebrate her milestone birthday with a party at the Lodge.

Olive is a spritely and healthy 103 year old, something she contributes to growing up on a sheep and wheat farm in Kununoppin, a small town some 250km north east of Perth.

She said she has worked all her life doing various jobs including working at the liquor store in Barrack Street for many years, which she loved and where she enjoyed meeting all types of different people. Having never had a driver's licence or vehicle she has walked everywhere.

Olive has been a member of her local Senior Citizens Club, running bingo and card nights, but deteriorating sight has limited this.

Olive said the food she ate when she was younger was home grown on the farm. "You've got to eat at least one good meal a day", she said.

Olive's daughter Marlene Helliar said her mother would always say they must eat their vegetables, long before there was any research about their nutritional value.

A keen West Coast Eagles supporter, Olive received a birthday card from the team. She said while she would have preferred a visit from her favourite player, Nic Naitanui, she was very happy with a card.

Good genes must run in the family as her younger sister Pearl is set to celebrate her 100th birthday this year.



A RECURRING comment made by new residents of Mirage Terraces at AFME Bull Creek is how much better the apartments are than they expected.

First to move into the building were Grace and Bill Anderson, who sold their home in Willetton and had moved to an older unit on AFME until their apartment was ready.

"The first thing that surprised us was just how big the apartment is," said Bill (2nd from right). "It's one thing looking at the plans but we were very impressed when we saw it in the flesh for the first time.

"We had planned to move onto a RAAFA estate in Mandurah but then I got sick and we changed our minds. Grace wanted to stay in the area so we decided on one of these

apartments. We're quite happy with our choice, which faces south and overlooks the bowling greens.

Other residents pleasantly surprised by their apartment are Sylvia and John Cannon.

"I was reluctant to leave our home in Leeming but now I'm glad we did," Sylvia (3rd from right) commented.

"It was hard to visualise what the apartment would be like but it's actually better than we expected. The high ceilings and tall windows emphasise the size of the apartment and everyone we've met have been very nice and friendly.

"Being on the podium level I'm able to walk out the front door of my apartment and almost straight into the gym and pool. It's

like having these first class facilities right in your backyard.

"Another thing we have been impressed with has been the professionalism and courtesy of the people who work here. Moving house is quite a stressful time and the RAAFA staff we've dealt with have been very respectful and helpful, which has made our relocation that much easier," Sylvia added.

Norma Smith (5th from left) had been living alone since husband Colin died in 2004.

"We had been in the same three bedroom one bathroom house in Rossmoyne for 47 years and now I've got two bathrooms. It's just wonderful," Norma said, "especially when my daughter or the grand children stay over.

"I am prone to be a bit claustrophobic but I'm just delighted with how light and bright the apartment is – it's very spacious.

"Friends who have visited me here say they are very impressed and that it's much better than they thought it would be.

"Being able to watch the bowlers and other activity from my balcony is a lovely way to pass the time," Norma added.

Residents have been progressively moving into the apartments since then end of November, with more planned for the coming months.

A few well-located apartments remain available in Mirage Terraces.

To arrange an inspection or to have an information kit sent to you, contact Maureen Winton on 9311 4488, or go online to www.raafawa.org.au where you will find a link to "terrace apartments", now named "Mirage Terraces".

Maureen would also be pleased to send information to any friends or relatives you think may benefit from living in a brand new apartment at AFME.

Around the roundel



State President, Graeme Bland

By Graeme Bland

WELCOME to 2012 and may it be a good year for all of us. I hope you have enjoyed the festive season. I take this opportunity to welcome all new members and residents to RAAFA especially those in the new Bull Creek Mirage Terraces apartments. May your stay with RAAFA be an enjoyable experience and the lifestyle and activities help keep your mind busy and your body healthy.

It was good to hear of so many Branches having end of year celebrations. I was able to attend some and for those I couldn't, my apologies. My thoughts were also with our many 'unattached' members who don't get involved with these RAAFA activities and friendship opportunities.

Why join a Branch?

RAAFA Branches are a group of members of the Division with a common interest who strive to carry out RAAFA's Mission and Objects to provide camaraderie and maintain tradition, security and care for its members. Each Branch has two representatives able to attend a bi-monthly Branches Forum which acts as a two-way

information medium between Division Council (our Governing body), Branches and therefore also its members.

Some Branches meet monthly, others less frequently. Some have specific entrance criteria for new members whilst others are geographic or open to all RAAFA members. Each Branch provides various social activities and an opportunity to meet new friends. Without your participation many Branches may have to close. Make it a New Year resolution to join a Branch and enjoy the benefits.

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

RAAFA (WA Division) Inc. Patron

I take much pleasure, on your behalf, in welcoming and thanking the State Governor, His Excellency Mr Malcolm McCusker AO CVO QC for accepting patronage of our Division of the RAAF Association.

RAAF Association Annual Dinner

Show your support and get involved in RAAFA social activities by attending our Annual Dinner. The Dinner will be held on Saturday, 14 April 2012 at the AFA Club Bull Creek. The cost per person will remain at \$45 and includes a pre-dinner drink and a three course meal. This is an occasion to get dressed up, meet new faces or catch up with old friends. See advert in on page 6 for full details.

Upcoming RAAF Association Ceremonies

Please mark your diaries for the following RAAF Association Ceremonial events:

- Anniversary of the Bombing of Darwin - Sunday, 19 February;
- Anniversary of the formation of RAAF - Saturday, 31 March; and
- Bomber Command Commemoration Day - Sunday, 27 May.

All members are welcome to attend, see adverts in this edition for further details.

From Division Council

- Mirage Terraces now complete and residents have started moving in.
- Orion Terraces construction will commence when minimum requirements set by Division Council have been met.
- The Bull Creek Memorial precinct, Museum car park and entry landscaping has commenced.
- The continuing AFME redevelopment will see the names Dean, Gordon and Murray being reused in our new buildings in an appropriate manner.
- Outcomes of RAAFA Annual General Meeting, it is business as normal. Review of the current Constitution is to be progressed.

Fair Go Campaign

If you are a current or former ADF member you should be interested in how successive Governments look after your interests such as military superannuation, veterans' disability pensions and health care, military compensation or Defence workplace remuneration arrangements.

The Alliance of Defence Service

Organizations (ADSO), commonly called the Alliance of which RAAFA is a partner, monitors issues that affect the ADF family past, present and into the future and represents them on a national basis. The Alliance's aim is to promote and protect the conditions and wellbeing of the Defence family.

If you wish to find out more, add your support or be kept informed, I strongly urge you to visit www.standto.org remembering that these issues affect both serving and former ADF personnel and as strength in numbers your support is needed.

Division Council vacancies

This year the positions of State President, State Vice President and two Division Councillors will fall vacant. As nominations close mid-year, now is the time for anyone considering nomination to speak with me or the State Secretary to find out what is involved and to get a Nomination Form. Remember it is up to members to fill these positions and that relying on the elusive "someone else" just won't do. Please give it some serious thought.

Calling all RAAF Caterers

Not talked about much, but no matter where we went the cooks kept us fed. There is a reunion for all ex-RAAF Catering personnel planned for October 2012 at Coolool, Queensland. For details contact Gynith Whatmough via hsq@hibiscus.org.au

Well folks, happy New Year and hopefully I will catch up with most members during the year. Remember to "Stay on your Feet".

Your State Vice President - Ian Petkoff, AM, MPA, Grad Dip BA, Grad Dip Mngt

IAN Petkoff joined the RAAF in 1975, graduating on No 49 Navigators' Course at East Sale in 1976. He was posted to II Squadron flying in P-3B Orion Aircraft and then to 10 Squadron for the initial P-3C Orion delivery.

Over the next 30 years Ian served in Britain, USA, Defence Headquarters Canberra, Townsville as OC of 323 Air Base Wing and then as OC Combat Support Wing and Base Commander. He then undertook Korean language training at RAAF Williams,

was promoted to Group Captain and from 2001 to 2004 served as Defence Attaché to the Republic of Korea. He was then posted to WA as Commanding Officer Combat Support Unit Pearce. Ian transferred to the RAAF Reserve in December 2006 with the rank of Group Captain, and now works for the WA Department of Transport.

Ian has just completed a most satisfying period as Warden of the State War Memorial in Kings Park, and maintains a strong interest in RAAF history.

He holds a Master's Degree in Public Administration and Graduate Diplomas in Business Administration and Management. He is married to Fiona and they have one son.

Ian previously served as a Division Councillor from 2006 to 2008 and carried out the duty of Chairman of the Aviation Museum Committee during that time. He is currently Chairman of the Audit Committee and looks forward to rejuvenating the Aviation Museum Committee in 2012.



Ian Petkoff

Editor: Jane Donald **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 11

Perpetual trophy for Cadet Junior NCO Course Dux

By Del Willmott

DURING 2011 members of the Australian Air Force Cadets Branch committee attended the Graduation Parade for Cadet Junior NCOs, held at No 7 Wing (AAFC) Headquarters, RAAF Pearce.

This parade holds special significance for our Branch as we have created a perpetual trophy to be awarded to the Dux of this course.

This trophy was suggested by Terry Kenny as one way the Branch could support the cadets and was designed and crafted by our talented Branch Secretary, Graeme McGlashan. The trophy was named in honour of FLTLT Peter Hummerston RFD (Rtd) an ex-instructor of many years standing and a life member of our Branch.

The award includes the perpetual trophy, background sheet on Peter Hummerston RFD (Rtd) and a \$100 book voucher. The inaugural winner was LCDT Stuart Neil, and we congratulate him on this achievement.

The following is an excerpt from the background sheet by Charles Page.

Peter Hummerston RFD (Rtd)

Flt Lt Peter Lynn Hummerston RFD was born in Perth in 1923. He joined the Air Training Corps in 1941 and in March 1942 he enlisted in the RAAF, in Course 26 of the Empire Air Training Scheme.

He completed training as a Wireless Air Gunner/Navigator and joined No 36 Squadron. No 36 Squadron flew throughout the South-West Pacific on many varied missions, including medevacs, supply drops and parachute drops. They carried everything from troops to ammunition, stores and medical supplies. The Squadron's nickname was 'The Hydraulic Squadron – we lift anything' and they were also widely



L to R Peter Hummerston, LCDT Stuart Neil, Graeme McGlashan and WGCDR Des Mitting (Air Force Liaison Officer).

known as the 'Biscuit Bombers'. However, it was no tea party, and several aircraft were lost to the treacherous weather and the great mountains and valleys of New Guinea. The Dakotas were unarmed, unescorted and came under ground fire and often limped back on one engine.

Peter was discharged from the RAAF in November 1945 and by then had flown over 1400 hours and taken part in 84 supply dropping missions. He was awarded the 1939-45 Star, the Pacific Star, Australian Service Medal, General Service Medal, Dutch Cross and the Philippines Liberation Medal.

After the war Peter resumed his career in the refrigeration business and joined the RAAF Reserve. He was a foundation member of No 35 Squadron Branch RAAFA, which later became the Australia-Pacific Branch.

In 1953 he was attached to the WA Squadron Air Training Corps as an Instructor and later became CO of I2 Flight Belmont. Peter showed great initiative in equipping the Flight and was instrumental in acquiring and restoring an old Link Trainer that gave many cadets their first flight training.



91st Anniversary of the formation of RAAF

Saturday, 31 March 2012

.....

You are invited to join us for the 91st Anniversary of the formation of the Royal Australian Air Force which will be commemorated by a wreath laying ceremony on **Saturday, 31 March 2012.**

The ceremony will take place at Kings Park Flame of Remembrance, commencing 10.00am.

The ceremony will include a parade of unit/branch banners, the wreath laying by invited guest and Branch Presidents, the Last Post and a short address. Medals may be worn.

RAAF Graduation



Pilot Officer Rowan Leitch with State President Graeme Bland

THE GRADUATION ceremony for the No 225 RAAF Advanced Pilots Course was held at Pearce Airbase on Thursday, 8 December 2011.

RAAFA State President, Graeme Bland presented the most improved award to Pilot Officer Rowan Leitch. Rowan was born and raised on the Gold Coast, Queensland. He completed high school in 2006 and continued his studies to complete a Bachelor of Technology degree in Aeronautical Engineering at the Australian Defence Force Academy. PLTOFF Leitch has been posted to 4 Squadron to fly the PC9 Aircraft at RAAF Base Williamtown.

Air Commodore Mel Hupfeld, DSC was the Reviewing Officer and offered his congratulations to all the graduates. He said their graduation marks the start of a further challenging period of their lives

as they embark on a rewarding career as a pilot and as an officer in the Australian Defence Force. "We are extremely busy, both at home and abroad with exercise and operational commitments. Over the next decade the Air Force will undergo a significant transition as we replace almost all of our weapons systems. This process was most recently demonstrated with the arrival of the Super Hornet, and will continue with the Joint Strike Fighter, among many other capabilities that will be introduced in the years to come."

Air Commodore Hupfeld assumed his current appointment as Commander Air Combat Group (CDR ACG) in December 2009. As such he oversees all of the RAAF's fast-jet combat aircraft to deliver Australia's capability to control the air and conduct precision strikes.

F-111 personnel honoured with memorial dedication

Members who flew, maintained and supported F-111 operations have been honoured at a dedication service at RAAF Amberley on 2 December 2011, exactly one year after the F-111 took to the skies for the last time.

A Personnel Memorial was unveiled at the service, which Officer Commanding 82 Wing Group Captain Geoff Harland dedicated to the men and women who proudly served F-111 operations.

“The memorial was established as a celebration of all those who supported the F-111 during its thirty-seven year service, as well as honouring the special memory of those who sadly died providing the F-111 capability in the defence and security of our nation,” Group Captain Harland said.

Group Captain Steve Robertson, former Officer Commanding 82 Wing, said the design of the memorial and the inscription pay tribute to all personnel who supported the F-111 capability.

The inscription within the wattle wreath curled around the F-111 reads: “In Honour of those who flew, maintained and supported F111 operations 1973 – 2010.”

The words on the base stone read: “Dedicated to the men and women who proudly served F-111 operations and to the special memory of those who died providing this capability in the defence and security of our nation.”

The memorial also acknowledges those personnel that suffered, or are still suffering, from effects of F-111 support systems, including Deseal/Reseal.

“The F-111 was an iconic aircraft, which became a central part of the Air Force community, as well as the wider Ipswich and Brisbane communities,” Group Captain Harland said.

“Needless to say, the F-111 affected many people and we hope that this memorial will serve as a focal point, now and into the future, especially in memory of those who made the supreme sacrifice.”

The F-111 Personnel Memorial now stands proudly in the Amberley Memorial Garden at the front of the Base.

The names of those who have lost their lives whilst serving at RAAF Amberley are listed on the Remembrance Wall alongside the Personnel Memorial.



Photo: L to R Jock Beattie, Judy and Graeme Bland, Christine and Colin Steer, and Lei Beattie

Erskine Grove Christmas Cheer

By Lillian Bridewell

On Friday, 16 December 131 residents, dressed in their finery, assembled in the Community Centre for our annual Christmas Dinner. The entire Centre was looking very festive with a huge Christmas tree twinkling, the tables beautifully laid and decorated, we were in for an enjoyable evening.

We were fortunate to have the company of our special guests, RAAFA State President, Graeme Bland and his wife Judy, and our Estate Manager, Colin Steer and his wife, Christine. I have had word they all thoroughly enjoyed the evening.

We were also able to offer very impressive Raffle prizes, thanks to generous donations. There were also lucky recipients of money door prizes and numerous boxes of chocolates, biscuits and bottles of wine.

We must not forget the dinner itself, which was very tasty and well presented

by the staff from Prestige Catering, turkey buff, ham on the bone, vegetables and all the trimmings, followed by plum pudding, custard, fresh fruit and cream. No wonder I could hardly move to help clear up and it wasn't the wine either.

This year we were given a special treat organized by Maestro Norm Seaman, accompanied on guitar by Terry Blenkinship and their carefully selected choir leading us in some traditional carols. We all knew the words because they were thoughtfully printed on the reverse of our placemats.

It was truly a very enjoyable evening, good food, good wine and great company.

Congratulations must go to all who helped make this such an enjoyable and successful event. Names are too numerous to mention and I am sure I would forget someone, but you all know who you are. Last but not least, thank you to all who attended, because with your response it makes these events all the more enjoyable and satisfying.

Senate passes Bill to ensure rightful compensation for British nuclear testing participants

Acknowledgement:
Department of Veterans' Affairs

THE MINISTER for Veterans' Affairs, Warren Snowdon, welcomed the passage of legislation that improves access for Australian veterans to compensation and health care for exposure to radiation during the British nuclear tests of the 1950s and 1960s.

“Compensation and health care has been available to most of those affected, however there has been a small number

of people who could not meet the criteria under the legislation.

“Some of the aircraft involved in the testing program were measuring fallout as the radioactive cloud moved away from the testing site, and therefore outside the defined testing location. These people were always intended to be covered, but were not eligible under the existing legislation.

“The decision in the Senate will ensure those intended to be eligible for

compensation and treatment will receive it,” Mr Snowdon said.

The Bill, enacting changes to both the Veterans' Entitlements Act 1986 and the Australian Participants in British Nuclear Tests (Treatment) Act 2006, was passed by the House of Representatives on 12 October 2011.

“I encourage anyone who thinks they may now be eligible for compensation or health care to contact the Department of Veterans' Affairs as soon as possible on

133 254, or 1800 555 254 for regional callers,” Mr Snowdon said.

Eligible participants may also be able to access testing and treatment for any type of cancer, regardless of how it was caused.

They may also receive health care treatment and be eligible to claim for compensation if their conditions are accepted as being related to their eligible service.

Children's Christmas Party

THE ANNUAL Children's Christmas Party held at the AFME, Bull Creek was once again a big success.

The Animal Farm was a huge hit with pony rides and all sorts of animals available for the children to hold and pat.

Inside there was also face painting, story telling, crafts, balloon fun and of course who could forget Father Christmas.



70th Anniversary of the Bombing of Darwin

Sunday, 19 February 2012

You are invited to join us for the annual ceremony marking the 70th Anniversary of the Bombing of Darwin (19/02/1942).

The ceremony will be held at the Memorial Wall, Air Force Memorial Estate, Bull Creek Sunday, 19 February 2012 commencing at 9.00am

The ceremony will include the laying of crosses by invited guests and Branch Presidents, a short address and will be followed by tea and coffee in Langley Hall

Medals may be worn.
Please advise your attendance by Friday, 10 February to Julie Stearne on 9311 4449 or jstearne@raafawa.org.au

The boy entrant

By John Turner

IT WAS freezing cold, snow lay thick on the ground and the roads were covered in ice. It was Monday, 6 January 1947, and I was struggling to walk to the Canterbury East Railway Station to catch the train to London to join the Royal Air Force.

My mother came to say farewell as the train left the station, sending her young man of 14 years on a journey into the unknown. With WWII hardly over and me being so young, Mother was consumed with fear for what lay ahead. I however, was full of both excitement and trepidation.

At Paddington Station, a RAF Sergeant gathered a number of boys together and herded us to a covered truck which took us to RAF Station North Weald. Cold and hungry we entered a massive aircraft hanger with some cannon shell holes in the corrugated steel walls, evidence of wartime misfires when North Weald was a Spitfire base.

After a rollcall of names the RAF's newest Boy Entrants were marched off to the Stores and kitted out with uniforms, boots, underwear and caps.

Approximately 24 of us were billeted in a 2 storey building, with just a bed and a locker each.

We woke at 06.00hrs to Reveille and a stentorian voiced Sergeant shouting "wash, shave, put on your new uniforms, polish the boots, and breakfast is at 07.00hrs". He also advised us from now on he would be standing in for our Mummies and Daddies!



I had applied to be trained as an armaments mechanic, but due to my dexterity I trained as a telegraphist, learning every facet of communication, repair of transmitters and receivers, visual signalling etc.

Then we were sent to RAF Station Lyneham for 6 weeks of square-bashing and having passed that hurdle I was sent for trade training to RAF Station Compton Bassett.

I enjoyed my time at Compton Bassett and even joined the RAF Sidris Cup boxing team. I progressed well academically but had great difficulty with the practical

work, and kept putting the wires in the wrong places.

After 2 years I reluctantly took a discharge and was sent to a camp near Blackpool where I was fully kitted out in civilian clothing, including a Trilby hat!

Back then I was never tested for colour recognition, and it turns out I have a colour deficiency. So the pale covered rubber insulation used then, rather than the bright plastic covering used today, caused the problem. Not so dumb after all!

New national day plans to commemorate the Bombing of Darwin

Acknowledgement:
Department of Veterans' Affairs

PRIME Minister Julia Gillard has proposed a new national day of observance on 19 February to commemorate the bombing attacks on Darwin and other northern Australian towns during WWII.

This year marks the 70th anniversary of the surprise Japanese attack, when on 19 February 1942, WWII reached Australia's shores.

In two air raids, 242 attack aircraft and bombers carried out a pattern bombing

of Darwin Harbour and surrounding areas.

It was the start of a sustained bombing campaign by the Japanese across Australia's north which lasted almost two years and killed hundreds of Australians and Allies.

More than 240 people alone died during the first attacks on Darwin including civilians, post office workers and service personnel from Australia and the United States.

The Prime Minister announced that the Government intends to recommend to the Governor-General that 19 February be proclaimed as 'Bombing of Darwin Day'

to ensure the attacks across Australia's north are appropriately remembered and commemorated every year.

Darwin itself endured 64 bombing raids by the Japanese over 18 months destroying numerous civic and military buildings, boats and aircraft.

Many other towns across Australia's north were also bombed by the Japanese including Broome where as many as 100 people lost their lives, Wyndham, Katherine, Townsville and Cairns.

Despite the significance of WWII coming to our shores, the bombings were downplayed at the time.

Historic WWII Spitfire wreckage arrives in Australia for preservation

Acknowledgement:
Department of Veterans' Affairs

The Minister for Veterans Affairs, Warren Snowdon, has welcomed the arrival of an historic WWII Spitfire aircraft found in northern France in November 2010 to the RAAF Museum at Point Cook, for extensive conservation treatment.

The Spitfire aircraft was flown by Flight Lieutenant Henry 'Lacy' Smith from Sydney, NSW, when it was shot down by anti-aircraft fire on 11 June 1944.

"The Spitfire MJ789 crashed into the River Orne, near Caen, in northern France, where it was recovered almost 70 years later," Mr Snowdon said.

"The wreckage of the aircraft will now undergo extensive conservation before being placed on display at the RAAF Museum at Point Cook, Victoria next year."

A team of RAAF Museum technical and curatorial personnel will mechanically clean all items of the aircraft, to ensure maximum desalination of the engine and fuselage, a process which is expected to take more than 6 months.

"The conservation work is essential to ensure the aircraft's long term preservation and

prevent further deterioration of this special piece of our wartime history," he said.

Once the Museum is satisfied with the desalination process, the wreckage will be prepared for display.

After the aircraft was recovered in November 2010, Flight Lieutenant Smith was buried with full military honours at the Commonwealth War Graves Cemetery, Ranville, Normandy, France in April this year.

'Lacy' Smith was part of the Number 453 Squadron, which following the D-Day Invasion carried out operations that included harassing the retreating enemy, attacking enemy convoys, bombing missions, armed reconnaissance and bomber escort duties.

They were the first Australian squadron to go into action on 6 June 1944 and operated from advanced bases at the beachhead providing tactical support for the troops landing on the Normandy beaches.

The squadron ceased operations over Europe in October 1945.

Today, No. 453 SQN is a Joint Battlefield Airspace Control squadron headquartered at RAAF Base Williamstown, NSW.



Members loans to RAAFA

By Kim Pascoe

Please note that the Members Loans interest rate will reduce to 5.0%, effective 1 January 2012, following the two recent reductions by the Federal Reserve Bank.

Any queries can be addressed to Kim Pascoe, Manager Corporate Services on 9311 4447 or kpascoe@raafawa.org.au

RAAF ASSOCIATION ANNUAL DINNER SATURDAY, 14 APRIL 2012

Come and enjoy an entertaining night, meeting new friends whilst hearing some entertaining Life Experiences from the R&SL CEO, Phil Orchard, a former Head of Post at the Perth British Consulate and Commander of HMAS Stirling.

We hope you and your members will support this years RAAFA Annual Dinner on **Saturday, 14 April 2012 at 6.30pm for 7.00pm**, in Langley Hall, AFA Club, Bull Creek.

Tickets are \$45 per head which includes pre-dinner drink, 3 course dinner, tea and coffee. Please advise any special dietary requirements when purchasing your ticket and your preference for a Lamb or Fish main course.

Dress: Men – dinner suit, lounge suit, mess dress. Ladies – after five wear, mess dress. Miniatures may be worn.

This year we have decided on a theme of meeting new friends and we will form table groups.

Tickets will be available from Thursday 1 March 2012 until 3.00pm Friday 6 April 2012 from the Estate Offices at Merriwa, Cambrai, Meadow Springs, Erskine and Amity and Head Office in Bull Creek.

Estate buses can be provided from the various estates if required (min 12 persons per bus).

Nurses exhibition explores the other faces of war

Acknowledgement: Australian War Memorial

The Australian War Memorial's latest exhibition, "Nurses: from Zululand to Afghanistan", explores the personal stories of Australian military nurses, from the first known Australian nurse in the Zulu War of 1879 right up to the experiences of nurses serving in recent conflicts and peacekeeping operations.

"For more than 100 years nurses have been going to war, providing the highest level of care and assistance that our men and women depend on", said Ms Nola Anderson, Acting Director. "This exhibition is an important opportunity to commemorate the significant contribution of Australian military nurses."

"Nurses: from Zululand to Afghanistan" draws on the Memorial's rich collection to tell the story of Australian military nursing. The iconic veil and cape worn by early nurses together with the technologically advanced equipment used today tells of the changing role and place of nurses in Australian military operations. Photographs, diaries and personal objects, such as a pencil used by Sister Betty Jeffrey to record her life in a prisoner-of-war camp, reveal a much more personal story.

"One of the most profound aspects of the exhibition are the stories encapsulated in the diaries kept by many nurses", said Ms Robyn Siers, the exhibition's curator. "They speak of hardship and adversity, but they also speak of great courage and devotion to the role that nurses play in war. Qualities that continue in our nurses serving today."

Nurses have never been far from the front line, but often far from home, treating the sick and wounded in the air, and on land and sea. During the First World War more than 3,000 Australian civilian nurses volunteered for active service, a commitment that continued through the Second World War with some 5,000 Australian nurses.

Today, both men and women serve as Australian military nurses, continuing to work in remote and dangerous places, often under difficult conditions. As well as providing essential medical treatment to Australians wounded in war, nurses are also deployed in peacekeeping and humanitarian operations, providing care to local military personnel and civilians in countries ravaged by war or natural disasters.

The exhibition will run until 17 October 2012 at the Australian War Memorial.

Orion Terraces get enthusiastic reception

AN INFORMATION session was held at the end of November for the next apartment building planned for the Air Force Memorial Estate in Bull Creek.

More than a dozen reservations were made within days of the details being released.

The Orion Terraces building is planned to be constructed immediately west of the AFA Club where the existing motel units are located. North facing apartments will enjoy views over the bowling greens and tennis court or across parklands to Lake Howard at the centre of the Estate.

Five different apartment layouts are offered in Orion Terraces, which will contain 40 residential apartments, three short-term accommodation units, library

and reading room, meeting room, and a large multipurpose activity space facing out to the bowling greens. A secure car park is located beneath the building along with individual storerooms for each apartment.

The AFME Estate office will also be relocated to the building's ground floor along with a shop, hair and beauty salons, and consulting rooms.

Apartments range in size from 128 sqm to 148 sqm of living space plus balconies, which are also generously proportioned with some as large as 53 sqm of outdoor space.

Pricing starts at \$715,000, which reflects the larger sizes and higher specifications compared with Mirage Terraces. Apartments can be reserved with just \$5000 deposit.



Orion Terraces offer the ultimate in retirement lifestyle

RAAFA is aiming Orion Terraces at active retirees who lead busy lifestyles and for whom the easy "lock-and-leave" nature of apartment living is ideally suited.

The overwhelming success of Mirage Terraces has encouraged RAAFA to plan the development of Orion Terraces and the building contract will commence when a

certain number of apartments have been pre-sold.

Construction is expected to take two years.

For an information kit on Orion Terraces please contact AFME Retirement Living Co-ordinator Maureen Winton by telephoning 9311 4461.



AFME Master Plan

By Stan Roman

THE MASTER Plan for Air Force Memorial Estate, Bull Creek has been amended in order to retain the Aviation Heritage Museum at the existing location. As a consequence the new Residential Care

facility will be constructed where Dean Lodge is located.

The City of Melville Council adopted the amended RAAFA Master Plan in November 2011 after a public consultation process was completed.

A meeting was then held with AFME residents and a briefing was given on the amended Master Plan and the various development works on the estate.

The purpose of the Master Plan is to forward plan the future redevelopment of the site.

Degi performance

By Eileen Oxley

Over 220 guests of Meadow Springs Estate were treated to a stellar performance by Degi, the beautiful, talented violinist from Mongolia on Wednesday 28 December.

The proceeds of the evening of almost \$3,000 are for the Lotus Foundation orphanage in Mongolia.

The audience were informed, "over the last 4 years I have collected many beautiful rugs, jumpers, scarves etc that have been made and donated by the ladies of the RAAFA Estate Meadow Spring."

"On 14 January 2012 the children will be moving into their new purpose built orphanage. All the hard work of literally thousands of people over the last 5 years has now come to fruition. The orphanage was started 20 years ago by Didi an Australian lady who has devoted her life to help these children."

Delegates from the Mongolian Consulate also attended the evening and enjoyed the performance immensely.



Bev and Andy Gilmour with Degi during interval

The Padre's Piece



By Padre David

THE LAST issue of Air Mail reported that residents were starting to move into Mirage Terraces the new apartments on AFME at Bull Creek. I have not yet had an opportunity to look at all the facilities being offered but as four of the incoming families have been our personal friends for a long time, it may not be too long before I do get to visit our Association's latest addition to the residential accommodation it provides.

I also noted that our Association staff at

Bull Creek are offering information about the estate, its services and social life, and their personal support to the new residents as they settle in. One of the new residents said to me quite a while ago how they were looking forward to moving as they saw this as a clear decision they had made, that Mirage Terraces would be home for the rest of their lives.

A sense of home and belonging is important for our sense of self and identity which in turn strengthens our ability in retirement to deal with any future changes to our health and circumstances.

Home, of course, is where the heart is. That's a cliché but true and the heart is the repository of our dreams and memories. That's why in all the retirement counselling I have done I have encouraged people moving into a sparkling new home not to discard all the objects – furniture and such like – that hold so many memories. Certainly get new furniture for the new apartment, but also

make it a place where those things that keep memories alive are also treasured.

A sense of home comes from many sources: closeness to family, friends and neighbours but what builds a common feeling of home in any society is a shared culture.

I understand that recent legal rulings question whether one needs to be a member of the Association to reside on a RAAFA estate. This is an important issue which I am sure will be addressed in the revision and rewrite of our Constitution. But I am pleased to say as a past President and Secretary of a Residents' Branch that we do all we can to encourage our new residents to be members of a Branch and to find new friends in the many social activities of our RAAFA community and come to respect the Air Force and ex-Service background of members and feel at home with us.

I know that Cicero, the Roman orator of the 1st Century BC said "No place is more

delightful than one's own fireside" but it was St Paul who used the phrase on several occasions that "we are members one of another" (Romans 12.5 for instance, and read the whole of I Corinthians 12).

It's natural for us to think of these things in the context of where and how we live as retirees and seniors, but I have been reminded that "A Sense of Home" is the title of the haunting melody composed by Peter Gabriel, the English singer and songwriter, for the 2002 Australian film drama – "Rabbit-Proof Fence". I am sure you remember the film, if not the music. It reminds us however that there are so many in this world that do not share the security and sense of belonging that we do and maybe we could make a belated new year's resolution to reach out to all newcomers and particularly the homeless in our Australian society.

Shalom and a Happy New Year to you all.



L to R Mitch Brown, alias Charlie Chaplin and Ivor Thomas or Bluey

November 2011 Cambrai Village

By Bob Cotton

FROM the first day of November until the last day of the month, we were all trying to get it on; I mean hair on the upper lip, and all for a good, worthy cause. Raising awareness and funds for research into prostate cancer and depression in men (via Beyondblue).

We had 19 participants; two women or Mo Sistas and 17 Mo Bros and the

team was remarkable with their costumes and makeup. Between them they raised \$8,475. What a wonderful effort!

The judging took place in the club rooms with entertainment donated by "The Young At Heart Comedy Roadshow"; a very entertaining evening.

Maybe we can all do it again next year?

Career advancement achieved

RAAFA Aged Care Services is proud to acknowledge the recent achievement of a Certificate III in Aged Care for 5 of its staff, Suella Roberts, Vanessa Avila, Leteisha Calvert-Malloch, Sonia Griffiths (Tuart and Karri Lodge) and Mandy Roberts (Gordon Lodge).

We recognise the commitment of these loyal staff and would like to congratulate them all in their recent career advancement within the organisation.

These ladies started with RAAFA as domestics and it was identified that they had a desire to take up the offer of career development within the Association and embark upon further study in order to achieve this.

In doing so these ladies have developed a good understanding of the residents' lifestyle and this has given them new skills to further enhance the care they provide to our residents in high care, low care and dementia secure.



Mandy Roberts



L to R Sonia Griffiths, Leteisha Calvert-Malloch, Suella Roberts, Vanessa Avila

Value in volunteering

AFME resident and dedicated volunteer, Ken Haines, was shown appreciation for his volunteer efforts by the City of Melville.

The City of Melville acknowledged the 14 recipients of the Mayors Valued Citizen Award at a ceremony and cocktail party held in November 2011, recognising their contribution as volunteers for 10 or more years in the City.

The 14 recipients were Ken Haines, Jay Gillett, Clem Glannon, Edythe Best, Hazel Gough, Laurel Della Bosca, Kevin Costello, Colin Wathen-Dunn, Atul Garg, Anne Hartzenberg, Colleen Rintoul, Ian Jarvis, Bert DeMeyere and Lorraine Winchcomb.

Melville Mayor Russell Aubrey said the average length of volunteering among the recipients was a “staggering” 23 years.

“While the City acknowledges the incredible contribution of all volunteers, the Mayor’s Valued Citizen Award is a way to recognise the immensely positive impact that long-service volunteers have on our fortunate City.

Each recipient was presented with a certificate and a special pin to acknowledge their exceptional contribution to the community.

Ken Haines served in the RAAF from 1946-1957, including service in Japan with the British Commonwealth Occupation Force. He joined the RAAF Association in 1972 and with his wife Elaine moved onto the AFME in 2003.

Even before moving onto the AFME Ken was an active volunteer, conducting stocktakes for the Aviation Heritage Museum and organising the annual Estate fete.

He has been on various Committees including Captain and Secretary of the RAAFA Golf Club, President of the Permanent Air Force Branch, Member of the Division Aviation Museum Committee, Treasurer of the Bull Creek Branch and Secretary of the Village Day Club.

On taking up residence Ken accepted a broad range of very significant volunteer roles. He has been pivotal in the distribution of the Association journal “Air Mail”, designed and operated a document storage archival system for the Association and served as the AFME Librarian.

Ken’s discharge of a number of heavy volunteer roles has been exemplary. Importantly, only advancing years and deteriorating eyesight has caused him to lighten his volunteer load.

By his quiet, efficient and dedicated volunteer work Ken has made an exceptional contribution to the wellbeing of his fellow residents and members. Ken’s extensive personal efforts have improved communications, facilitated and encouraged the use of amenities and resources, and instilled a sense of community. The RAAF Association extends it’s congratulations and thanks.



Mayor Russell Aubrey with Ken Haines

AFA Care

By Debbie Gitsham



AFA CARE is the community care division of the RAAF Association (WA Division) Inc. The team was created in response to the need for quality in-home services for the community. RAAFA has a long standing commitment to the care of both veterans and the wider community. AFA Care offers a range of services for all our clients:

- Technical nursing care
- Personal care services
- Private domestic services at discounted rates
- Shopping assistance/appointment escorts

We also offer a 24 hour on-call service for our nursing clients and staff. All our staff are qualified in their fields and have access to on going training.

If you would like to know more about our services, please call into our office at 3 Bradshaw House, AFME, Bull Creek or call us on 9311 4498.

Brochures are available from our office and the estate office. Our services are here to assist you maintain your independent living.

AFA Care ~ Caring for our Community.



Joyce Cole and Commissioner of Taxation, Michael D'Ascenzo.

Erskine Grove resident receives award

By Lillian Bridewell

AFTER 20 years of helping people with their taxation returns at the Citizens Advice Bureau, Joyce Cole was awarded a Certificate for Voluntary Service to taxation, at a special function held in Perth.

Joyce said, “my beginning as a ‘volunteer’ actually started in 1941, when at the age of 14 and still attending school, I became an Air Raid Warden. I trod the night streets of Mt Lawley with a partner, carrying my tin hat and gas mask.

“I had a break after my marriage. We moved around the country teaching at

different schools so I became involved with CWA, Red Cross and Save the Children Fund.

“When we moved to Mandurah, I joined the Citizens Advice Bureau and have been a member of this organisation for 26 years. During this time I also became a Tax Help Volunteer, completing tax returns for people on low incomes.

“I retired from the Tax Help Programme after completing 20 years, but I still remain with the Citizens Advice Bureau.”

Joyce also received a trophy and a beautiful arrangement of flowers. Congratulations.

Notes From Branches and Groups

Airfield Construction Squadrons' Branch

Val Lopaten

Presentation to Tom Wilson (Qld Group)

The Northern Territory ACS Association has initiated the presentation of an appropriate award to Tom in recognition of his considerable efforts over several years in researching and recording the history of the RAAF's Airfield Construction Squadrons (1942-1974). This award was undertaken on behalf of all State ACS groups.

Vale

Bernie Pointing passed away on 21 December 2011. Bernie served with 2 and 5 ACS's and with the RAAF/RAN Works Unit at HMAS Tarangau (Manus Is).

Upcoming events

Thursday, 15 March, General Meeting / Picnic Lunch at North Dandalup Dam, 10.30am start or thereabouts until late.

Australia/Pacific Branch

Denny Hains

For the first Air Mail for 2012, the President and Committee would like to wish all members a very Happy New Year. Let us hope it will be a better year than last where we lost too many good friends.

At this stage I would like to thank Delys and her band of volunteers and James and his staff for their good work for the Branch.

Hopefully those members who have been a little tardy in their attendance at the Branch meetings will make the effort to join us to keep up the good work carried out by our Branch.

Upcoming events

Monday, 27 February, General Meeting, Meg Olive Room, 11.00am.

Australian Air Force Cadets Branch

Del Willmott

Best wishes from the President and Committee to all members and families for a happy, healthy New Year.

Upcoming events

Sunday, 18 March, Annual Twilight Dinner, Runway Café, Royal Aero Club, Jandakot Airport, 5.30pm. For members, partners and friends. Bookings essential with Graeme on 9330 5701.

May; Annual Rifle Shooting Competition between Branch Members and AAFC Cadets and Instructors. Date and Venue to be arranged.

Sunday, 19 August, Branch AGM.

Aviation Museum Youth Club

Alan Rye

Our Christmas BBQ party was a wonderful day held at Piney Lakes, which provided lots of room for games with plenty of shade.

Anyone interested in joining our Club contact Alan Rye on 9311 4353.

Upcoming events

Sunday, 19 February, Meeting, Meg Olive Room, 10.00am to 11.30am.

Sunday, 18 March, Meeting, Meg Olive Room, 10.00am to 11.30am.

April School Holidays, Engine Course. For further details contact Alan Rye on 9311 4353.

City of Perth Branch

Ray Passmore

The Branch President and Executive wish to take this opportunity to wish all Branch members a very happy and prosperous New Year.

All members of the Branch wish to offer their congratulations to the National Vice President and the Secretary of the City of Perth Branch – Mr Peter Fardon, who was awarded a Life Membership from the National Council for the voluntary work he has given to the Association over many years.

Upcoming events

Thursday, 19 January, Social Luncheon, AFA Club Bull Creek, 12.00noon with a selection of meals from the Menu Board.

Thursday, 16 February, General Meeting, Ev Nicholls Room, 11.00am. Followed by fellowship lunch at the AFA Club Bull Creek.

Thursday, 15 March, Social Luncheon, Lynwood Arms Hotel. Bus leaves the underground carpark 11.30am. Members wishing to attend, please add your names to the list available at the February meeting.

European Area Branch

Jo Naylor

Best wishes for a safe, happy and healthy New Year to all Branch members, our RAAFA colleagues and staff throughout WA and beyond.

Thanks to our friends and restaurant staff at RAAFA Merriwa for their very warm welcome on 12 January, when we all met for lunch. We hope to catch up with European Area Branch members living in our southern estates in the very near future.

Upcoming events

Wednesday, 1 February, Branch Meeting, Meg Olive Room, Bull Creek, commencing 7.30pm.

Thereafter meetings will be held on the first Wednesday of each month in the Meg Olive Room at 7.30pm.

Mandurah Branch

Ruth Poat

85 members attended the December General Meeting, including two guests – John Colpus DFC and Arthur Richards. These gentlemen were pilots who flew Lancaster bombers over Germany in WWII. Judy McCarthy read an extract from the Memoirs of Mr Colpus giving an interesting account of his exploits as the pilot of Lancaster bomber 'S' Sugar over Berlin, after which Mr Colpus answered questions. The President presented Mr Colpus with a montage of photographs of 'S' Sugar, which are currently part of the RAF display at Hendon, UK.

Christmas lunch was a great success with 123 people attending, including special guests

New Members

The following were welcomed into the Branch, Ron and Di Gibbs, Ted and Marion Beale, Dorothy Richards and Esther Fisher.

Nulsen Haven Beer and Lobster Raffle

All tickets were sold however Mandurah Branch did not sell any of the winning tickets this year.

Email addresses

Members who don't live in the Village and would like to receive notices by email, please send your email address to fnrpoat@msvillage.com.au

On behalf of the President and Executive, we wish all a happy, healthy and safe 2012.

Upcoming events

Thursday, 16 February, General Meeting, Edwards/Newton Rooms, AFA Club, 3.30pm, followed by BBQ Sundowner at a cost of \$6.00.

Thursday, 8 March, Dinner at the Pines Restaurant, Bentley TAFE Campus at a cost of \$35.00, including the coach fare.

Meadow Springs Residents Branch

David Oxley

Day Tours with Mandurah Travel and Tours

This coming year the Branch, in association with Mandurah Travel and Tours has arranged three full day tours. See details below.

Upcoming events

Friday, 16 March, General Meeting, Middleton Hall, 2.30pm.

Tuesday, 15 May, Day Trip to Northam with a buffet lunch at Avonbrook Winery.

Friday, 18 May, General Meeting, Middleton Hall, 2.30pm.

Tuesday, 10 (or 17) July, Day Trip to WA Newspaper House and lunch at historic Bayswater Hotel.

Friday, 20 July, General Meeting, Middleton Hall, 2.30pm.

Friday, 17 August, Branch Annual General Meeting, Middleton Hall, 2.30pm.

Tuesday, 6 (or 13) November, Day Trip to Guildford Old Town Gaol and lunch at Valley View Restaurant.

MER Branch

Rona Stalley

Upcoming events

Monday, 6 February, General Meeting, Langley Hall, 10.00am.

Monday, 7 May, General Meeting, Langley Hall, 10.00am.

Sunday, 27 May, Carvery, Langley Hall, 11.30am.

Sunday, 29 July, Carvery, Langley Hall, 11.30am

Monday, 6 August, Branch AGM, Langley Hall, 10.00am.

Sunday, 23 September, Carvery, Langley Hall, 11.30am.

Monday, 5 November, General Meeting, Langley Hall, 10.00am.

WAAAF Branch

Aline Costello

Upcoming events

Monday, 12 March, WAAAF Reunion Lunch, Langley Hall, AFA Club Bull Creek, 11.30am for 12noon. Tickets \$30, Aline Costello 9313 5649, before 5 March 2012.

Notes From Branches and Groups continued page 11...



Cambrai Club

Phone: 9304 5401

Trading Hours

Tuesday
4.00pm to 8.00pm Fish and Chips/
Pot Luck

Wednesday
10.00am to 11.00am Morning Tea
4.00pm to 5.00pm Happy Hour
6.00pm to 8.30pm Dinner

Thursday
12noon to 1.30pm Lunch

Friday
5.00pm to 6.00pm Bistro/Theme
Night Happy Hour – 2nd and 4th
Friday of the month
(subject to change – contact bar staff)

Contact Club Supervisor/Head
Chef on 9304 5401 from 8.00am
to 4.00pm, Monday to Friday for
bookings or information.

Meadow Springs Club

Phone: 9582 5375

Trading Hours

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

Tuesday and Thursday
11.30am to 6.00pm Bar
12noon to 2.00pm Lunch

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

Friday
11.30am to 6.00pm Bar

Saturday and Sunday
Ring bar for details

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

Tasty Tuesday Lunch Special

Fish and Chips from \$10.00.
Counter menu also available

Chase the Ace, Bingo & Horse Racing

5.00pm to 8.00pm Wednesday, meal
available

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 and Public Holidays, Closed

Counter Meals

11.30am to 1.30pm Monday to Friday

Lunch Specials

Monday Roast of the day \$10.00
Tuesday Fish and Chips \$10.00

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 – John Calander
3rd Friday – Colin & Muriel
4th Friday – Robert Fern
5th Friday – Dinner only in the
members' bar

Merriwa Club

Phone: 9400 3640

Trading Hours

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

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

Tuesday to Saturday, last orders taken
1.30pm daily

Bluegum Restaurant (please book)

Tuesday Theme Night, different two
course menu every week
4th Wednesday Offal Club, 12noon to
2.00pm

Friday Night Bistro

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

Saturday

Fish and Chip lunchtime special

Bingo, Main Hall

2nd Wednesday, eyes down 7.30pm

Notes From Branches and Groups continued

WRAAF Branch

Judy Bland

Happy New Year to one and all. More news
in WRAAF Newsletter in February

Upcoming events

Tuesday, 7 February, General Meeting,
7.30pm.

Tuesday, 6 March, BBQ at Judy & Graeme's
from 6.00pm. BYO meat and drinks and
salad or dessert to share.

Tuesday, 3 April, General Meeting, 7.30pm.
Bring an Easter egg for the raffle.

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:

- 2 March for April/May issue**
- 4 May for June/July/August issue**
- 3 August for September issue**



Merriwa Estate Manager

WE WOULD like to extend a warm
welcome to our newest Estate Manager,
Linda Smith. Linda joined RAAFA last
June as the Estate Manager at RAAFA
Estate Merriwa.

Linda has a varied working background
overseas and here in the oil and gas
industry and the WA Retirement Villages
Association.

Linda said, "family is what is important
to me". She calls the northern suburbs
home with her husband and beloved

cocker spaniel, and they have one daughter
who lives in Florida, USA.

Sport is one of Linda's great passions in
life. She played netball in South Africa and
has been a member of various cycle clubs in
America that have taken her on numerous
cycle trips, including through Tuscany. To get
away from a stressful day you can always find
Linda out on the road in her running gear.

Linda has already become involved in the
Merriwa way of life and has settled into her
new role.



Linda Smith



RAAFA Welfare 2011

THROUGHOUT the year the RAAFA Welfare Officers have been actively raising awareness of their role and have organised a variety of health and wellbeing presentations, activities and awareness campaigns aimed at keeping members informed about initiatives and services that can help to maintain and/or improve their quality of life.

Main objectives:

- Assist **all members** to maintain and improve quality of life
- Encourage independence and choice
- Provide information and referral
- Link **all members** to relevant services

2011 Welfare Presentations / Awareness Campaigns / Activities

- Diabetes awareness - Diabetes Educator

- Contenance awareness
- Falls Prevention – Stay on Your Feet campaign
- No Falls Day – treasure hunt and morning tea
- Mobility equipment information
- Driving Future Presentation - RAC
- Mind Your Mind Presentation – Alzheimer's Association
- Healthy Bones Week
- Ageing Wisely Program
- Men's Health - Blue September morning tea
- LaughWA
- Planning Ahead – information sessions
- HACC and Respite – information sessions
- Aged Care in the home – information sessions on care packages available
- Aged Care Facility Entry – information sessions on process and costs etc



No Falls Day



Blue September



Ageing Wisely Program



LaughWA



Branches Forum presentation

Heat wave – Advice for older people

Acknowledgement: WA Department of Health

WHEN it is very hot, you may be at increased risk of heat related illness, especially if you have medical conditions or take certain medicines. The following advice will help you put together a plan for coping during extreme heat:

- Ask a friend or family member to check on you twice a day if possible during extreme heat, especially if you live alone.
- Symptoms of heat stress include:
 - » Headaches
 - » Feeling dizzy, faint or weak
 - » Urinating less often
 - » Muscle spasms or cramps
 - » Nausea
- If you start to feel ill with symptoms of heat stress you should seek medical attention by:
 - » Contacting your GP
 - » Calling Healthdirect Australia on 1800 022 222; or
 - » Going to the Emergency Department of your nearest hospital.

If you have more serious symptoms of heat stress, such as vomiting, becoming confused or having hot red or dry skin (because sweating has stopped), you should call 000 for an ambulance straight away.

Keeping cool

- If the house is hot and you have an air conditioner, turn it on. Visit air conditioned local libraries or shopping centres for some relief.
- Make sure you drink plenty of fluids, even if you do not feel thirsty (unless your Doctor has advised you not to). Try to drink water or diluted fruit juice and avoid tea, coffee or alcohol.
- Eat small meals more often during hot weather and try to eat more cool meals, such as salads and fruit as these also help you hydrate. Ensure that food that needs refrigeration is not left out. Using stoves or ovens less often also keeps the temperature cooler in your home.
- If you take prescribed medicines, you **MUST** continue to take these during periods of extreme heat.
- Some medicines can make you more prone to sunburn and heat stress, so extra care should be taken to watch for

signs that you are becoming affected by the heat. If you need more advice on particular medicines, speak to your doctor or a pharmacist.

- Wear light coloured, loose fitting clothing, preferably made from natural fibres like cotton or linen, and avoid synthetic fabrics.
- If you use a wheelchair, walker or any other metal equipment, make sure it is kept in the shade as it can quickly become hot to touch and even cause a burn.

Cooling down

Some simple steps to help you cool down:

- Rinse a cloth in cool water and use it to wipe your arms and neck;
- Sleep with just a sheet over you;
- Put your feet in a bowl of cool water;
- Make ice cubes from water or cordial and suck them to keep cool; and/or
- Put a bowl of ice cubes in front of a fan to create a cool breeze.

Asbestos exposure

Acknowledgement: Department of Veterans' Affairs

DEFENCE is concerned about the impact on the health of current and former Australian Defence Force (ADF) members and Australian Public Service (APS) employees who may have been exposed to asbestos in the course of their Defence employment.

Current serving and former ADF members and APS employees, who believe they may have been exposed to asbestos and would like to have their asbestos-related medical status assessed, are encouraged to contact 1800 DEFENCE (1800 333 362) and register with the Defence Asbestos Exposure Evaluation Scheme.

For more information visit
www.defence.gov.au/dpe/ohsc/programs/Asbestos/default.htm