



# AIR MAIL

ROYAL AUSTRALIAN AIR FORCE ASSOCIATION

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

September 2011

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> WHAT'S  
INSIDE



## Perth Mint visit

Members of AAFC Branch visited the Perth Mint where they learnt the history of gold in WA.

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## Aviation Museum Youth Club

The school holidays presented the opportunity for a group of enthusiastic kids to work on a Lycoming engine. PAGE 5 >

# Bomber Command Commemoration Ceremony

RAAFA paid tribute to the fallen with a commemoration ceremony at AFME, Bull Creek on Sunday, 29 May 2011.

Bomber Command veteran, John Lyall was the guest speaker, and excerpts from his address are shown below. He asked everyone to please spare a moment for the 55,000 aircrew who lost their lives in Europe during WWII, being 64% of the Command.

More than 100,000 young men flew in aircraft of Bomber Command during WWII. Over half of them were killed. This stark fact denotes much more than the tragedy of a casualty rate greater than that of any other arm of the British Forces. It is proof of the extraordinary determination and endurance of these men in the face of the grinding repetition of exposure to danger, which needed a special kind of courage.

Where did all these young men come from? Throughout the war all RAF aircrew were volunteers. The majority were British, but there were considerable contingents from the Commonwealth countries and colonies, especially Canada and Australia.

Their motivation was a mixture of patriotism, a desire to fly and a sense of adventure. The chance to fly was exciting, for at that time few young men had any sort of experience of flight. Even airline travel was the prerequisite of the rich. For the masses there was a great romantic aura surrounding flying, much fostered by popular fiction and films, and the enormous publicity given to the exploits of the heroes of WWI and peacetime record-makers.

As one might expect, the casualty rate was not uniform. The outcome for any particular crew was affected by a variety of factors, which included the danger of the tasks imposed, the type of aircraft they flew and their individual degrees of efficiency and experience. But good luck always played a vital role, as every survivor knew.



*L to R Russell McLaughlan, the then Deputy Commissioner of DVA, Digger Cleak representing the RSL, Hazel Donald, President War Widows Guild of Australia, place crosses of remembrance at the memorial wall*

The factor of human error was large. Many crews suffered from chronic fatigue, particularly when favourable weather and moon conditions allowed an increase in the frequency of attacks. Most raids were long and exhausting flights. The bombers were slow by modern standards, few cruising faster than 200mph. Including tactical diversions, a deep penetration sortie could take over 8 hours. The aircraft were cold, noisy and unpressurised, with high altitude flying requiring oxygen masks to be worn for long periods.

There was a continuous race to improve technology in many areas, particularly radar, which could provide at least a temporary advantage before the other side caught up once more. The industrial and technological efforts required on both sides were immense.

To the aircrew flying towards their target the dangers were at both ends of the visual range. At one extreme they had to face the very intimidating brightness of the flak and searchlight belts which surrounded most of

the major targets. At the other was the more dangerous unseen approach of the night fighter closing in through the darkness using interception radar.

Many aircraft survived flak or fighter hits, and there are plenty of heroic stories of how devoted crews nursed their crippled aircraft home despite severe damage. Wounded men suffered terribly and the cold and lack of oxygen contributed extra dangers to their lives. Little could be done for them in the hours it took to reach base.

It is nearly 65 years since the last operations of Bomber Command against Nazi Germany, and the survivors of that extraordinary campaign are fast dwindling in numbers. They never received any specific campaign medal, their heroic achievements have been belittled, and the morality of the whole bomber offensive repeatedly questioned.

In all this retrospective argument we should never forget the thanks that we owe to that remarkable band of young men from every



*Part of the large contingent of ex-service personnel and families attending the ceremony*

part of the Commonwealth who faced every danger, disregarded the likelihood of death, believed that what they were doing was right and necessary, and did it.

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

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# Around the roundel



State President, Graeme Bland

By Graeme Bland

## Division Council Nominations

NOMINATIONS have closed for positions on Division Council. Due to current Constitutional requirements three nominations could not be accepted. The Constitution stipulates that 60% of Division Council members must be ex-Air Force.

This highlights one of my concerns with the current Constitution and Division governance. We have some people willing to put their life on hold for the good of the Division, but our rules cut them down. I thank the nominees for their interest and enthusiasm and also thank the two Division Councillors, who were due to retire, but offered to fill the shortfall.

## Special General Meeting of 18 June 2011

388 members attended the SGM on 18 June 2011 and views were expressed on the future and permanence of the Aviation Heritage Museum. It was reiterated that Division Council has no intention of closing or moving the Museum. It was confirmed that the Museum remains on the Master Plan in its current location and also confirmed that the Museum was part of the Objects of both proposed Constitutions as well as one of the Reserved Matters of the Public Company Limited by Guarantee (New Company).

Views were also aired on the New Company, its structure, and what representation the membership would have on the Board. Concerns and suggestions were noted by attending Division Councillors. A Special Division Council meeting was held on 24 June 2011 to discuss the effects and outcomes from the SGM.

At this special meeting Division Council agreed to make the following changes:

1. The formation of the New Company will only proceed if members approve the proposal at the forthcoming Annual General Meeting to be held 29 October 2011;
2. The RAAF Association (WA Division) Inc. will be the only "Member" of the New Company, therefore the New Company would be required to report to the Division through Division Council;
3. The "Member", per Division Council, will be responsible for approving the appointment of directors of the New Company at the New Company's Annual General Meeting;
4. Important decisions to be made by the New Company which may affect members of the Division will require the approval of the "Member" and would include:
  - Change of name of the New Company;
  - Changes to Objects of the New Company;
  - Disposal of any residential estate or other residential aged care facility owned by the New Company;
  - Any decision relating to the closure or disposal of the Aviation Museum or any significant aircraft;
5. Prior to the Division AGM, voting members of the Division will be provided with a copy of both the proposed Division Constitution and the proposed New Company Constitution.

## National AGM and Conference

I attended the National AGM and Conference in Brisbane on 22 June 2011. Declining membership was a common issue amongst the Divisions and in some cases Branch closures. Victoria is still pursuing possible development of a retirement and residential care precinct at RAAF Point Cook.

From the Conference came the following points of interest:

- There are still 43 Australian Defence Force MIAs (Missing in Action) from the Korean War. A cooperation agreement between the ADF and the South Korean Ministry is being sought to try and locate these MIAs.
- Two new RAAF Heritage Centres have been opened at Amberley and Wagga Wagga.
- The RAAF is purchasing five KC-30A Tankers (military version A330 aircraft).

- No 1 Squadron at Amberley have eleven F/A-18F Super Hornets now in service, the total acquisition of 24 aircraft will be completed during 2011.
- A Jet Fuel Exposure Syndrome (JFES) study is being undertaken with AVM McLennan, WgCdr Halverson and WgCdr Usher being nominated by RAAFA to be on the Consultative Forum.

## F-111 deseal and reseal

The Government compensation program for anyone involved in F-111 fuel tank maintenance has been reviewed and so far the number of persons who have come forward is approx 300 less than those involved.

More studies have been done and the SHOAMP has identified and approved 31 diseases that could be derived from F-111 fuel tank activities, which involves persons from the three ADF Branches, civilians and those involved in the disposal of cleaning rags.

Due to the lack of records, Statutory Declarations can now be used for evidence. Even if you have no symptoms to date it is important that persons involved register now. For further information visit [F111.dva.gov.au](http://F111.dva.gov.au) or locally contact Mark Wainwright at [wabranch@dfwa.org.au](mailto:wabranch@dfwa.org.au)

## O'Connor Trophy

The O'Connor Trophy was awarded to Mrs Majorie Quinn of Tasmania for her 53 years of exceptional active service to the RAAF Association. Other submissions were received and due to the high standard of recommendations National Council are

looking at creating a separate award for individuals and leaving the O'Connor Trophy for Groups or Organisations.

## From Division Council

- The Bull Creek Memorial Wall upgrading is expected to start soon.
- The Merriwa Estate has a new Estate Manager, Linda Smith. Welcome.
- Club returns have been better than anticipated but still need increased patronage.

## Graduation of No 222 Pilots Course

I was fortunate enough to be present for the last official duty of Air Chief Marshal Angus Houston who was the Reviewing Officer for this recent Graduation. It was a case of de-ja-vu for the Air Chief Marshal as he was a graduate himself in 1971. Cadet Officer Kyle Hornberg won the RAAF Association Trophy for the Cadet who showed the most improvement. He has been posted to No 79 Squadron at RAAF Pearce to further his career.

## Visits

I have made many visits too numerous to mention to various Branch meetings, volunteer events and ceremonies since the last Air Mail.

It was also my great pleasure to present the Swetman Fellowship to Philip French at Kent Street Senior High School. I wish him well for his aviation future.



Cadet Officer Kyle Hornberg receives his award

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For submission deadlines please see page 10

# Certificates of Service Awarded

THREE Certificates of Service were recently awarded to members of the Merriwa Estate Residents Branch.

The State President, Graeme Bland, made the presentations to Janice Barnes and Trevor Lucas at the June Branch meeting.

Pat Pirie was presented with her award at the Merriwa Fancy Dress in July dinner by the Merriwa Estate Branch President, David Peet.

## Janice Barnes

Janice Barnes moved onto the Merriwa Estate with her husband in May 1996 and immediately became involved in volunteer work on the Estate, being one of the three ladies who run the annual Fete.

Janice helps with the cleaning of houses which are vacated, with a view to obtaining goods for the Fete. She also assists the "Mudlarks" singing group with their Friday night raffles.

She has tirelessly done these voluntary duties over the past 15 years and nothing is too much trouble for her.

Janice is a very friendly and amiable lady who is a valued member of the Merriwa Estate, and they would be lost without her.



Janice Barnes

## Trevor Lucas

Trevor Lucas joined the RAAF Association in July 2002, moving onto the Merriwa Estate a year later and has been a volunteer ever since.

His main jobs are being the organiser for the "Mustang" buggy and responsibility for the distribution of mail and parcels. These jobs involve Trevor compiling the rosters so that everyone knows where and when they are involved.

Trevor has been a tireless worker for the people on the Estate but now ill health has prevented him from carrying on this work.

In all phases of his volunteer work he has been very dedicated and friendly and carried out his duties diligently.



Trevor Lucas and Graeme Bland

## Pat Pirie

Pat Pirie became a member and moved onto RAAFA Estate Merriwa with her husband Alistair in February 1999.

Pat volunteers in many areas of Estate life and is one of the three ladies who organise the annual Fete.

She is the Vice President of the Computer Club and is always available to help sort out computer problems for anyone having trouble. She also gives lessons to residents just starting in the world of computers.

If the Estate Office is short staffed she will fill in and carry out the duties required. The typing of pamphlets, notices, etc. are done by Pat.

Pat has worked as a volunteer on the Estate for the last 13 years and always has the best interests of the residents at heart.

The Merriwa Residents Branch had no hesitation in nominating Janice Barnes, Trevor Lucas and Pat Pirie for Certificates of Service.

Congratulations and thank you for all your efforts, time and good work.



Pat Pirie and David Peet

# Swetman Fellowship recipient 2011

THE 2011 Swetman Aviation Education Fellowship was awarded to Philip French from Kent Street Senior High School.

The Trustees of the Fellowship presented the award to Philip, at a gathering of approximately 100 aviation students, teachers and parents at the Kent Street Senior High School, Aviation Centre Workshop.

Parents and past students of the Aviation Support Group also dedicated a memorial plaque to Nigel Bednall, a popular aviation teacher who suddenly passed away while on the Avalon Tour earlier this year and several speeches were made in his honour. Philip was a star pupil of Nigel Bednall.

Philip French is in year 12 at Kent Street Senior High School where he is studying aviation subjects. He is currently undertaking his Recreational Aviation Australia License as this will allow him to fly in a private aircraft owned by his uncle. This will help with flying hours and he intends to convert his license later to a Private Pilot's Licence. To date he has 8.3 hours up and flew solo last October.

In 2010 Philip was among students selected to go on an aviation tour to the USA which visited the Boeing complex, Space Centre, Smithsonian Institute and other areas. He has also attended flying camps at Cunderdin.

Philip has been an Air Force Cadet for 4 years and is a Cadet Flight Sergeant at 713 Squadron. In 2009 he was awarded the perpetual trophy for the Most Outstanding and Conscientious Cadet.

Philip plans to join the RAAF in the future and likes the ordered structure of the Air Force which he believes is in keeping with his own character. If for some reason he is unable to fly aircraft Philip says he would like to attend Edith Cowan University and obtain a Bachelor of Science in Avionics.

For a little extra pocket money he works casually on the weekends placing "home open" signs on streets for a Real Estate firm.

The Selection Panel found Philip to be a mature young man with a good sense of humour. His aviation teacher, Kevin Bennet speaks highly of him as a polite, eager and enthusiastic student with a very sound work ethic.

RAAFA had pleasure in presenting the Fellowship to Philip and wishes him great success with his future in aviation.

## The Fellowship

The Swetman Aviation Education Fellowship Fund was established in 1994 by Flight Lieutenant Ronald Charles Swetman DFC, DFM, RAFVR (Retd) and is administered by RAAFA. The object of the Fellowship is to foster aviation education and interest among youth in Western Australia. It is envisaged that the award would be used for such purposes as flying training, attending an aviation event or facility for the purpose of professional development in the sphere of aviation education or any other purpose that furthers an interest in aviation.

Each year WA schools are invited to nominate one suitable year 12 candidate undertaking an approved school aviation education program for consideration by RAAFA's selection panel.



Memorial plaque to Nigel Bednall



L to R Kevin Bennet, Philip French and Graeme Bland

# Cambrai craft ladies outing

By Sheila Hammond

THE Cambrai craft ladies and a few friends had a great day out on Monday, 13 June, 2011.

They left Cambrai Village for morning tea and a presentation at Kanyana Wildlife Park in Lesmurdie.

For over 30 years Kanyana has been providing hands-on specialised care and expertise to ensure our sick, injured and orphaned native animals are given a second chance.

The centre has 120 volunteers who work 365 days a year to take care of the wildlife, which comes to the centre from all over the State.

The ladies were able to see and handle snakes, echidna's, bilbies, a frogmouth owl, red tail black cockatoo and a bobtail lizard.

This was followed by an excellent lunch at Parkerville Tavern, which was enjoyed by all, and then the ladies made their way home via the Margaret River Chocolate Factory in the Swan Valley.

The Cambrai Craft Ladies have also been very busy and proceeds from their Winter Warmers sale held earlier in the year were donated to:

- Assistance Dogs Australia
- McCusker Alzheimer's Research Foundation
- Telethon Speech and Hearing
- Camp Autism
- Cerebral Palsy



The group enjoying the talk at Kanyana

# Perth Mint visit

By Del Willmott

SOME 27 AAFC Branch members, partners and friends gathered at the Perth Mint for a tour of the Mint on Sunday, 19 June 2011.

We assembled in the forecourt where our guide gave us a brief introduction to the history of gold mining and processing in WA.

The Perth Mint was established following the great gold strikes in the eastern goldfields in the 1890s, which were followed by a rapid increase in the population of the State with consequent pressures of all kinds.

One of the problems was the difficulty in handling the large quantity of gold being discovered.

A serious shortage of money developed and the then Premier of WA, Sir John Forrest, with typical foresight and courage, proposed to the British Government (WA was still a separate colony) that rather than sending money from England, a branch of the Royal Mint should be established in Perth to mint sovereigns and half sovereigns for use in the colony.

This request was acceded to and the fine buildings resulting from this decision comprise the present Perth Mint, which is now the oldest Mint still operating in Australia.

Sir John Forrest laid the foundation stone in 1896 and when it opened on 20 June 1899 the first sovereign was presented to the then Governor, Lieutenant-Colonel Sir Gerard Smith. Years later Sir Gerard's family presented this sovereign to the Mint and it is now on display together with a vast display of historic and contemporary coins, many of which are available for sale.

The Mint continued as a Royal Mint until 1 July 1970 and minted many of the one and two cent coins when Australia moved to decimal currency in 14 February 1966 (who can forget the jingle!!). Minting of Australian lower denomination coins continued until 1980 when the minting of circulating currency was taken over by the Royal Australian Mint in Canberra. A wide range of high value and commemorative coins and medallions continue to be minted.

Up until 2000 the Perth Mint had refined some 4,500 tons of gold which is 3.25% of all the gold ever processed in the world!

Our tour took us to a small replica of a miners' camp which showed, in a small way, some of the hardships endured by those who opened up the Goldfields in WA. Many lives were lost to thirst,

hunger and disease, especially typhoid of which there were several severe outbreaks due to poor water quality and hygiene.

Then it was time to see the gold pour and learn about the history of the famous gold room with its row of coal fired furnaces and barely protected workers labouring in extreme heat and discomfort as the wealth of the goldfields was turned into bars of gold. Today only one gas fired furnace is operated for tourists and the same gold bar has been heated and re-poured thousands of times.

Following the gold pour we spent some time viewing the displays of nuggets, coins and jewellery, some of which are available for purchase. I saw several members of our group with the distinctive bags having taken the opportunity to do some early Christmas shopping.

Then we moved to the nearby Grosvenor Hotel to enjoy lunch. There President John Clifford thanked those who had helped make the day such a success.



AAFC Branch members at the Grosvenor Hotel after their visit to the Perth Mint

## Bonus scheme offers further incentives for working veterans

*Acknowledgement:*  
*Minister for Veterans' Affairs*

THE Minister for Veterans' Affairs, Warren Snowdon, said from 1 July 2011 additional incentives will apply for veterans, war widows and widowers over the relevant pension age to remain in the work force.

"The Work Bonus Scheme will be enhanced and will continue to support eligible income support pensioners to undertake some paid work by reducing or removing any adverse effect to their pension," Mr Snowdon said.

From 1 July 2011, changes to the Work Bonus Scheme will mean that the first \$250 per fortnight of income earned by eligible service pensioners, income support supplement recipients and age pensioners paid by the Department of Veterans' Affairs, will be excluded from the income test.

Any unused amounts of the \$250 exemption will accrue in a Work Bonus Bank, up to a maximum of \$6,500, which can then be used to offset future employment income.

"This Scheme is about supporting members of the veteran community to take-up some

paid work or return to the work force, if they choose to, and alleviating concerns about how the extra income will affect their pension," Mr Snowdon said.

To be eligible, an income support pensioner must be of relevant pension age or over and be receiving employment income.

Work can be casual or permanent, part time or full-time or any variation.

Mr Snowdon said the Australian Government is committed to supporting initiatives that improve the financial welfare of Australia's veteran community.

"Paid work is a great way to supplement the pension and also has knock-on social benefits – helping veterans to get out and about and meet new people.

I encourage veterans thinking of taking up some paid work, to learn more about how this Scheme can benefit them".

For more information on the Work Bonus Scheme or the Work Bonus Bank visit the DVA website [www.dva.gov.au](http://www.dva.gov.au) factsheets page or call 133 254 (metro areas) or 1800 026 185 (regional callers).

## New project to retrace the ANZACS from Albany's shores

*Acknowledgement:*  
*Department of Veterans' Affairs*

RETRACING the stories and experiences of Australians who left our shores to fight in WWI will be part of a new interactive centre in Albany, Western Australia being supported by the Australian Government.

Warren Snowdon, Minister Assisting the Prime Minister on the Centenary of ANZAC said, "this is the first project we've announced support for in the lead-up to the ANZAC Centenary, and we've chosen Albany in Western Australia because it holds great significance in our wartime history – and that's not well known by many Australians.

"The first convoy that departed for WWI left from Albany in November 1914 and included ships carrying thousands of our soldiers, seamen, airmen and nurses from the eastern states as well as our friends from New Zealand.

"The ships converged on King George's Sound on the south coast of WA before assembling with vessels carrying troops from the west. Together the convoy of 36 ships then sailed overseas for training

exercises and onto the shores of Gallipoli and later the Western Front."

Mr Snowdon said the ANZAC Interpretive Centre will capture the history of the town with the stories of Australians who left on the Australian Imperial Force convoys.

"For many, leaving the shores of Australia was part of a great adventure into the unknown and a journey full of exhilaration to fight for the British Empire and its allies.

"It was a journey that would be bitter sweet, with many leaving families and loved ones behind, never to see them or the shores of Australia again," he said.

Once developed, the ANZAC Interpretive Centre will be a place of education for all Australians and in particular our future generations.

"The interactive technology of the Centre will allow visitors to the centre – either online or in person – to retrace the story of an Australian digger or nurse from the moment they left Australian shores to where their WWI experience took them to," he said.

## Mirage Terraces close to completion



WITHOUT the scaffolding obscuring its exterior it is easy to see why many people are expressing their admiration for the Mirage Terraces apartment building at AFME.

"Stunningly beautiful" is one comment made by a visitor to the Estate.

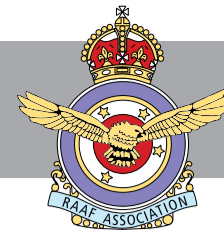
The story is the same inside where the sense of space and standard of finish has received positive reviews.

Only three apartments remain available.

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

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.





## Annual General Meeting – Agenda Programme

The 17th Annual General Meeting (AGM) of the Royal Australian Air Force Association (WA Division) Inc. (Division) will be held in the Air Force Association Club, Air Force Memorial Estate, Bull Creek Drive, Bull Creek, At 9.30am on Saturday, 29 October 2011

Note: Prior to the AGM, at 9.20am a wreath will be laid at the Spitfire Memorial Wall in memory of fallen comrades

### Chairman

The Chairman will be the State President, Mr Graeme Bland

### Programme

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

### AGENDA

1. To declare the 2011 AGM open
2. Fallen Comrades
3. To table the Notice of Meeting
4. Affirmation of Loyalty
5. Confirmation of Minutes

The State Executive confirmed the minutes of the 16th AGM held on 30 October 2010 at its meeting on 17 November 2010.

### 6. State President's Report

Mr Graeme Bland, the State President, will deliver his report.

### 7. Chief Executive Officer's Report

Mr A G Warner AM LVO, the CEO, will deliver his report.

### 8. Financial Report and Statement

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

Note: Any members desiring a copy of the accounts prior to the AGM may obtain a copy from the Division's Head Office during normal office hours upon presentation of a current Division membership card.

Due to the complexity of accounts, if members have any questions it would be appreciated if they could contact the Manager Corporate Services prior to the close of business 21 October 2011, so that their questions may be researched adequately prior to the AGM.

### 9. Correspondence

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

### 10. To consider, and if thought fit, to pass the following resolutions:

#### a) Motion I

"That members approve the formation of a public company limited by guarantee with the Division as the sole member, to be called RAAFA WA Ltd, and that all assets and liabilities of the Division be transferred to RAAFA WA Ltd".

Motion I will be voted on as an ordinary resolution.

A declaration of the poll by the Chairman will be announced following the count of votes.

Full details in relation to Motion I will be provided to members together with a copy of the proposed constitution of RAAFA WA Ltd at least 6 weeks prior to the AGM.

#### b) Motion 2

"That subject to the passing of Motion I members approve the repeal of the current Constitution of the Division in its entirety and the adoption of a new Constitution."

Motion 2 will be voted on as a special resolution.

A declaration of the poll by the Chairman will be announced following the count of votes.

Full details in relation to Motion 2 and a copy of the proposed new Constitution will be provided to members at least 6 weeks prior to the AGM.

### II. Questions

### 12. Close of the AGM

By order of the Division Council:

*Graeme Bland, State President*

Royal Australian Air Force Association (WA Division) Inc.

## 2011 Annual General Meeting

### REQUEST FOR POSTAL VOTE

I am unable to attend the Annual General Meeting of the Royal Australian Air Force Association (WA Division) Inc. to be held on 29 October 2011.

I wish to receive postal voting papers for the Motions listed on the 2011 Agenda.

Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_

RAAFA Membership No: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Return by: 7 October 2011

Return to: State Secretary  
RAAF Association (WA Division) Inc.  
Air Force Memorial Estate  
Bull Creek Drive  
BULL CREEK WA 6149

Royal Australian Air Force Association (WA Division) Inc.

## 2011 Annual General Meeting

### REQUEST FOR POSTAL VOTE

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Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_

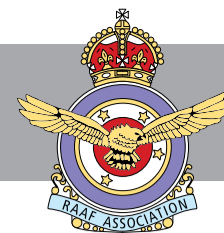
RAAFA Membership No: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Return by: 7 October 2011

Return to: State Secretary  
RAAF Association (WA Division) Inc.  
Air Force Memorial Estate  
Bull Creek Drive  
BULL CREEK WA 6149



## INFORMATION FOR MEMBERS – 2011 AGM

THE Division Council provides this brief summary of matters to be considered at the 2011 Annual General Meeting to be held on 29 October 2011. All members of the Division are entitled to attend the Annual General Meeting. Non-members will not be admitted. Division Council reserves the right to have in attendance the Division's professional advisers.

### DIVISION OFFICERS' NOMINATIONS

The following two positions fell vacant this year:

- State Secretary
- One Division Councillor

The only nominations for these positions were made by:

- the current State Secretary (Mr Jim Carruthers) for the position of State Secretary; and
- an existing Division Councillor (Mr Charles Geddes) for the position of Division Councillor.



**Mr Jim Carruthers**

Jim served in the Royal Air Force for 24 years, with postings in England, Scotland, Egypt, Germany, Maldiv Islands, Singapore and Cyprus.

Jim joined the RAAF Association in 1975 as a member of the Victoria Park Branch and served as President of that branch 1976-1980. He transferred to the Australia Pacific Branch in 1982 and was Branch Secretary until 2001.

Jim served on the Division Committee 1976-1983 and 1989-1994, and on the State Executive 1978-1983. He was elected to Division Council in 2000 and has been State Secretary since 2005. He has been a member of several Standing Committees of Division Council and was awarded Life Membership of the RAAF Association in 1998.

Jim and his wife Lynne reside on the Air Force Memorial Estate at Bull Creek.



**Mr Charles Geddes**

Charles was elected to Division Council in October 2009. He was born in Edinburgh Scotland, and migrated to Perth with his parents as a 12 year old.

At age 19, he enlisted in the RAAF, Supply Branch. After training at Rathmines NSW and Wagga Wagga NSW, he was posted to No 1 Stores Depot Melbourne for 8 years. He was posted to RAAF Williamtown in NSW for 18 months, before undertaking a 2 1/2 year posting with the Purchasing and Spares Assessing Team for the FIIC Aircraft. Postings at Headquarters Support Command, Melbourne and as Base Squadron Supply Warrant Officer at RAAF Williamtown followed, and he retired from the RAAF in 1979.

Charles worked with the NSW Department of Corrective Services for 6 years at a Prison Farm in Cessnock before returning to Perth where he worked as a Factory Manager for 1 year with the Royal Western Australian Institute for the Blind and with People Who Care (Inc) as a Project Officer for 1 year. He was employed then by the R&I Bank / Bankwest as a Bank Officer until he retired from the workforce in 1996.

He has been a volunteer over the past 25 years with several organisations assisting the frail, aged and physically and intellectually disabled. He is currently a volunteer bus driver with RAAFA on the Air Force Memorial Estate. Charles also served as a Supply Officer / Instructor in the WA Squadron Air Training Corps for 6 years, and was a NSW Justice of the Peace 1977 - 2007.

### NOTICES OF MOTIONS

1. Following the Special General Meeting of 18 June 2011, Division Council has decided that in light of the concerns raised and the evident confusion and misunderstandings of some members, the proposed formation of a new company limited by guarantee (Company) will only proceed if a majority of members who are entitled to vote and do vote approve the proposal at the AGM.
2. The Division Council has identified that the current Division Constitution (Constitution) contains substantial ambiguities and inconsistencies and needs to be modernised to bring it in line with the Division's current procedures and the requirements of good governance.

Accordingly, at the AGM members will be asked to approve a new Constitution for the Division. Under rule 12.1(a) of the existing Constitution, any amendments to, or replacement of the Constitution requires the approval of a 75% majority of members who are entitled to vote and do vote in person or by postal vote at the AGM.

If the resolution proposed in motion 1 is not passed, motion 2 will not be voted upon by members.

3. Prior to the AGM, members will be provided with detailed information relating to both:
  - (a) the proposal to establish a new Company, including a copy of the proposed constitution, and an explanation as to why Division Council believes that it is in the best interests of the Division to form the new Company to hold the Division's assets and assume its liabilities; and
  - (b) the proposal for a new constitution for the Division, including a copy of the proposed constitution, an explanation of the substantive proposed amendments and why Division Council believes a new constitution is required.

### VOTING

#### Voting Procedures

Voting on Motions is either via personal attendance and voting at the AGM by eligible members or by eligible members applying for and exercising a postal vote.

#### Postal Voting Procedures

Applications for postal voting are on page 6. If you wish to exercise a postal vote, please complete and return your application by Friday, 7 October 2011 to:

State Secretary  
RAAF Association (WA Division) Inc.  
Air Force Memorial Estate  
Bull Creek Drive  
BULL CREEK WA 6149

No telephone, fax or email requests for postal voting papers will be accepted.

Please note By-Law 8.9 – Postal Voting Procedure, which includes the following:

*"In accordance with the Constitution, Members unable to attend a meeting may lodge a Postal Vote on any Notice of Motion' at any Annual or Special General Meeting of the Division.*

*Any member who casts a postal vote, on any or all of the Notices of Motion, may subsequently attend the Meeting in question, but will not be permitted to vote on any motion.*

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

## WELFARE OFFICERS AVAILABLE

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

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

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

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



# The Padre's Piece



By Padre David

FOR the first time in a long time the July rainfall was just about up to the average and now in August it's continuing with quite heavy showers. The farmers I know, who live in the wheatbelt, are all a lot happier than they were a few months ago when they were wondering if they should

start dry seeding their crops. Not only those living on the land but anyone with a love of gardening, knows that there is a rhythm to the seasons. I notice that just about everyone on our Meadow Springs Estate had got their rose pruning done by the end of July, although I must admit I left a little bit of pruning for the early days of August. The ABC programme Gardening Australia regularly lists what is appropriate for planting and doing in the garden in particular months. There is a regular cycle of growing, harvesting and resting and seeding. I think it's Melbournians who say they can have all four seasons in one day, but most of us enjoy the rhythm of winter, spring, summer and autumn.

There are also phases of the moon

that affect our planet. A full moon and clear skies can make it nearly like day light when you head for the toilet in the middle of the night! Some believe the phases of the moon affect human behaviour. I am not sure about that, but I do know the tides respond to the moon and ebb and flow in a daily and monthly pattern.

The seasons are reflected in our emotional lives.

There are seasons of joy, summer seasons, when we feel confident of God's love and care. But there are other seasons, winter seasons, when life seems cold and dark and bleak. God seems remote and we feel alone and empty. But, thank God, there are also springtime experiences - times of

growing and learning, times for renewal, for change and newness - yes, even in our senior years. And then there are autumn times. I like to think of these as the quiet times when we can rest and wait for God. Meditation and prayer are important to us as we experience the fulfillment of the journeying of our life's experience.

Perhaps the true secret of the abundant life that Jesus spoke about is to let the rhythms that God has built into our world become a part of our day-to-day living, a time for prayer and a time for service; a time for ourselves and a time for others, a time for God. Yes, as the writer of the book of Ecclesiastes says: "To everything there is a season".

Shalom



## McIntosh Memorial Scholarship

RAAF Association (WA Division) Inc.

The McIntosh Memorial Scholarship is open to descendants of persons who enlisted in Western Australia for service in any branch of the RAAF.

To be eligible, persons must be undertaking a first course of tertiary education, in any year of that course, and must reside in Western Australia.

The award for the 2012 academic year will be \$1,000 and is usually used by students to help defray the costs of equipment, books, or activities associated with their studies.

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

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

**Applications close on Friday,  
28 October 2011**

## Air Commodore Peter Cribb CBE, DSO & bar, DFC 28 September 1918 to 20 June 2011

PETER Cribb, who died in his sleep aged 92, on 20 June 2011, was among the RAF's most gallant and skilled pilots of WWII, and led a distinguished Air Force career afterwards.

During the war he flew 91 raids (officially), commanded a Pathfinder Squadron and served as Master Bomber on key raids during the Normandy invasion and subsequently. He was involved in shaping Britain's nuclear deterrence strategy in the 1950s.

A Yorkshireman, Peter was born to fly and saved his pennies for a flight with Alan Cobham's famous Flying Circus. He graduated from the RAF College Cranwell in 1938, one of the few of his class to survive the war.

When war broke out he flew Whitleys with 58 Squadron, Bomber Command, completing his first tour in mid-1941.

In December he joined 35 Squadron, which was shortly equipped with Halifax bombers and took part in the first thousand-bomber raid on Cologne, followed by Hamburg and Essen. After two hair-raising attacks at sea-level on the battleship Tirpitz, the squadron became part of the newly formed Pathfinder Force whose task was to improve bombing effectiveness.

In 1943 Peter commanded the Bomber Development Unit, testing the RAF's secret electronic wizardry for finding targets in cloud or fooling the enemy's defences, and helping to evolve better bomber tactics.

In early 1944 he returned to the Pathfinders to command 582 Squadron and became a

Master Bomber, leading raids on Normandy, flying bomb sites, and German industry. At the end of the war he and friends staged an illegal raid on Hitler's home.

After the war Peter commanded a Liberator wing in India - where he met and subsequently married the love of his life, actress Vivienne Perry.

He served as Deputy Director, Technical Intelligence at the Air Ministry (1951-53) and then as head of Planning at Bomber Command (1953-57), where the main task was to develop British nuclear deterrence policy and strategy.

He commanded RAF stations in Germany and oversaw the RAF's role in the Radfan War in Aden, before returning to the Air Ministry and retiring in 1966.

In his military career he was appointed a Commander of the Order of the British Empire (CBE), was twice awarded the Distinguished Service Order (DSO), and received the Distinguished Flying Cross (DFC).

Peter moved with his family to Western Australia to manage one of the giant new



Air Commodore Peter Cribb CBE, DSO & bar, DFC

iron mines at Mt Goldsworthy. He was active as a Rotarian, a JP, and in working for charities.

He lived in quiet retirement on the RAAFA Estate Merriwa with Vivienne, who survives him. They have three sons and seven grandchildren.

All who knew him recall Peter as a wise, humorous and intensely modest man who never talked about himself.

## Aviation Museum Youth Club

By Alan Rye

THE Aviation Museum Youth Club held its engine course during the July school holidays. The course went very well with the kids full of passion and interest.

Our Lycoming engine once again came to bits on the Saturday and went back together with lots of enthusiasm the next day.

This was the first time we were able to do it in the museum workshop instead of the old corner in the north wing, and it was much more enjoyable.

The engine now stays on display amongst the other engines in the south wing until we need it again.

If you are interested in joining the Youth Club please contact Alan Rye via the Museum 9311 4470.



L to R Bob, Alan, Jonathan, Tristan (front), Kaveen, William, Bob, John and Jordan

## 'Dear Welfare'

Dear Bettyna,

*Just when I thought my wife (60 years old) and I (65 years old) would be living in peace, planning our weekend getaways, a cruise together or just wanting to enjoy our retirement. Suddenly, the doorbell rings and we find our son (40 years old) on our doorstep, carrying luggage. . . . He is going through a divorce and needs a place to stay until things get sorted out.*

*We are filled with mixed emotions. We are happy to see him, but somehow disappointed with the thought that we might have to put our dreams aside to help him. Please, could you give us some advice on how to balance this situation?*

Signed, Retiree in Need



Dear Retiree in Need,

Your role as a parent never ends, but it doesn't mean you need to sacrifice and suffer

just because your child decides he needs to move back home. Whatever the reasons (divorce, laid off work, financial troubles, etc) he is there on your door step.

However there are a few key points that you might take into consideration if the "return to nest" is going to work for you.

For example, have a serious discussion with your son to define exactly what the reasons are why he is unable to remain in the family home and needs to come back home

(sometime there is more than just one).

This is your home and you have finished bringing up your children so you need to set clear expectations:

- Talk with him about his obligations regarding expenses and household chores.
- Discuss whether he can have dates over for dinner, friends' visits or even to spend the night out.
- Set a time limit for how long he can live in your house. You can adjust that deadline later if required.
- Charge Rent. For some parents, the mention of charging rent to a family member draws an incredulous reaction, "Are you serious? But I'd do anything

for my kids!" But for other parents, charging rent, even a minimal amount, helps parents keep up with home finances and reinforces the temporary nature of the arrangement.

- Keep Promises. If you and your son hold to your agreements and continue to respect one another, you won't encounter many problems.

Having your son return to the safety net of your home can be a wonderful time of family closeness. Setting the tone, laying out the ground rules, and making smart-money financial decisions can help create a positive, supportive environment that is in the best interests of you and your returning family member.

Your role is to guide them. Good luck.

## Eligibility for the Gold Card

By Graeme Bland

THE most common question asked of Pension Officers would be "how do I get a Gold Card?"

The Gold Card is issued to former Defence Force members covered by the Veterans' Entitlement Act 1986 and the Military Rehabilitation and Compensation Act 2004, who:

- are ex-prisoners of war;
- are returned ex-servicewomen who served in WWII between 3 September 1939 and 29 October 1945, with qualifying service from that conflict;
- are veterans of Australia's Defence Force or Mariners of Australia's Merchant Navy who served in WWII, with qualifying service from that conflict and are aged 70 years or more;
- are Mariners who served between 3 September 1939 and 29 October 1945 and were ex-prisoners of war;
- are veterans who served after WWII, are aged 70 years or more, with qualifying service;

- are veterans who served with a Commonwealth or allied force during WWII, who were domiciled in Australia prior to enlistment;

- are Mariners who served on a Commonwealth or allied ship during WWII, if they or their dependants resided in Australia for at least twelve months prior to service;

- receive a 100% disability pension;
- receive a 50% disability pension plus any service pension;
- receive a disability pension with additional amounts for blindness in one eye, or a service related amputation;
- received a disability pension for pulmonary tuberculosis before 2 November 1978;
- receive an aged or invalidity pension and satisfy the treatment income and asset reduction limit;
- receive an age or invalidity pension and are blind in both eyes;

- receive an age or invalidity service pension and have an impairment from one or more service injuries or diseases that constitutes at least 30 impairment points under MRCA;
- are former members of the ADF, cadets or reservists who have been assessed at an impairment rating of 60 points or above, or satisfy the criteria for Special Rate Disability Pension (SRDP) safety net payment even if they have not chosen that option.

Certain dependants of serving or former members are also eligible for the Gold Card if they are:

- War Widows(ers) in receipt of that pension;
- As at 1 July 2008, a War Widow whose partner was in receipt of a Temporary Special Rate or an Intermediate Rate pension at the time of their death;
- Dependant children of a war caused deceased veteran, under 16, or between 16 and 25 and undergoing full time study;

- Children of a deceased veteran whose death was not war caused and who had operational service and are not being cared for by the remaining parent;
- The invalid child of a war caused deceased veteran, or a widowed mother or stepmother who was dependant on an unmarried, war caused deceased veteran, who had treatment entitlements before 6 June 1985 (no new treatment eligibility grants for this category have been possible since 18 October 1985);
- The partner or eligible young person who was wholly dependant on a deceased veteran and entitled to compensation for the death under MRCA.

When a Gold Card holder passes away that person's Gold Card cannot be transferred to the surviving partner or any other dependant.

For further information contact an approved Pensions Officer or Advocate to discuss your situation or refer to DVA Fact Sheets HSV59, HSV60 and MRC22.

# Notes From Branches and Groups

## Airfield Construction Squadrons' Branch

*Val Lopaten*

### ACS WA Annual Reunion 2011

The date for this event has been changed from Thursday, 20 October to Friday, 21 October to avoid any conflict with the bowlers. It will still take the form of a catered BBQ lunch in the Sails Area at the Meadow Springs AFA Club from about 11.00am. The cost, after subsidy, will be \$15.00 per head. Bookings and payment are required before Tuesday, 18 October to Bev Gilmour 9582 5135 or Val Lopaten 9535 7830.

The new committee for 2011/2012 is:

President – Ron Lopaten  
Vice President – Bob Henley  
Secretary/Treasurer – Val Lopaten  
Social Secretary – Bev Gilmour  
Floor Member – Ray Smith

### Upcoming events

Thursday, 8 September, Committee Meeting, Flight Deck Meadow Springs, 10.30am.

The Committee welcomes notice of any topic you intend to raise at the following General Meeting.

Thursday, 15 September, General Meeting, AFA Club Meadow Springs, 10.30am. A presentation on the RAAFA restructure (PCLG) is on the agenda. As usual a luncheon in the AFA Club will be arranged.

Friday, 21 October, ACS WA Annual Reunion. See details above.

## Australian Air Force Cadets Branch

*Del Willmott*

### Branch AGM

The Branch AGM was held on Sunday, 21 August 2011 and was followed by lunch at the AFA Club Bull Creek.

The former Governor of WA, Dr Ken Michael AC, was the Guest Speaker. Dr Michael, who has just completed his term as Governor, was a member of the ATC when a student at Perth Modern School in 1954/55, an experience that he remembers fondly. After a distinguished career that included a period as Commissioner of Main Roads, he became the 30th Governor of WA in 2006.

## Australia Pacific Branch

*Denny Hains*

Don't worry, be happy! Was happy to hear our Branch President is well on the way to getting over his hip operation.

With the second half of the year passing very quickly, keep in mind that the coming Division AGM is important as the new constitution will be rolled out. As many members as possible should attend.

With the onset of warmer weather, hopefully more members will venture out to our meetings.

### Upcoming events

Saturday, 17 September, Sausage Sizzle, 5.00pm. Cost \$3.00. Drinks at bar prices.

Monday, 26 September, Branch Meeting, AGM, Meg Olive Room, 11.00am.

Saturday, 22 October, Social Event. Details to be issued later.

Monday, 24 October, Branch Meeting, Meg Olive Room, 11.00am.

## Aviation Museum Branch

*Ian Fraser*

Volunteers are required for the Mini-Mart to be held on 2 October, outside the entrance to the museum. Posters will go up shortly. All clean, re-useable items taken. No computers or TVs. This is a great way to socialise and meet up with friends while helping the museum. Bargains are always available!

### Upcoming events

Thursday, 8 September, Branch Meeting, Ev Nicholls Room, 7.00pm. All current and new members are welcome, followed by a short supper.

Sunday, 2 October Mini Mart. 9.00am to 12noon

Thursday, 13 October, Branch Meeting, Ev Nicholls Room, 7.00pm. Followed by a short supper.

## City of Perth Branch

*George Winnett*

Our Branch AGM was held on Thursday, 18 August and Branch Officers were elected for 2011/2012. Many thanks to those

who took up the positions so that the Branch can continue to function as a force within the WA Division.

If you missed the "Saints and Sinners" night on Saturday, 16 July, you missed a great night of fun. Many thanks to those who came in costume and also to the energetic, smiling Judy Bland for her organising skills.

Best wishes to any Branch Member who is not doing so well.

### Upcoming events

Thursday, 15 September, Annual Lunch at Jetty's Restaurant in Hillarys, 12noon. The bus departs Bull Creek at 11.00am sharp.

Sunday, 9 October, Mokine Memorial Ceremony. Bus leaves Bull Creek 9.00am. Buses from other estates make their own arrangements. Morning tea at Lakes turnoff (all buses), service at Mokine at 11.00am. Full details available at Branch Meetings.

Thursday, 20 October, General Meeting, Ev Nicholls Room, 11.00am. Lunch at AFA Club at 12noon if required.

## European Area Branch

*Clive Naylor*

We have had to postpone our AGM until the 7 September meeting. Two Division Councillors had expressed a wish to attend our August meeting and the time taken up by their address and the question and answer session meant little opportunity was left to follow our monthly meeting with the AGM.

We hope that those who were unable to attend in August will be there for future meetings.

### Upcoming events

Wednesday, 7 September, General Meeting, followed by AGM, Ev Nicholls Room, 7.30pm.

Wednesday, 5 October, General Meeting, Meg Olive Room, 7.30pm. The last meeting before the Division's AGM.

Wednesday, 2 November, General Meeting, Ev Nichols Room, 7.30pm.

Wednesday, 7 December, General Meeting, Meg Olive Room, 7.30pm.

## Mandurah Branch

*Ruth Poat*

The bi-monthly General Meeting was held on 16 June 2011 and 85 members attended. The meeting was followed by a lovely meal provided by the Club.

Malcolm Young and Thomas and Sylvia Clements were welcomed as new members.

Our visit to the Greyhounds was a resounding success as was the trip to Araluen. The lunch at the Chateau Healy was very enjoyable.

### Upcoming events

Thursday, 15 September, Casino Trip. The bus will leave about 3.00pm returning at 8.30pm. The cost is \$15 which covers dinner and a small wager.

Thursday, 20 October, General Meeting 3.30pm.

November, date to be advised, Dardanup Tavern Lunch. Hugh has organised a 'Deluxe' coach to go to Dardanup, stopping at Harvey for morning tea, followed by lunch at the Dardanup Tavern. Watch this space for further particulars.

Friday, 9 December, Mandurah Branch Lunch.

Wednesday, 21 December, General Meeting 3.30pm. Followed by Christmas drinks.

## Meadow Springs Estate Residents' Branch

*David Oxley*

### Annual General Meeting

The AGM was scheduled for Friday, 19 August.

At the time of writing these notes there have been no nominations for any of the positions for Officers of the Branch for 2011/12 and only three nominations for positions on the Committee. Irrespective of what may happen at the AGM the following events have been organised by the Branch.

### Upcoming events

Tuesday, 13 September, Fashion Parade, 10.00am.

Sunday, 9 October, Mokine Memorial Ceremony. A bus has been organised.

Sunday, 16 October, Cake & Preserves Stall and Sausage Sizzle at the Craft Fair.

Wednesday, 28 December, performance by world renowned Mongolin Violinist.

## 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:

**9 September for October/November issue**  
**4 November for December/January issue**  
**6 January for February/March issue**

## Cambrai Club

Phone: 9304 5000

### 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 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.

## 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  
11.30am to 5.00pm Bar see winter  
specials

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 \$13.00 per person  
Counter menu also available

### Chase the Ace, Bingo & Horse Racing

5.00pm to 8.00pm Wednesday, meal  
available

### Friday Specials

1st Friday – Fish and Chips night  
2nd Friday – Dinner in Beaufort  
Restaurant A la Carte Menu  
3rd Friday – Bar until 5.00pm unless  
Dinner booking  
4th Friday – Buffet and Entertainment  
Night

## 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, 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 5.00pm  
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  
members bar

## 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

### Friday Night Bistro

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

### Saturday

Fish and Chips lunchtime special \$9.00  
per person

### Bingo, main hall

2nd Wednesday, eyes down 7.30pm

# WANTED



The Aviation Heritage  
Museum is looking for  
some very old back copies  
of the RAF and AFA "GEN"  
magazines to complete their  
collection.

They are offering a special  
reward of a free "Inside  
the Lancaster Tour", worth  
\$100, for the recovery and  
donation of the RAF GEN  
Vol 1 No.1 issue, printed  
before October 1941.

They are also offering two  
free adult, or a family, entry  
into the Museum for the  
donation of each of the  
following issues.

RAF GEN (West Australia)  
Vol 1 No. 3, 4, 5, 8, 9, 10, 11  
& 12 (white cover).

AFA GEN Vol 2 No. 2 (blue  
cover).

If you have any of these  
please contact Museum  
Manager, John Park, on  
9311 4471.

## Merriwa fancy dress

By Dorothy Herrington

MORE than 140 Merriwa Estate residents  
and guests attended a Fancy Dress dinner  
and dance evening at the AFA Club Merriwa  
recently.

Dinner was a three course meal, beautifully  
cooked and served and enjoyed by all. This  
was followed by dancing to music played by  
"The Shindig" band until 11.00pm.

During the evening the Merriwa Estate  
Residents' Branch President, David Peet,  
introduced the new Estate Manager, Linda  
Smith, to those who had not yet had the  
chance to meet her. Linda was welcomed  
with great applause.

Photographs were taken during the evening and made available for residents to keep.

Alistair Pirie and Kim Kimber won the awards for the best dressed male and female. Alistair caused some laughter dressing as the "Flying Scotsman". He raised his kilt to show his patriotism to both old and new, revealing a pair of boxer shorts with the Australian Flag predominately in view!

A memorable evening once again was enjoyed by all who attended.



The Flying Scotsman,  
Alistair Pirie



# What is Parkinson's?

## Acknowledgement: Parkinson's WA

PARKINSON'S is a condition that produces three major symptoms:

- Tremor
- Rigidity (stiffness of the muscles)
- Akinesia (abnormal movement)

In addition, because of postural instability, poor balance can be a feature. These symptoms are also associated with disturbance of gait (the manner of walking), particularly as Parkinson's progresses.

The symptoms may occur alone or in combination. They usually start on one side of the body and after a period of several years will then involve the other side of the body.

## Who is affected

It is estimated that there are about 100,000 people living with Parkinson's in Australia. It affects both men and women. Men develop Parkinson's a little more commonly than women although the reason for this is not yet known.

One in seven people living with Parkinson's is under the age of 40, but the average age of diagnosis is around 65 years. The prevalence of Parkinson's worldwide varies from between 1 to 2 in 1,000 with the figure increasing to 1 in 100 over the age of 60.

No two people will experience Parkinson's in the same way. Parkinson's does NOT result from something you have done (or not done) in the past. It is NOT caused by overwork or over-indulgence, and it is very unusual for Parkinson's to be related to injury of any sort. Symptoms are NOT imaginary and difficulties can only be overcome by appropriate treatment and perseverance.

## Advice for Daily Living

### Walking

Walking, especially outdoors, is one of the most beneficial forms of exercise. Walking helps you maintain your mobility and independence and it keeps you fit and feeling good.

Check your footwear, low heels and good arch support are recommended

- Gentle stretches of calf and hamstrings help in preparation for the walk
- Choose a safe and easy route eg footpath or sports oval
- Concentrate on long strides
- Swing your arms
- Stand tall and look ahead
- Avoid doing other things eg. talking or carrying something
- When turning, make a wide arc of movement and keep using long steps
- Pay extra attention over uneven surfaces as your balance may be affected

If you experience freezing episodes or if you walk with short shuffling steps, the following strategies can help:

- Think about each movement before you do it
- Trigger walking by imagining stepping over something like a log
- Say out loud "long steps", "one two, one two" or listen to the regular beat of a metronome to trigger the step
- Place cue card around the house with instructions eg. go, start or step
- Rock gently from side to side to get started

### Sitting and standing

To sit down, approach close to the chair:

- Have the back of your knees touch the chair behind you
- Lean forward, bend your knees
- Reach back for the arm support
- Slowly lower your body into the chair

### To get out of a chair

- Wiggle forward
- Place your feet back
- Lean forward, nose over toes
- Stand up

### Getting dressed

It may be helpful to sit down to dress. Buttons, belts and laces can be troublesome so look for alternatives.

For further information visit [www.parkinsonswa.org.au](http://www.parkinsonswa.org.au) or phone (08) 9346 7373.



# Coordinated Veterans' Care Program

## What does it mean?

## Acknowledgement: Department of Veterans Affairs

THE Coordinated Veterans' Care (CVC) Program is good news for the 17,000 Gold Card holders who have significant multiple health problems and complex care needs and who are selected for this program. These veterans and war widows have a range of health problems including heart failure, coronary artery disease, diabetes and chronic lung disease. For many of us – but particularly for veterans and war widows – with these conditions, it is just so easy to get completely lost in the health maze.

So often the health system works in silos and communication in general is not always the best. For example, a veteran who has had a stroke is discharged from hospital and his aged carer is unable to cope because nursing support has not been put in place. A war widow suffering from heart disease and diabetes with some of the common complications leaves the doctor's surgery unsure of the advice on how to manage her medications and because of a drug interaction, ends up in hospital. Unfortunately these stories are quite common and the situations are so stressful for patients, carers and their families. There is no such thing as a perfect health system or medical practice, but much can

be done to reduce the risk of these extremely distressing events by better assessment of care needs, appropriate management and coordination.

Veterans who might benefit from the CVC Program will be identified from the DVA health database or on the recommendation of the General Practitioner (GP). Not every veteran or war widow will benefit from this program and the program is not for residents of an aged care facility. In a nutshell, those selected and who agree to participate, will sit down with their GP and develop an individual health care plan that takes into account all of their health care needs. This care plan will be implemented by the health care team of the GP, a nurse coordinator and the veteran or war widow participant. Carers can also be part of the team. The nurse coordinator will regularly phone or visit the participant to check on how they are feeling, how they're managing their medicines and their medical appointments, and whether they are doing their part of the plan. The nurse coordinator will also make sure that the GP is kept informed of progress and the GP will discuss progress with the participant in their usual consultations.

The aim of the program is to improve health care outcomes for veterans and war widows by improving their ability to

understand and self-manage and by better coordinating the health care between the various health providers in the community and in the hospital setting.

We know social isolation can in some cases lead to poor health outcomes. This often happens when a veteran or war widow dies and the surviving partner feels down in spirits, often trying to cope with the challenges of bereavement. The care team will explore options for improving the social opportunities for socially isolated participants. One option is a new short term social assistance service that will attempt to re-establish important social and community links and networks.

DVA will write to potentially eligible Gold Card holders (and their GPs) encouraging them to see their GP for an eligibility assessment. Those who have other chronic conditions and meet the eligibility criteria may also be eligible, and they can ask their GP for an assessment. Participation in the CVC Program is not mandatory and it has no impact on entitlements to any other DVA payments or services.

For further information visit [www.dva.gov.au/cvc.htm](http://www.dva.gov.au/cvc.htm) or call 133 254.