



# AIR MAIL

## ROYAL AUSTRALIAN AIR FORCE ASSOCIATION

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

October / November 2011  
Print Post Approved:  
PP644113/100

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### Vale David Norman Bennett

David Bennett, a resident on Air Force Memorial Estate, Bull Creek, passed away on 8 April 2011. **PAGE 4 >**



### John Cowe John McIntosh

In March 1919, the Australian government offered 10,000 pounds for the first Australians in a British aircraft to fly from Great Britain to Australia. **PAGE 5 >**

## Appreciation Awards to Cambrai Village residents



*L to R Ron Onions, Isobel Eaton, Graeme Bland, Joan Sheridan and Allan Twite*

CERTIFICATES of Appreciation were awarded to four deserving Cambrai Village Residents at their recent Branch AGM.

**Ronald Onions** became a member of RAAFA in 1999 and moved onto the Village with his wife Millie in 2002. Since that time he has continually been involved in village affairs.

Ron, as he prefers to be called, held the positions of Branch President of the Cambrai Village Residents' Branch from 2007 to 2009 and Chairman of the Cambrai Village Estate Committee from 2010 to 2011.

He has been involved with many aspects of Village life including driving the Village bus on outings and shopping trips and gardening with the Gardening Team which carries out jobs for those who are sick or unable to tend their own garden. Ron is also a regular driver of the Village buggy "Genevieve" and assists with the set up of functions in the community hall, and the movement of furniture and other goods for the annual Village fete.

Ron is a very active member of the Village community and the Cambrai Village Residents' Branch had no hesitation in recommending him for a Certificate of Appreciation.

**Joan Sheridan** moved onto Cambrai Village with her husband Hugh in November 2001 and has continually been involved in Village affairs.

Joan served on the Cambrai Club Committee for five years, the Cambrai Village Residents' Branch Committee for three years and is currently serving on the Cambrai Village Social Committee.

Along with her fellow Committee members, Joan devotes herself to working in the Village Club rooms, preparing the tables so they look elegant and inviting on Club nights.

Joan is a very active lady, working at the annual fete and devoting many hours of her time to Village activities and the Cambrai Village Residents' Branch has no hesitation in nominating her for a Certificate of Appreciation.

**Isobel Eaton** has been an active member of the Village community since she moved onto the Village with her late husband George in September 2000.

Isobel has been teaching Scottish dancing to a group of enthusiastic ladies and gentlemen and each year, along with others, arranges a Robbie Burns Supper at the Club. This is always well attended and a very popular event on the Village calendar.

Isobel holds a regular meet and greet luncheon at her home where residents are invited to attend, bring a plate and get to know their fellow residents.

She is a quiet achiever who works quietly behind the scenes for the benefit of the Village and the Cambrai Village Residents' Branch had no hesitation in recommending Isobel for a Certificate of Appreciation.

**Allan Twite** moved onto Cambrai Village in March 2001 and is another one of the Village's quiet achievers, involved in many activities.

Allan served on the Committee of the Cambrai Village Residents' Branch for three years, and the Cambrai Village Estate Committee for two years. During this time he co-ordinated the Village buggy "Genevieve", organising driver rosters and many times filling in when other drivers couldn't attend.

He has been an enthusiastic member of a group of volunteers which went through the Village repainting house numbers on the kerbs as well as the painting of the Community Hall. He is also a regular worker at the annual Village fete.

The Cambrai Village Residents' Branch had no hesitation in recommending Allan Twite for the award of a Certificate of Appreciation.

## Certificates of Service

### Pauline Howslip

PAULINE Howslip, a former member of the WAAAF, moved onto the Meadow Springs Estate in October 2002 and soon after joined the Meadow Springs Ex-Service Women's Branch.

Pauline realised that someone with energy

and enthusiasm was needed to give the Branch some purpose and took on the task of creating and organising regular bus tours, outings and luncheons.

Her tireless work over the past nine years has enhanced the social welfare of members and created a lot of pleasure in the lives of many widows and lonely ladies.

To this end the Meadow Springs Ex-Service Women's Branch had no hesitation in recommending that Pauline Howslip be awarded a Certificate of Service for her devotion to the welfare of others.

*Service Awards continued page 3 ...*



*Pauline Howslip*

# Around the roundel



State President, Graeme Bland

By Graeme Bland

GOODNESS how time flies. Here it is well into Spring and waterwise we haven't seen enough of what Perth needs most – rain! Although we are not alone, as at the time of writing, my sister in northern Texas, USA, said they were having their 70th day in succession over 100°F and it's a dust bowl.

The upside is that our wildflower season is a real treat. So I suggest everyone gets out, even if only for a day, and takes the time to view Mother Nature's window dressing.

## AGM papers

By the time you receive this Air Mail you will have in your possession the papers

for the Division 2011 AGM on 29 October 2011. I urge you to read through all of the documentation provided. If you are averse to reading all the details of the Constitutions and there are two, please make sure you read the explanatory memorandum. The explanatory memorandum outlines the reasons behind the changes and what they mean to you.

I strongly encourage any member who cannot attend the AGM in person to apply for a postal vote (application forms are in the September edition of Air Mail). This way your opinion counts.

## National Council

The National, together with the Alliance of Defence Service Organizations is still battling with the Defence Superannuation issues and the promises that the politicians have broken. It's good to see that some senior persons of the Defence family are coming to the fore and backing the claims of the Veteran Community who feel they have been shafted.

## Branches

A big welcome and thanks to those folk who have offered their time to serve on Branch Committees.

One of the main aims for our Branches is to look after the social well being of their members. I look forward to hearing about their activities and the participation of members.

## Vietnam era study

The Department of Veterans' Affairs is running a research project to investigate the long term impacts of wartime service on families of deployed personnel. Some 27,000 Vietnam Veterans and their families have registered and with their participation the results will identify factors that help veterans and families effectively deal with the stress and impact of active service. This will help create better plans for the future health needs of veterans in current conflicts.

Questionnaires are being sent out to persons registered. However, personnel from the Vietnam War era who were not deployed to Vietnam, as well as their partners, ex-partners and children are also invited to participate in this study to provide comparisons.

For further information on registering visit the DVA website, or email [healthstudy@dva.gov.au](mailto:healthstudy@dva.gov.au) or call 1800 502 302.

## McIntosh Memorial Scholarship

The McIntosh Memorial Scholarship is now open for applications. For further information see the advertisement in this edition on page 5 or call Julie Stearne on 9311 4449.

## Pension Officers/Advocates

We are looking for more helpers. Please see the article on page 3 for more information.

## Visits

On your behalf I have represented the Division at various ceremonies including the 10th Australian Light Horse Regiment, anniversary of the Charge at the "Nek" that was held at Parkerville; the Vietnam Veterans Remembrance Day at King's Park; the Merdeka Day 2011 Commemorative Service, Malaya Borneo Veterans at King's Park as well as the Naval Association Triennial Conference at Rockingham.

Until next issue remember to Stay on your Feet!

# RAAF Association (WA Division) Inc. 17th Annual General Meeting

By Jim Carruthers

RAAFA (WA Division) Inc.  
17th AGM  
Saturday, 29 October 2011  
Registration commences 8.30am  
AGM commences 9.30am  
Air Force Association Club,  
Air Force Memorial Estate,  
Bull Creek Drive, Bull Creek

## Motions

### Motion 1

"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 2

"That subject to the passing of Motion 1 members approve the repeal of the current Constitution of the Division in its entirety and the adoption of a new Constitution."

## Voting

Upon registration members entitled to vote who have not already voted by Postal Vote will receive voting cards.

Motion 1 will be voted on as an ordinary resolution, being a simple majority.

Motion 2 will be voted on as a special resolution, requiring a majority of not less than 75% of those members who vote.

You will have now received a package containing three papers, being the:

- Explanatory Memorandum which outlines in detail why Division Council believes that it is in the best interests of the Division to form the new Company, and an explanation of the amendments and why Division Council believes a new constitution is required;
- Draft Constitution for the proposed PCLG, RAAFA WA Limited; and
- Revised Division Constitution.

This information is provided to assist you in casting your vote.

## Postal Voting

Postal Voting Applications are available in the September edition of Air Mail and must be returned by 7 October 2011 to the State Secretary.

Upon receipt of your Postal Voting Pack complete the Postal Voting Paper and return by close of business, 21 October 2011 to the State Secretary.

Further details are included in your Postal Voting pack.

If you cannot get to the AGM, make sure you apply for and submit a postal vote so you can have your say.

If you still have any queries regarding the proposed changes please call either myself or the State President.



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](mailto: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](mailto:administrator@raafawa.org.au) Web: [www.raafawa.org.au](http://www.raafawa.org.au)

For submission  
deadlines please  
see page 10

# Service Awards continued

## Joy Vaughan

AT the WAAAF Branch meeting in September, Joy Vaughan was presented with a Certificate of Service. Joy joined the RAAF Association in 1991 and joined the WAAAF Branch in 2003 when she came to live at Air Force Memorial Estate, Bull Creek.

Joy has always been actively involved in whatever she undertakes, whether it is helping in WAAAF social activities, RAAFA Commemoration Ceremonies, Village Club programmes, attending painting classes or playing bingo.

Since its inception, Joy has been on the roster to drive the "Oldsmobile" and takes the residents to the village shop, Administration or the Club as needed. She regularly supports the Club and brings along her family and friends to various functions.

She has been a constant helper in folding Air Mail in readiness for posting to RAAFA members and also helps Head Office by folding annual accounts for distribution.

In 2009 Joy was nominated for the WAAAF Branch Committee and as WAAAF Branch banner bearer for formal occasions and she has carried out these duties with pride.

When marching in the ANZAC Day Parade Joy proudly wears her father's service medals and her grandfathers as well as her own medals earned in WWII. For many years she attended the ANZAC Day Dawn Service.

The WAAAF Branch had no hesitation in recommending Joyce Vaughan for the award of a Certificate of Service.



Joy Vaughan

## Margaret Cunningham

Margaret Cunningham joined the RAAF Association in October 2002 and moved onto Erskine Grove in August 2003.

Margaret has served on the Estate Residents' Committee since 2007 and was voted "Resident of the Year 2009" for her contributions to the Estate community.

Margaret especially obtained her Bus Driver's Licence so she could offer her services when needed. She assists with the planning of outings for older residents and goes out of her way to make the day enjoyable.



Margaret Cunningham with State President, Graeme Bland

She organises the Erskine Grove weekly "Happy Hour" which has proved an ideal way for new residents to meet the Grove community.

Margaret is also the Functions Organiser, who along with her team of willing volunteers, shops and caters for Theme Breakfasts, Happy Hour Jackpot Dinners and many other functions. She spends hours making appropriate table decorations for these special events.

The Erskine Grove Residents' Branch had no hesitation nominating Margaret Cunningham for the very deserved award of a Certificate of Service.



# CHILDREN'S CHRISTMAS PARTY 2011

**Date: Sunday, 4 December 2011**

**Time: 12.30pm**

**Where: Air Force Association Club, Bull Creek**

**Cost: \$18 per child**

**Special Events: Sausage Sizzle 12noon-1.30pm**

**Father Christmas at 2.30pm**

**Face Painting, Animal Farm, Balloon Fun**

**Tea and coffee, full bar service (no BYO)**

**For further information call Judy Bland 9311 4401**

**Complete the form below and return (along with \$18 per child) to the RAAF Association, Bull Creek Office, by Friday, 25 November 2011**



## REGISTRATION FORM 2011 CHILDREN'S CHRISTMAS PARTY

Parent/Grandparent Name: \_\_\_\_\_

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

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

*Note: For children 12 years or under, but young teenagers welcome (Any special interests? Please let me know)*

# 25 years service

KIERAN Aherne was presented with a Staff Service Award in recognition of his 25 years of employment with RAAFA.

Kieran is the Grounds Supervisor / Greenkeeper at RAAFA Estate Merriwa with responsibilities for the grounds and the bowling greens. He also serves as the safety representative for the Estate.

For several years his responsibilities also included Cambrai Village and prior to joining Merriwa Estate he worked at AFME, Bull Creek as the greenkeeper.

Kieran is actively involved both as a staff member and as a Member of RAAFA. Something that most don't know about Kieran is his ability to communicate through song. To know Kieran is something very special according to his friends. His Irish warmth, combined with his crystalline voice, a dynamic guitarist and band member who not only shares his gifts of melody and lyric, but leads his audiences in playful jokes.

Kieran is very much a family man with three married children and he loves gardening.

RAAFA appreciates his commitment, loyalty and diligence over 25 years.

Congratulations on a job well done!



Kieran Aherne

# Pension Officers and Advocates

## By Graeme Bland

WE are looking for more helpers.

An Object of the Division is to "give advice and assistance and to provide advocates to represent members at hearings of the Veterans Review Board, the Administrative Appeals Tribunal and the Courts".

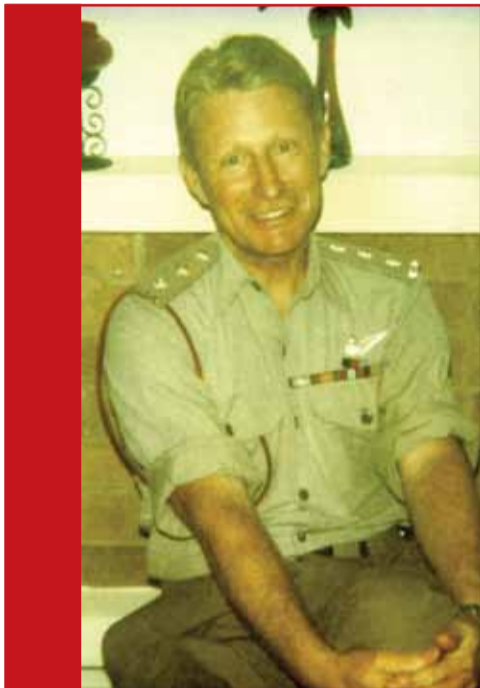
The task of being a Pension or Advocate Officer is a rewarding

experience in that it is all about getting help for mates often less fortunate than ourselves.

Training and mentoring is available to anyone who wishes to participate and we need more helpers now so we can look after the Veteran needs of the future.

For further information contact Graeme Bland on 9311 4445.

# Vale David Norman Bennett 1922 -2011



David Bennett

By Lt Col (Retired) Peter Winstanley  
OAM RFD (JP)

DAVID Bennett, a resident on Air Force Memorial Estate, Bull Creek, passed away on 8 April 2011. His funeral was held in the Norfolk Chapel, Karrakatta Cemetery on 16 April.

David was born, of Australian parents, in Vancouver, Canada on 4 December 1922.

David joined the RAAF on 31 January 1942.

During 1943 and 1944 he was stationed in England and flew as a gunner in the mid-upper section in Lancaster bombers in 22 operational sorties over Germany. Some of these sorties included the bombing of Hamburg and Berlin.

He was discharged from the RAAF on 29

April 1946 while he was stationed at RAAF Station Port Moresby.

Post war David undertook rehabilitation training, graduating as a Dentist. Later he became a Dental Surgeon.

Around the late 1960s, David enlisted in the Citizen Military Forces becoming Officer in Charge of the Dental Section of the 7th Field Ambulance. David was affectionately known as "Wingco" (Wing Commander), in acknowledgement of his RAAF background. He served with the Field Ambulance until his retirement "on age" in 1977.

David maintained his dental practice for a number of years.

He also maintained an interest in the RSL Highgate, Probus, Freemasonry and the Defence Reserves Association (DRA).

David travelled extensively around Australia in 4WD vehicles. In recent years he travelled to Thailand on a number of the DRA Remembrance Day trips to honour the Prisoners of War forced to slave, and in many cases die, for the Imperial Japanese Army 1942 to 1945.

He shared these trips with his son Nigel and with Bill Gildare and Richard Albury.

Bill Gildare (life member of DRA) and close friend of David, delivered a eulogy at the funeral.

Condolences are extended to David's sons Nigel and Lancelot and his sister Mrs Norma Blackwell who sang a beautiful solo at the funeral.

Rest in peace, David.

## Remembering when war came to Australian shores

Acknowledgment:  
Department of Veterans' Affairs

THE Minister for Veterans' Affairs, Warren Snowdon, urged all Australians to honour the contribution of those who helped to defend our shores when the Japanese threat was at its greatest, on Battle for Australia Day on 7 September.

Mr Snowdon said Battle for Australia Day honours the servicemen and women, and civilians, who served in Australia's defence during the WWII.

"Battle for Australia Day recognises all those who served on the home front in Australia, and who fought on land, air and sea in battles in the Coral Sea and in Papua New Guinea, including Milne Bay and the Kokoda Track during 1942 and 1943," he said.

"This was the most dangerous period in our country's history, and involved direct attacks by the Japanese on the Australian mainland,

in particular Darwin and Sydney." Australia was defended by more than a half a million full time Navy, Army and Air Force personnel as well as the women's services during this time. Civilians also contributed, working in jobs geared towards the war effort and living with wartime controls including rationing and restrictions on movement.

Australia initially came under Japanese attack four days after the Fall of Singapore with two air raids launched against Darwin on 19 February 1942.

More than 240 Japanese fighters and bombers attacked Darwin twice during the day, killing more than 250 Allied service personnel and civilians.

Subsequent air raids continued across northern Australia including attacks on Port Hedland, Broome, Derby, Katherine and Townsville until November, 1943. In this month Darwin experienced its 64th, and last, air raid.

In May 1942 the battle of the Coral Sea was fought in waters to the east of Papua. Just a few months later, in July, the Japanese began an overland advance towards Port Moresby from Papua's east coast before suffering decisive defeats on the Kokoda Track and at Milne Bay.

On 31 May 1942 three Japanese midget submarines attacked Sydney Harbour, killing 19 Australian and two British sailors on the depot ship HMAS Kuttabul.

Japanese submarines continued to operate along Australian eastern waters until June 1943.

A key focus of the Battle for Australia commemoration since its inception in 1998 has been to encourage the youth of Australia, especially school students, to expand their understanding of this important part of Australia's history as well as an opportunity to meet the veterans and honour their achievements.

This year marks the 69th anniversary of the

Battle for Australia, which is commemorated every year on the first Wednesday in September – it marks the first defeat of Japanese forces in the Battle of Milne Bay.

Battle for Australia ceremonies were held around the country.



Applecross Senior High School students laying wreath at Applecross Sub-Branch RSL ceremony

## No 223 & No 224 RAAF Advanced Pilots Graduation

OFFICER Cadet Sam Dudman was awarded the RAAFA (WA Division) Inc. trophy for the Most Improved at the graduation parade held at RAAF Base Pearce on 15 September.

Sam grew up in Perth. After completing Basic Flight Training School, Sam returned to his old stomping ground to teach the boys a thing or two about survival on the west coast.

Sam graduated from Carine Senior High School in 2005 and went on to get his commercial pilots licence in 2007.

Sam has been posted to 37 Squadron to fly the Hercules CI30H Aircraft at RAAF Base Richmond.

The Reviewing Officer, Chief of Air Force, Air Marshal Geoff Brown, AM offered his congratulations to the graduates.

He said "Your graduation marks the start of a further challenging period of your life as you embark on a rewarding career as a pilot and as an officer in the Australian Defence Force. You are joining the wider Air Force at a time of considerable change. We are

extremely busy, both at home and overseas with exercise and operational commitments.

"Over the next 15 years or so we will replace almost all of our weapons systems and our Air Force is rebalancing and reshaping as we acquire these new capabilities. This process was most recently demonstrated with the arrival of the Super Hornet, which I am sure some of you will get to fly. All this will place great demands on your skills and abilities as aircraft are of little use without the personnel who fly and support them."



Officer Cadet Sam Dudman with State President, Graeme Bland

# John Cowe McIntosh & the Air Race

## John McIntosh

JOHN McIntosh was born in Scotland in 1892, and having moved later to Western Australia, enlisted in the Australian Imperial Force (AIF) in 1914.

He served in the 4th Field Ambulance AAMC on Gallipoli and in France, and was promoted Corporal. Just before the end of hostilities he transferred to the Australian Flying Corps to undertake flying training at Oxford in the UK. McIntosh was commissioned as a 2nd Lieutenant (on probation) in April 1919.

Rather than return to Australia with other elements of the AIF by ship, McIntosh joined forces with Lieutenant Ray Parer to enter the Australian Governments £10,000 air race from England to Australia.

## The Air Race

In March 1919, the Australian government offered 10,000 pounds for the first Australians in a British aircraft to fly from Great Britain to Australia.

## The contestants

### Sopwith Wallaby

At 11.44 am on 21 October 1919, Captain George Matthews AFC as pilot, and Sergeant Thomas Kay as mechanic, took off in a Sopwith Wallaby (G-EAKS). Bad weather caused delays at Cologne and Vienna, then they were imprisoned as suspected Bolsheviks in Yugoslavia, with further delays due to snow at Belgrade. A cracked engine cylinder at Constantinople, and bad weather at Aleppo caused more delays. Finally, on 17 April 1920, the Wallaby crashed on landing at Grokgak, on Bali. Matthews was slightly injured.

### Vickers Vimy

Vickers entered a converted Vimy bomber (G-EAOU), the registration being whimsically said to stand for "God 'elp all of us", crewed by Captain Ross Smith with his brother Lieutenant Keith Smith as co-pilot and mechanics Sergeant Wally

Shiers and Jim Bennett.

The Vimy left at 8am on 12 November 1919. It flew via Lyon, Rome, Cairo, Damascus, Basra, Karachi, Delhi, Calcutta, Akyab, Rangoon racecourse, Singora (in Siam unscheduled in heavy rain), Singapore, Batavia and Surabaya. Here the aircraft was bogged and had to make use of a temporary airstrip made from bamboo mats, reaching Darwin at 4.10pm on 10 December 1919. The flight distance was estimated as 17,911km and total flying time was 135 hours 55 minutes (131.8 km/h).

The prize money was shared between the Smith brothers and the two mechanics. The Smith brothers each received a knighthood for this exploit, and the company presented their aircraft to the Australian government.

### Alliance P.2

On 13 November 1919, Lieutenant Roger Douglas, MC DCM and Lieutenant J Ross took off in an Alliance P.2 Seabird (G-EAOX) named 'Endeavour'. It crashed in an orchard in Surbiton; Ross was killed outright, and Douglas died soon after from his injuries.

### Blackburn Kangaroo

A team with a Blackburn Kangaroo

(G-EAOW) had selected as navigator the Australian aviator Charles Kingsford Smith. Smith withdrew from the contest, and Captain Hubert Wilkins MC and bar took his place. On 21 November 1919, the Kangaroo took off, piloted by Lieutenant V Rendle with Captain Wilkins, Lieutenant D Williams and Lieutenant Garnsey St. C. Potts as crew. Problems were experienced with the engines, and the plane was forced down over France. Repairs were made and the flight continued, although still with engine problems. On 8 December 1919, the aircraft crash-landed at Suda Bay, Crete, ending up against the fence of a mental hospital. The crew escaped without injury.

### Martinsyde Type A

On 5 December 1919, Captain Cedric Howell and Lieutenant George Fraser left London in a Martinsyde Type A Mk.I (G-EAMR) aircraft. On 9 December, the aircraft disappeared near Corfu. The wreckage and Howell's body were found offshore, but Fraser's body was never found.

### Airco DH.9

On 8 January 1920, Airco DH. 9 (G-EAQM), piloted by Lieutenant Ray Parer, with co-pilot Lieutenant John C McIntosh, took off despite the race already being won by the Smith brothers.

The aircraft completed the flight an epic 208 days later, earning Parer the sobriquet "Battling Ray". Although outside the time limit, the crew was awarded a consolation prize of £500 each and an Air Force Cross. Theirs was the only other aircraft to complete the race.

Their journey scored a number of firsts. They made the first single-engined flight from England to Australia, the first single-engined flight across the eastern Mediterranean Sea to Egypt, the first single-engined crossing of the Syrian Desert and the first such flight from Europe to Calcutta.

The DH.9 has been restored and placed on display at the Australian War Memorial at Canberra.

John McIntosh was killed at the age of 29 in a plane crash while participating in a display flight in the wheatbelt town of Pithara (237kms north of Perth). The McIntosh Memorial Scholarship Fund was established in 1921 by the people of Western Australia to perpetuate his memory. In 1983 administration of the Scholarship was transferred to the Royal Australian Air Force Association and is once again open for application. For more details see the advertisement on this page or contact Julie Stearne on 9311 4449 for an application.



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

**SCHOLARSHIP AVAILABLE**

## McIntosh Memorial Scholarship

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

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

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

The award for the 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**

# The RAAF turns 90 (part 4)

By Graeme Bland

## Repatriation

AT THE end of WWII the RAAF was heavily engaged in repatriating Australian service personnel, especially those who had been prisoners of war in Asia.

The demobilization process peaked at 20,000 airmen and women a month so by 1946 RAAF strength had dropped to 12,500. The Women's Auxiliary Australian Air Force was disbanded that year.

Although the war had ended the RAAF kept No's 76, 77 and 82 Fighter Squadrons in Borneo. As part of Australia's commitment to the British Commonwealth Occupational Forces, these squadrons were transferred to Iwakuni in Japan, along with Squadrons 48I (Maint), III (Mobile Fighter Control) and 5 (Airfield Construction).

## Korean War

No 76 and 82 Squadrons returned to Australia in 1949. But 77 Squadron stayed in Japan and eventually moved to the Korean war front.

No 77 Squadron was to lose 42 pilots by the end of the Korean War in 1953. No 30 Squadron (later 36 Squadron) carried over 6 million kilograms of freight and mail during the Korean conflict and also took on an important medivac role, carrying 12,000 wounded out of Korea.

## Interim Air Force

In September 1946 the Australian Government approved the formation of an Interim Air Force of 15,000, serving 2 year enlistments until a permanent peacetime Air Force was formed.

By 1947 the Government's Defence Programme included plans for 16 squadrons and 144 aircraft as a Strike and Home Defence Force. As part of this plan Avro Lincoln (MKVI Lancaster) started being built in Australia under licence. Seventy three Lincolns were built and performed bomber and maritime roles.

Later in 1948 the Government decided to cap the RAAF strength at 12,000 men. To this end the RAAF College was established at Point Cook and an apprentice training scheme also began in 1948.

The apprentice scheme ran until 1993 and included training in engineering and radio trades. The apprentices were boys, and later girls, between 15-17 years who received high quality training in their chosen trade at the RAAF School of Technical Training, Wagga Wagga NSW, Melbourne Technical College (for radio), Ground Radio School Ballarat and the School of Radio Laverton Vic.

The Women's Royal Australian Air Force was formed in 1951. Although the WRAAF disbanded in 1977, female personnel have become an integral part of the modern RAAF.

## Scientific and humanitarian endeavours

Over the years the RAAF has been called upon to take part in many scientific and humanitarian endeavours.

In December 1945 a RAAF Bristol Bomber took part in aerial spraying trials over the Goulbourn district of Victoria to eradicate "Rutherglen bug" from crops. The spraying achieved a 92% success rate.

In 1947 an RAAF B-24 Liberator took part in rain making trials in NSW. They were successful in producing the first cloud-seeded man-made rain over the Blue Mountains.

The RAAF flew in the Berlin Air Lift. In 1948, ten RAAF transport aircraft crews flew many humanitarian missions in defiance of the Russian blockade of Berlin. They supplied the civilian population with food and medical supplies, eventually transporting 7 million kilograms of aid.

Also in October 1953 the RAAF took part in the London to Christchurch (NZ) Air Race. The RAAF's Canberra A84-201 came second in the Speed Section in a time of 24 hours, 32 minutes and 9 seconds.

## Malayan emergency

As well as its involvement in the Korean War, the RAAF was called upon to assist during the Malayan Emergency in the 1950s. No 38 (Transport) Squadron, with Dakotas, was sent to Malaysia. Later No 1 Squadron, equipped with Lincoln Bombers was based in Singapore. This squadron flew 3,000 sorties over Malaysia and along with No 2 Squadron, No 38 (T) Squadron played an outstanding role supply dropping and carrying troops throughout Malaysia during the conflict.

In 1955 No 2 ACS moved to Butterworth (Malaysia), creating a large air base which supported the RAAF and RAF for many years. Also in 1955 the Far East Strategic Reserve was formed, with the RAAF operating No 1 Squadron of RAF Tengah (Singapore) until 1958.

For two years from 1952 No 78 Wing of RAAF supported RAF operations on the island of Malta in the Mediterranean Sea. During that time No 78 Wing represented the RAAF at the Coronation of Queen Elizabeth II in 1953.

## Woomera

Since the 1940's the RAAF had been involved at Woomera. In 1949 four Bristol Freighter aircraft were obtained to support the activities of the Weapons Research Establishment and No 34 (Communications) Squadron already operated Anson and Dakota aircraft between Mallala (SA) and Woomera.

During 1952 the RAAF found itself involved in the British Nuclear Testing Programme at the Monte Bello Islands and later at Woomera. Aircraft were used for radiation cloud tracking.

## Aircraft

The RAAF's inventory has changed over the years, its first operational jet aircraft arrived in 1949 in the form of a single seat De Havilland Vampire Fighter / Bomber FB-31.

By 1950 the RAAF took delivery of 93 Australian built FB-31's to expand its inventory of Mustangs, Dakotas, Lincolns, Vampire Fighters, Catalinas, Mosquitoes, Tiger Moths, Wirraways, Beaufighters, Ansons and Oxfords.

In 1951 93 MK8 Gloster Meteor Fighters were acquired and sent straight into action with No 77 Squadron during the Korean War.

Many other aircraft have since been acquired including the Lockheed Neptune Maritime Patrol aircraft, the Jindivik recoverable remote-controlled target drones and the Australian Sabre fighter.

It can be seen that after the end of WWII peace was something of a myth as the RAAF continued to have personnel and aircraft operating overseas. These actions only enhanced the wartime reputation of the RAAF, that it was an efficient fighting force no matter the odds.



Vampires and Dakota at Pearce Air Base



Mustang in Japan during occupation



Meteor



# Mirage Terraces to improve quality of life

BEING part of a community is what life is all about on a retirement village. It's really what life is all about no matter what your age. The opportunity to interact with people like ourselves is what gives us that sense of community most people strive for.

But life in the suburbs for retirees can be lonely if most of your neighbours are at work or busy with their young children.

And the gardening and maintenance on older homes can become a point of irritation even before the cost of it is calculated.

These are some of the sentiments expressed by people ready to move into the new Mirage Terraces at AFME.

The great expectation is an improved quality of life as they integrate into the RAAFA lifestyle.

What awaits them are brand new homes brimming with features many of their current homes don't have.

Airy kitchens with quality appliances are just the start. The apartments in Mirage Terraces have a sense of space that is difficult to imagine until you've seen them.

And the quality of construction, fixtures and fittings have set new standards for apartment retirement living.

Designed by renowned architects, Hassell, Mirage Terraces look fantastic on the

outside and inside too. A number of different and thoughtful apartment layouts mean comfortable and carefree living while participating in the AFME community to whatever extent each resident wants.

It's all about personal choice that started with selections of floor coverings, colour schemes, bench tops and splashbacks and a range of upgrade options.

After moving in the personalisation will continue as residents add their own individual touches to their new apartments.

Very quickly their new apartment will look and feel like home and with new neighbours enjoying the same exciting lifestyle change,

Mirage Terraces will also have that valued community feeling that everyone wants to get back to.

Only four apartments remain available in Mirage Terraces.

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 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.

## Prostate Cancer



**Acknowledgement: Prostate Cancer Foundation of Australia**

THE Prostate Cancer Foundation of Australia (PCFA) is the peak national body for prostate cancer in Australia and is dedicated to funding research, raising awareness and providing support.

The PCFA works with Movember and beyondblue: the national depression initiative, to raise awareness about men's health, prostate cancer and depression.

### Key Points

According to the Australian Institute of Health & Welfare, prostate cancer is the most common cancer diagnosed in Australia (excluding non-melanoma skin

cancers) and the second greatest cause of cancer deaths in men.

In the early stages, there are few symptoms of prostate cancer. However, if detected early, prostate cancer is often treatable and curable.

This is why men aged 50 and over; or 40 if there is a family history of prostate cancer, should not wait for symptoms to appear; they should talk to their doctor about prostate cancer – it's a simple step that could save lives.

### What is prostate cancer?

Prostate cancer is an abnormal growth of cells in the prostate that form a lump (tumour).

In time, without treatment, it may spread to other organs, particularly the bones and lymph nodes, which can be life threatening.

Generally at the early and potentially curable stage, prostate cancer does not have obvious symptoms.

This makes it different from other benign prostate disorders, which may result in urinary symptoms.

### What are the symptoms?

In the early stages, there may be no symptoms at all.

As prostate cancer develops, symptoms can include the need to urinate frequently, particularly at night, sudden urges to urinate, difficulty in starting urine flow,

a slow, interrupted flow and dribbling afterwards, pain during urination or blood in the urine or semen.

It is important to note that these symptoms are not always signs of prostate cancer. They can also be symptoms of other common and non-life threatening prostate disorders.

Men who experience these symptoms should see their doctor immediately to determine the cause and best treatment.

For more information for men and their families call the freecall information number 1800 22 00 99 or see [www.prostate.org.au](http://www.prostate.org.au)

## The Padre's Piece



By Padre David

I'M A fan of Media Watch, that little 15 minute programme of the ABC on Monday nights where Jonathan Holmes and his team analyze and comment on the standards of journalism in recent newspaper, radio and TV reporting.

Each week the examples the program highlights and the reactions of editors and producers of programmes remind me of that old saying: "Never let the truth get in the way of a good story."

The Macquarie dictionary has a secondary

definition of "storytelling" as "the telling of untrue or fantastic stories as if they were true." In other words telling a story is telling a lie.

I understand that after the phone hacking scandal involving News Ltd papers, a full review of journalistic ethics has been put in place by News Ltd itself.

I wonder if budding journalists are ever taught the story of the three sieves, or indeed, I wonder if you have ever heard it?

It's the story of a little girl - let's call her Betty - coming rushing in to her grandma's house.

"Gran, Gran there's something I'm dying to tell you ..."

"Wait a moment," her grandma broke in, with a wise smile "whatever it is you want to tell me, have you taken it through the three sieves?"

"Three sieves?" Betty asked, amazed.

"Yes, my dear. Three sieves! Let's see if your story will go through the three sieves."

"The first sieve is the truth. Have you thought about whether you are going to tell me the truth?"

"Well" hesitated Betty "I heard it from someone else, so I'm not absolutely sure..."

"Right" said Gran "that was an honest answer. So let's try it through the second sieve. This is the sieve of goodness. Since what you were going to tell me is not necessarily true, than is it at least something good?"

Betty lowered her eyes, "well no" she admitted, "not really. In fact quite the opposite."

"Well" the wise grandma continued. "Let's use the third sieve and see whether what you are going to tell me, even if it is neither true nor good, is it at least necessary."

"Well - not exactly necessary..." Betty sank into a thoughtful silence.

"So" Gran said, giving Betty an understanding hug, "since what you were going to tell me is neither true, nor good, nor necessary, I suggest that we bury it deep in the ground of forgetfulness, where it won't cause any heartache to anyone ever again." (Source unknown. Story told in "100 Wisdom Stories" by Margaret Silf).

The English poet Robert Browning wrote: "Truth is within ourselves, it takes no rise from outward things, whatever you may believe. There is an inmost centre in us all, where truth abides in fullness."

But it's the Psalmist who affirms that God "desires truth in the inward parts" (Psalm 51.6) and that those who live with God are "those who walk blamelessly and do what is right and speak the truth from their hearts" (Psalm 15 v 2).

Shalom

## 'Dear Welfare'

Dear Di

I am finding I am getting up during the night to go to the toilet more often. Is there anything I can do to prevent this from happening?

Signed Tired



Dear Tired

This condition is known as nocturia. Over half of men and women

over the age of 80 wake up to go to the toilet two or more times at night.

Common causes can include: common heart and kidney problems; swollen ankles; taking medications that cause you to pass a lot of fluid (diuretics or fluid tablets); drinking large amounts of fluids, alcohol and caffeine drinks, particularly before bed time; or sleep disorders such as sleep apnea.

Please remember not to reduce your fluid intake during the day as this can cause issues of constipation and concentrated urine can irritate the bladder.

Dependent on the cause of the nocturia the following ideas could help:

- Cutting back on the amount of caffeine and alcoholic drinks you have, especially in the evening;
- Carefully restricting the number of drinks you have to about 2-2.5 liters per day;
- Wearing supportive or compression stockings for swollen ankles;
- Resting with your legs up, in the afternoon, for a few hours if practical; and/or
- Not staying in bed at night for long periods of time (that is, more than 8 hours).

There could be other medical causes or problems with the bladder so please talk to your GP.

You may also want to discuss any concerns with your local continence nurse (referral through your GP). They are also able to provide information on financial assistance of continence products.

For more advice or information on continence contact the National Continence Helpline on 1800 330 066.

## VETERANS AND VETERANS' FAMILIES COUNSELLING SERVICE

### A SERVICE FOUNDED BY VIETNAM VETERANS

#### Who can use the VVCS?

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

#### What services VVCS provides

- Individual, couple and family counselling

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

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

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



# Special offer for Members



RAAFA have linked with OPSM to provide our Members, Volunteers and Staff a range of benefits and services on our Estates.

OPSM will provide on-site services including:

- Bulk billing if you have a current Medicare card (Medicare Conditions apply)
- Digital retinal photographs
- A great range of frames including the latest styles from leading brands such as Ray-Ban, Prada, Versace & DKNY
- Special discounts for most health fund members

## Onsite eye care

You have the opportunity to have a full professionally conducted eye test on your Estate.

### Who will be doing the eye tests?

Onsite will be an OPSM Optometrist and qualified Optical Dispensers who will provide a full eye health check to you.

### When should I come for an eye test?

It's a great idea to have a regular health check of your eyes especially when:

- You can't see clearly or you can't see well in the distance
- When you have difficulty reading

- If your family has a history of glaucoma and/or diabetes!
- If you sit in front of a computer screen for more than 5 hours a day
- You get headaches when reading or looking at the computer
- You have recently experienced double vision
- You confuse colours or experience glare in normal lighting levels
- You can no longer read properly even with your reading glasses
- You trip over steps or gutters or bump into objects on one side
- Your eyesight at night is poor
- You have dry eyes.

### How long will the appointment take?

Approximately 20 minutes. Your eye test will be a fast and easy examination that allows OPSM to comprehensively assess your vision.

You'll have to perform tasks at various distances, so they can optimize your sight for day-to-day activities.

They will also thoroughly check the health of your eye and if need be, will discuss vision options that suit your lifestyle, whether it be spectacles, contact lenses or sunglasses.

If you are interested in having your eyes tested, please contact your Estate Office to co-ordinate.

## Remembering Vietnam Veterans

*Acknowledgement:*  
*Department of Veterans' Affairs*

PRIME Minister Julia Gillard and Minister for Veterans' Affairs Warren Snowdon said Vietnam Veterans' Day was an opportunity to reflect on the service of the men and women who served during the Vietnam War.

Some 60,000 Australians including ground troops, air force and navy personnel served in Vietnam for over a decade from 1962.

As a result of this war, 521 Australians died paying the ultimate sacrifice for their country.

Ceremonies were held around Australia on 18 August to honour the service and sacrifice of these brave men and women.

Vietnam Veterans' Day is commemorated each year on the anniversary of the Battle of Long Tan, one of the most significant

Australian actions of the Vietnam War.

On 18 August 1966, 18 service personnel were killed and 24 were wounded at Long Tan when Delta company of the 6th Battalion, Royal Australian Regiment, engaged a much larger force of North Vietnamese army regulars.

The Battle of Long Tan demonstrated the courage, determination and teamwork of our Australian soldiers in the face of overwhelming adversity.

The Vietnam War caused the greatest social and political unrest in Australia since WWI and for many veterans, the treatment they received on their return to Australia left enduring scars.

For the 47,000 surviving veterans, time has not always healed the physical and psychological scars, which have often been shared by loving family members.



### After the service

*By Jeff Cook*

I saw a man parade today, in uniform complete,  
His hat cocked neatly on his head, clean boots upon his feet,  
His buttons highly polished, and his belt was shiny too,  
His head held high, his shoulders back, like I once used to do.

The pride in him was evident in every move he made,  
The smile and twinkle in his eye, that time would never fade,  
So young and fit and confident, with his gun upon his shoulder,  
And I prayed that he would never see his mates with him grow older.

For if I could alter history the wars would not have been,  
No-one should ever have to face the horrors I have seen,  
In the stinking, sweaty jungles, with the bullets and the bombs,  
And the fever and the insects, in a world so full of wrongs.

I saw fighting in the deserts too, in blinding, searing heat,  
Saw men go mad with thirst, or fear, or not a thing to eat,  
I saw injuries and damages that no-one could believe,  
And saw months of non-stop "action" without a day of leave.

I was part of ocean warfare in a ship and submarine,  
Part of sinking other tortured souls - a memory obscene.  
I saw oceans full of burning oil, and lifeboats upside down,  
And officers and "other ranks" who would either burn or drown.

I piloted a bomber and I bombed from in the skies,  
I saw planes explode, or crash to earth, and airmen, too, likewise,  
I also flew a fighter and I flew it mighty well,  
And I reckon what I saw of war would coincide with hell.

I was nursing sick and broken men to bring them back to health,  
And I did all that I could do to protect the Commonwealth,  
I fought and fed and flew and rode and drove and sailed and nursed,  
And if I could have a dying wish, I'd see those days reversed.

Then no-one would be hurt next time, no mates or coppers fall,  
And everyone would understand the futility of it all,  
Now I pray that that young man I saw will be just a sentinel,  
And I pray that I'm a dying group, - for I am the R.S.L.

## Remembrance Day

Friday, 11 November 2011

Remembrance Day Ceremonies will be held at the following RAAFA Estates:

- RAAFA Amity Village Albany
- RAAFA Estate Meadow Springs, commencing 11.00am
- RAAFA Estate Merriwa
- Cambrai Village, commencing 10.20am, followed by a sausage sizzle in Club Cambrai
- Air Force Memorial Estate, Bull Creek, assembly 10.45am

Members and friends are invited to join in this solemn ceremony of remembrance.

For further details please contact the relevant Estate.



# Notes From Branches and Groups

## Airfield Construction Squadrons' Branch

Val Lopaten

### ACS WA Annual Reunion 2011

The date for this event has been changed to Friday, 21 October to avoid any conflict with the bowlers. 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 payments required before Tuesday, 18 October to Bev Gilmour 9582 5135 or Val Lopaten 9535 7830.

### Meadow Springs AFA Club Raffles

The ACS Branch will be running the raffles on Fridays 14 and 28 October.

### RAAFA (WA Division) AGM

Don't forget the Division AGM will be held on Saturday 29 October. Full details are in the September issue of Air Mail. If you cannot attend, then make sure you apply for your postal vote and get it in by the deadline, Friday 7 October.

### Upcoming events

Friday, 20 October, ACS WA Annual Reunion BBQ, Sails Area, 11.00am.

Saturday, 29 October, RAAFA (WA Division) Inc. AGM. Bull Creek, registration commences 8.30am, meeting 9.30am.

Thursday, 10 November, Committee Meeting, Flight Deck, Meadow Springs 10.30am. The Committee always welcomes advance notice of any topic you would like discussed at the General Meeting the following week.

Thursday, 17 November, General Meeting, AFA Club Meadow Springs, 10.30am followed by the usual enjoyable long lunch.

## City of Perth Branch

George Winnett

Welcome to Spring. Here's hoping members of the Branch are fit and well enough to enjoy the delightful weather we are having. To those who are poorly, best wishes and quick return to good health soon.

The year is racing away and Christmas is around the corner. Look for coming events advertised in the Chatter or Air Mail and join in where you can.

### Upcoming events

Sunday, 9 October, Mokine Memorial Service. Bus departs AFME at 9.00am sharp.

Thursday, 20 October, General Meeting, Ev Nicholls Room AFME, 11.00am, followed by lunch in the AFA Club if you desire.

Friday, 11 November, Remembrance Day Ceremony, Bull Creek AFME, 10.45am.

Thursday, 17 November, General Meeting, Ev Nicholls Room, 11.00am, followed by lunch in the AFA Club if you desire.

Thursday, 15 December, Branch Christmas Social, Meg Olive Room AFME, 11.45am. Mark this in your diary.

## European Area Branch

Jo Naylor

We held our AGM on 7 September when the following officers were elected:  
President – Les Gordon  
Vice President – Doug Harrison  
Treasurer – John Crago  
Secretary – Jo Naylor  
Branch Delegates – Les Gordon & Jo Naylor

### Upcoming events

Wednesday, 5 October, Branch Meeting, Meg Olive Room, 7.30pm

Wednesday, 2 November, Branch Meeting, Ev Nicholls Room, 7.30pm

Wednesday, 7 December, Branch Meeting, Meg Olive Room, 7.30pm

## Mandurah Branch

Ruth Poat

The General Meeting and Annual General Meeting were held on 18 August 2011 and 82 Members were in attendance.

Mr Graeme Bland was also present and once again gave a very informative address on the Public Company Limited by Guarantee and the Constitution changes, which was very much appreciated by Members.

The following Members were elected to form the Executive Committee for the ensuing 12 months:

President - Ron Gregor  
Deputy President/Social Convener - Hugh Brett  
Secretary - Ruth Poat  
Treasurer - Peter Brophy  
Executive Members - Bob Richards, Frank Poat, Dorothy Forbes, Pat Huckson, Mary Bingham and Rina Campbell.

### Upcoming events

Thursday, 20 October, General Meeting, Edwards Newton Room, AFA Club, Meadow Springs. Arthur Richards will be addressing the Meeting and the topic will be "Bombers that flew over Europe".

November, date to be advised. 'Deluxe' coach to Dardanup, stopping at Harvey for morning tea and lunch at the Dardanup Tavern. Watch this space for details.

Friday, 9 December, Mandurah Branch Lunch. \$10 subsidy to all Members by Executive – further particulars will be advised.

Thursday, 15 December, General Meeting, Mr John Colpus DFC, a pilot of 'S Sugar' will be attending and Judy McCarthy will read excerpts from his Memoirs. Mr Colpus will be available for questions. Followed by a light dinner and entertainment 'Under the Sails', weather and mosquitoes permitting.

## Meadow Springs Residents Branch

David Oxley

Congratulations to the following elected at the AGM as Officers and Committee members of our Branch for 2011/12.

President - Judy McCarthy  
Vice President - Kerry Hanrahan  
Secretary - David Oxley  
Treasurer - Roma Stuber  
New Committee Members - Brian John and Eileen Oxley

### Upcoming events

Sunday, 9 October, Mokine Memorial Ceremony. We have a bus going to the Ceremony.

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

Wednesday, 19 October, Bus trip to Healthy Cooking Demonstration.

Friday Nights in November, Branch Roster for Raffles.

Friday, 11 November, Remembrance Day Ceremony, 11.00am at the Estate Memorial Wall.

Friday, 18 November, Branch General Meeting, 2.30pm in Middleton Hall. There will be no general meeting in October.

Monday, 12 December, Residents Christmas Party.

## WRAAF Branch

Judy Bland

### Upcoming events

Tuesday, 1 November, General Meeting/Melbourne Cup Day, 7.30pm. Please wear your funniest or dressiest hat.

Saturday, 5 November, Annual Luncheon. Tickets \$30 per person available at meetings or ring Gwyn Braun on 9310 6705.

Tuesday, 6 December, Christmas Party. Time and venue to be decided. Please ring Judy on 9311 4401 for further information.

## Your Division Councillor - Mr Frank McCarthy

FRANK McCarthy was elected to Division Council in October 2010.

He has been a member of the RAAF Association for some 30 years, and since 1998 he and his wife Judy have resided on RAAFA Estate Meadow Springs.

He worked in a variety of roles in administration, sales and transport, served in the RAAF for 21 years, and for 13 years served on the Judges' Staff of the Supreme Court of Western Australia.

Frank's broad community interests have included Scouts, Justices Association, Civil Marriage Celebrant Association, PROBUS, Defence Force Welfare Association, and the WA Retirement Complexes Residents' Association.

Within RAAFA Frank served on the Board of Management under previous governance arrangements, and at Meadow Springs has been both Chairman of the Estate Residents' Committee and President of the Estate Residents Branch.



Frank McCarthy

## 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:

**4 November for December/January issue**  
**6 January for February/March issue**  
**2 March for April/May 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

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 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

### Wings Restaurant

A la Carte every 4th Wednesday of the  
month 6.00pm to 10.00pm

### Chase the Ace

4.00pm to 5.30pm Monday

### Friday Dinner Dance

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

### Band Roster

1st Friday – Colin & Muriel  
2nd Friday – Robert Fern  
3rd Friday – Colin & Muriel  
4th Friday – John Callander  
5th Friday – Dinner only in the  
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



# Digging for Victory

**Acknowledgement: Australian War Memorial**

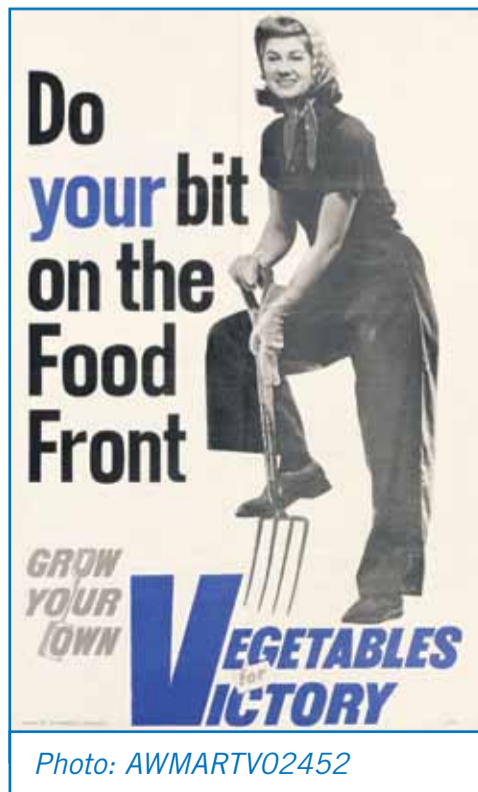
THE Australian War Memorial created a "Victory Garden" reminiscent of those grown by Australian families during WWII at Floriade in Canberra this year.

The Floriade Victory Garden reflected the type of plants and vegetables grown by wartime families – including many varieties now making a return to the backyard veggie patch. The garden is themed to give visitors a glimpse into life on the Australian home front during WWII.

Between 1939 and 1945, Australia mobilised for total war. Australian forces served with distinction in the Middle East and Pacific and Australian civilians were mobilised on an unprecedented scale on the home front.

Rationing was introduced to help support the war effort. Everyday items such as flour, butter, meat, tea, clothes and petrol became increasingly scarce. These shortages had a major impact on Australian families.

Although in the early war years many Australian backyards had vegetable gardens, fruit trees and a chook shed, the nation faced a looming food shortage.



By 1942 the agricultural industry was struggling with massive labour shortages and there was a severe and prolonged drought and major shortfalls in imports of seed stock and fertilizers. The results were beginning to have a direct impact on the Australian home front.

Early in 1942 the Prime Minister John Curtin launched "Dig for Victory", a publicity campaign urging Australian householders to grow their own vegetables as a contribution to the war effort. The press quickly picked up the campaign as did industry and community groups.

Others took to the idea afresh and turned over their complete front and back gardens to vegetable production, often selling excess produce to raise funds for the front.

The Young Women's Christian Association (YWCA) came up with the concept of Garden Armies with a major advertising push in July 1942. These garden armies soon attracted media attention and soon photographs of women in overalls wielding pitchforks appeared in the press, alongside articles calling upon growers to reach production targets such as 50 tons of onions for the front!

In Melbourne alone the number of Garden Army recruits rose from 500 in June to several thousand the following month.

Many local councils organised gardening collectives and some provided incentives including awarding volunteers a badge with a three carrot design.

Towards the end of 1943 the fear of invasion receded and food production became more of a national priority. Despite improvements in the agricultural sector to meet war demands, home gardening continued to raise funds, build morale and feed local communities and families.

# Movember – changing the face of men's health

## Acknowledgement: *Movember*

DURING November each year, Movember is responsible for the sprouting of moustaches on thousands of men's faces in Australia and around the world. The aim of which is to raise vital funds and awareness for men's health, specifically prostate cancer and depression in men.

On Movember I, guys register at [Movember.com](http://Movember.com) with a clean-shaven face and then for the rest of the month, these

selfless and generous men, known as Mo Bros, groom, trim and wax their way into the annals of fine moustachery. Supported by the women in their lives, Mo Sistas, Movember Mo Bros raise funds by seeking out sponsorship for their Mo growing efforts.

Mo Bros effectively become walking, talking billboards for the 30 days of November and through their actions and words raise awareness by prompting private and public conversation around the often ignored issue of men's health.



## The hairy facts






On average men die five to six years younger than women. The suicide rate is four times higher for men than women and more than five men die prematurely each hour from potentially preventable illnesses.

Hard hitting facts; especially when you consider that there is no biological disadvantage that puts men at greater risk than women and according to recent research up to half of male cancer cases could be prevented by making healthy diet and lifestyle choices. The reasons for the current state of men's health are numerous and complex but it appears that the biggest issue is the way in which men think about their

health; preventative health being something men just don't compute. It is this issue that Movember is working hard to change.

## The goal

To significantly increase the understanding of the health risks that men face and encourage them to act on that knowledge by:

-  Encouraging conversation about the issues of men's health
-  Educating the Movember community that the best way to cure cancer is to prevent it through a healthy diet, not smoking, being physically active, staying at a healthy weight and knowing your family medical history
-  Promoting Mo Bros to make Movember the month to have an annual physical which includes cancer screening because most cancers, particularly prostate, testicular and skin cancer are highly curable if caught early
-  Removing the stigmas around health issues
-  Educating men on the health risks they face, the symptoms and signs, and when and how to seek help if needed



# Depression



## Acknowledgement: *beyondblue*

FUNDS raised by the Movember community are allowing beyondblue: the national depression initiative to carry out a number of key programs that are making a tangible difference to the lives of men and their families. This is hugely important when you consider that one in eight men in Australia will experience depression in their lifetime, and one in ten men will experience an anxiety disorder in any one year.

Together, beyondblue and Movember are working to create awareness of depression, anxiety and related conditions, and to break down stigma, which can sometimes prevent men speaking up, and getting treatment.

## What is depression?

Depression is more than just a low mood - it's a serious illness. While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time and often without reason. People with depression find it hard to function every day and may be reluctant to participate in activities they once enjoyed.

Depression is one of the most common of all mental health problems. One in five people experience depression at some stage of their lives.

## What are the symptoms?

If you notice any behavioural changes that last for more than two weeks in family members or friends, then it is worth asking if the person may be depressed.

Common behaviour associated with depression includes:

- moodiness that is out of character
- increased irritability and frustration
- finding it hard to take minor personal criticisms
- spending less time with friends and family
- loss of interest in food, sex, exercise or other pleasurable activities
- being awake throughout the night
- increased alcohol and drug use
- staying home from work or school
- increased physical health complaints like fatigue or pain
- being reckless or taking unnecessary risks (e.g. driving fast or dangerously)
- slowing down of thoughts and actions.

It's important to note that you can't always identify the cause of depression nor change troubling circumstances. The most important thing is to recognise the depression and to seek help. Remember, the sooner you get treatment, the greater the chance of a faster recovery.

## Helping yourself

Everyone has sad days. Everyone has times when things are really tough. Here are some suggestions to help deal with the bad days.

## Don't stay in bed

It's best to get up and get on with a normal routine as soon as possible eg. going to work, meeting friends or family. If a person is based at home, it may help to go outside for a while and do some physical activity like walking to get the

newspaper. Avoid napping during the day, as it upsets the 'body clock' and makes it harder to fall asleep at night.

## Catch up with friends

When people get depressed, often they don't feel like socialising, but it's important to continue to talk to your family and friends. Talk to them on the phone or organise to meet for a coffee or go to a movie. If people remain isolated, there's a greater risk of developing depression.

## Keep active

Plan to do at least one enjoyable activity every day. This may be reading, listening to music, watching movies, going to the beach or park, gardening, taking part in sport or seeing friends. Regular activities are important to maintain good mental and physical health. At first, finding the activities enjoyable may be a challenge, but persistence is the key.

## Learn to manage stress

Take time out. Go for a walk, play sports or take up meditation.

Stress can affect how you breathe and cause muscle tension. Breathing quickly and having tense muscles can, in turn, make you feel more stressed. You can stop this vicious cycle, by learning and practising new breathing and muscle relaxation techniques.

To find out more about the signs and symptoms of depression and anxiety, available treatments and where to get help visit the beyondblue website at [www.beyondblue.org.au](http://www.beyondblue.org.au) or call the info line on 1300 22 46 36.