



# AIR MAIL

ROYAL AUSTRALIAN AIR FORCE ASSOCIATION

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

June - July - August 2010  
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> WHAT'S  
INSIDE



## LIFE MEMBERSHIP

Kate Quan was presented with a Life Membership Award in recognition of her tireless voluntary work and valued contributions to RAAFA. **PAGE 5 >**



## GEORGE GILBERT

George Gilbert is the last living pilot of the original 79 Squadron formed in 1943. He now lives on the AFME Bull Creek. **PAGE 6 >**

# Cambrai Village celebrates 10 years

By **Bob Cotton**

CAMBRAI Village was officially opened on 29 March 2000 and in order to celebrate the 10th anniversary of the opening a range of activities were organised by the Cambrai Residents' Branch.

Commencing on Tuesday, 23 March, a delicious morning tea was hosted by the staff of Vivian Bullwinkel Lodge for their residents and the Village residents of Cambrai. Over 60 people attended and joined in a demonstration of the games played by the winning team at the Aged Care Games held in Joondalup last November.

Wednesday, 24 March saw approximately 140 residents join in a Round Robin Sporting Competition taking in lawn bowls, carpet bowls, croquet and table tennis played at Cambrai and golf played at the Carramar Golf Course. The winning teams, lawn bowlers led by Les George and golfing team consisting of David Laidley, Derek and Joan Edwards and Ken White were presented with trophies made by a resident, Mr Pat Rooney. A sausage sizzle followed for all participants and helpers. BGC kindly donated funds that went towards the trophies and fellowship. The competition has been hailed such a success they want to have another go next year!!

Thursday an Ecumenical Service was held in the chapel, led by Pastor Len Ogilvie-Mitchell (Baptist) and a resident of Cambrai, Reverend David Oxley, Padre RAAFA WA Div., and Fr Andrew Albis (Catholic). The service was very well attended with standing room only in the chapel. Morning tea followed in the Community Hall.



*The Best Decorated Gopher Parade, 3rd prize – Doreen Sturke and her 'rocket'*

On Sunday, 28 March we had the "Best Decorated Gopher Parade" which was won by 'Ned Kelly & His Gang' (alias Mr Wal O'Neil from the lodge and his team). 2nd prize went to Hubert Smith in his 'tank' and 3rd to Doreen Sturke and her 'rocket'. A total of 9 gophers took part in the parade and the judges said that it was exceptionally hard to choose a winner from the group because each had taken so much effort to decorate their machines. A Giant Street Party attended by approximately 300 people followed, with entertainment by the Challenge Brass Band, Cambrai Scottish Dancers and the A Cappella West Harmonisers.

To complete the week, on Monday, 29 March we had a dinner in our club rooms to celebrate

the Anniversary. After an introduction from our MC, Frank Pimm, Marcia welcomed our special guests, State President of RAAFA (WA Division) Inc. Ken Thornton and the City of Wanneroo Deputy Mayor, Tracey Roberts, also past managers Alan White and Trish Bodle. What a great night it was, with a first class meal and entertainment provided by Stan Tower on the piano and the Pistachio Harmonisers from Perth City Harmony. Stu Usher produced a slide show of the history of the village for all to reminisce over.

The organisers of the events, Maureen Farrell and Marcia Messer, namely the M&M's, had brought together the Cambrai community spirit and made a truly successful week.



*The Best Decorated Gopher Parade, winners – Ned Kelly and his gang, alias Wal O'Neil and his team*

# Around the roundel



State President, Ken Thornton

By Ken Thornton

## Division Constitution review

AT THE May Branches Forum meeting our CEO gave a presentation on the reasons behind the need for a constitution review. This was followed by a consultation session

facilitated by the consultants undertaking the redraft, Praevia Consulting. A number of important issues were aired, and Branch Presidents and forum representatives were provided with information packs to facilitate discussion back in the branches. Members can contact Praevia Consulting directly with any questions or comments (see contact details below).

## Division Council nominations

I wish to remind you all that nominations to fill the vacancies on Division Council are required before 23 July for presentation at the RAAFA Annual General Meeting on 30 October 2010. The vacancies are State President, State Vice President and two Division Councillors. We need members with experience and skills to discharge the duties of a Company Director to ensure the aims and objects of our Association continue to be maintained.

## Volunteers' Week

Volunteers' functions were held at our Estates in Meadow Springs, Erskine and Bull Creek during Volunteers Week in May as a small token of our appreciation for all the work our volunteers do to help our Association and Members. We couldn't continue as we are today without them. Thank you!

## Bomber Command Commemoration Ceremony

The Bomber Command Commemoration Ceremony will be held on Sunday, 30 May 2010, after this paper goes to print. It will consist of a cross laying ceremony at the AFME memorial wall, followed by morning tea at the AFA Club, Bull Creek.

## Unveiling of the Catalina display

Our Division and the Australian American Catalina Memorial Foundation Inc. will co-host the Unveiling of the Catalina Display in the Aviation Heritage Museum on 11 June 2010. His Excellency Dr Ken Michael AC has graciously agreed to officiate. By necessity this function must be restricted to invited guests.

## 2010 ANNUAL GENERAL MEETING

RAAF Association (WA Division) Inc.

9.30am, Saturday, 30 October 2010  
Langley Hall, AFA Club, Bull Creek  
Registration commences at 8.30am

### Notices of Motion

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

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

### Division Council nominations

Division Council nominations must be in writing and received by the State Secretary, Air Force Memorial House, Bull Creek no later than 2.00pm, 23 July 2010.

Nominations for office must be in writing and signed by the Candidate and the Members proposing and seconding. The Candidate must be a RAAFA Member, entitled to vote. Nominations must be on the official form only available from the State Secretary and must be accompanied by the nominee's Curriculum Vitae and a current photograph.

### Vacancies on Division Council will be:

- State President - two year term
- State Vice President - two year term
- Two Division Councillors - two year term

### Voting procedure

Ballot papers for Division Council Election will be sent to eligible members under separate mail out along with the CVs of all candidates.

The Division Council will appoint the Returning Officer to supervise the ballot for vacant Division Council positions.

# Review of the Constitution

YOUR Division Council recognised some time ago that the Constitution needed revision because of issues related to the size and complexity of the business, especially the retirement village expansions and aged care legislation requirements, coupled with the impending changes to the state Associations Incorporation Act due in early 2011. It is a timely review.

Phil and Allison I'Dell have been appointed as consultants to help draft the revised Constitution, and are now working with Division Council and the branches to develop a more robust and focussed Constitution that will serve RAAFA (WA Division) Inc. well into the future.

One of the most important reasons for the revised Constitution is proposed new legislation governing associations that is likely within the next 18 months. There will be an 18 month period in which to ensure that constitutions meet the new law, and if, after that time, it does not, then the new law will apply where the constitutions fall short.

A second issue, and perhaps the most pressing, is that RAAFA (WA Division) Inc. has grown significantly since the

adoption of the current Constitution and is now subject to a wide range of other laws covering the diverse business interests and it is vitally important that the Constitution protects those things that are most important to members; it currently does not perform that function.

Finally, as organisations grow and change, so do membership and community expectations and contributions. Membership rules have changed over time and the proportion of veterans and ex-service personnel is shrinking, so the focus of the Association must be to preserve heritage and history with an eye on securing future needs for all members.

So far Phil and Allison have met with each of the Division Councillors and consulted with Branches Forum to get a feel for the important things that need to be addressed. This has included proposals for a new preamble for the Constitution and reframing the 11 objects into three important ones, and seeking feedback on membership arrangements.

Branches now have the opportunity to further the discussion with their members to progress the review. All members

are encouraged to have a look at the information and make comments directly to Phil and Allison. It is important to realise that this whole process will take some time to make sure that we "get it right" and it is imperative that your ideas are heard. At the next Branches Forum, consultation will include a revised preamble, objects and membership (the work so far) and a discussion on voting and Council structure.

To have your say, you can approach Phil and Allison directly with your ideas. All communication is confidential, although ideas will be shared in later consultations. If you wish to have Phil and Allison come to a meeting called to have a discussion, or you wish to discuss some aspect of the review, feel free to contact them as below by letter, phone, fax or email:

Phil and Allison I'Dell  
Praevia Consultants  
PO Box 3299  
Midland WA 6056  
Telephone 9250 1085  
Mobile 0417 951 814 (Phil I'Dell)  
0417 954 805 (Allison I'Dell)  
Fax 9274 6855  
Email praevia@tinet.com.au

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**For submission deadlines please see page 7**

# 89th Anniversary of the formation of the RAAF



Wing Commander Russell Page inspecting the Flight

THE ceremony to mark the 89th Anniversary of the formation of the RAAF was held at the Flame of Remembrance in Kings Park on Saturday, 27 March 2010. Despite construction work at the site and the last minute cancellation of the fly past the event was well attended and went off without a hitch.

The RAAF Base Pearce provided the Flight of Officer Cadets which was inspected by Wing Commander Russell Page, Commanding Officer of the Combat Support Unit at RAAF Base Pearce. RAAF Association Branch banners were also proudly displayed.

Wing Commander Page and RAAF Association State President, Ken Thornton, laid the first wreaths at the Flame, followed by other invited guests, Government officials, Defence Force representatives and Branch Presidents.

The AFA Melville Brass Band must once again be thanked for entertaining the crowd

and playing background music during the ceremony.

The Master of Ceremonies was Mr Ian Petkoff, a current member of Division Council.

Wing Commander Russell Page gave the address, following the path of the RAAF from its roots to where it is today.

He said, "the past is a story of vision, courage, distinction and achievement. The future Air Force will continue this tradition and maintain our security edge through the capability of our highly skilled people and cutting edge technology."

He continued by saying, "today we have over 400 Air Force members playing an important role on operations in Afghanistan, Iraq, Sudan, Darfur, East Timor, Solomon Islands and even the devastated country of Haiti. We have members, day and night, conducting border protection duties in Australia's maritime domain."

## 'Dear Welfare'

Dear Maureen

I have a concern about my neighbour. I check upon her every day but as I am going away for three months, who will check upon her? What do you suggest?

Signed Good Neighbour



Dear Good Neighbour,

The Red Cross has a very useful service called

Telecross – A call a day to check you're OK.

This service is helping older people remain connected with their community with a free daily phone call to check on their safety

and wellbeing. The service enables older people to have the confidence to live in their own homes knowing help is not far away in an emergency. It also provides a sense of security for family and friends.

This community programme is run through a network of trained volunteers who make a daily morning phone call to socially isolated, medically dependent and older people living alone. If the phone call is not answered Red Cross initiates an emergency procedure and arranges assistance if required.

Your neighbour may be interested in receiving this valuable service while you are away. She can

contact Red Cross for further details directly on 9225 1930 or 1800 441 014 or phone her nearest RAAF Association Welfare Office if she requires assistance or information on a range of services that can help her to live safely and independently.

Dear Di

I am 70 years of age and find I am having problems with my memory. Can you help?

Signed Where are my keys in Amity



Dear Where are my keys,

Changes in memory have a number of possible causes, which may include stress, depression, medication and sometimes Alzheimer's disease or another form of dementia.

Significant changes in memory are not normal at any age and should be taken seriously. If you are concerned, see your doctor and they may decide to test your memory. Alzheimer's Australia WA offers a wide range of information, services and support. For further information call the 24-hour helpline 1800 100 500 or [www.alzheimers.asn.au](http://www.alzheimers.asn.au).

There are also lots of ways to help your day run more smoothly: put keys, glasses etc in the same place each time you put them down; use a diary to document what is planned for the day and document who has visited or any important information or phone calls; and/or purchase a clock with the day and date displayed.

## WELFARE OFFICERS AVAILABLE

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

Please note this service is not an emergency service.

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

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



# RAAFA 2010 Annual Dinner

By Ken Thornton

THE Annual Dinner held at the AFA Club in Bull Creek was attended by more than 110 members and guests who enjoyed an excellent meal complemented by piano music.

The guest speaker was one of our Division Councillors, Ms Toni Stampalija, who has extensive experience in aged care. Toni gave an interesting and informative talk, highlighting the challenges we all have in keeping up with the ever changing requirements in the legislation associated with aged care.

The feed back from the evening suggested that the informal format and pianist were successful with plenty of opportunity to mingle and catch up with old and new friends.



L to R CEO Gerry Warner, Gerri Warner, Toni Stampalija and State President, Ken Thornton enjoy a pre-dinner drink

## ANZAC spirit commemorated across the world



**Acknowledgement:  
Minister for Veterans' Affairs**

"AUSTRALIANS took the time to pause and reflect on the contribution made by servicemen and women – past and present – at ANZAC Day ceremonies across the country and overseas," the Minister for Veterans' Affairs, Alan Griffin, said.

This marks 95 years since the ANZACS landed at Gallipoli and fought bravely in a campaign that forged the ANZAC ideals and left a legacy that has carried through to the men and women of today's Defence Force.

"At dawn on 25 April 1915, the Australian and New Zealand Army Corps – the

ANZACS – came ashore at Gallipoli as part of the first major action for Australia in the first World War.

More than 2000 Australians were killed or wounded on the first day. More than 8700 were killed during the 8 month long campaign.

After Gallipoli, many of those who remained were sent to fight in some of the bloodiest Western Front battles where some 46,000 Australians were killed.

ANZAC Day is not only an important day to honour our veteran community, young and old, but also to ensure these important traditions are passed on to future generations," Mr Griffin said.



1. Airfield Construction Squadrons Branch at ANZAC Day march Perth  
2. RAAFA Estate Merriwa ANZAC Day ceremony address by Branch President, David Peet  
3. Cambrai Village ANZAC Day ceremony Frank Pimm as MC

4. RAAFA Amity Village Albany ANZAC Day ceremony Don Lee raising flag  
5. Erskine Grove ANZAC Day ceremony  
6. WAAAF Branch at ANZAC Day march Perth

## Life Membership received

WELL deserving **Kate Quan** was presented with a Life Membership Award at the WAAAF luncheon in March.

Kate joined the Royal Australian Air Force Association in May 1995, when she also became a member of the WAAAF Branch.

In February 1996 Kate was elected to the WAAAF Branch Committee and a year later to the position of Branch Secretary which she held until August 2003.

Unfortunately her successor was unable to continue her duties so Kate performed as Minutes Secretary until August 2007 when she was re-elected Branch Secretary, a position she still holds.

Kate became a resident on the Air Force Memorial Estate in November 1998

and shortly after volunteered her services five days a week in the Estate Office. In this role she mastered computer skills of benefit to the Estate, WAAAF Branch and the Aviation Heritage Museum where she was a member of the Display Team. Kate readily acts as the receptionist at Air Force Memorial House when members of the office staff are absent or engaged in other duties.

Kate has participated regularly in the many commemorative events important to this Association and has been an active WAAAF Member of the Melville R & SL Sub-Branch since 1997.

As Secretary of the WAAAF Branch Kate participates in the Combined Service

and Ex-Servicewomen's Committee which meets regularly throughout the year, attending to the welfare and social needs of its members. In August 2009 she added Secretary of the Air Force Memorial Estate Residents' Branch to her impressive volunteer portfolio.

The WAAAF Branch considers Kate to be most deserving of Life Membership in recognition of her tireless voluntary work and her valued and diverse contributions to the Royal Australian Air Force Association (WA Division) Inc.

Congratulations and thank you Kate.



Kate Quan

## SCHOLARSHIP AVAILABLE

### McIntosh Memorial Scholarship Fund

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

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

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

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

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

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

### No 7 Elementary Flying Training School RAAF

THE Evandale History Society in conjunction with the Evandale Community Centre and the RAAF Association (Launceston Branch) are looking for members who during their World War II RAAF service, served or had relatives serve at Western Junction, Tasmania.

They are establishing a war memorial built and dedicated to 7EFTS located in the Evandale Memorial Hall Park, Tasmania, with a history depositary and display.

To do this they require contact with 7EFTS veterans and/or their relatives. Air, ground crew and base personnel stories and any artefacts such as photos, uniforms, badges, pay books and flags.

If you have any information please contact Neil Louis, 7EFTS Project Coordinator on (03) 6398 2968 or [evandalehistory@tassie.net.au](mailto:evandalehistory@tassie.net.au).

## Your Division Councillor – G I (Ian) Petkoff, AM

IAN Petkoff accepted appointment to Division Council in December 2009 to fill a casual vacancy. Ian previously served as a Division Councillor from 2006 to 2008 and chaired the Aviation Museum Committee during that time.

He joined the RAAF in 1975, graduating on No 49 Navigators' Course at East Sale in 1976. He was posted to 11 Squadron flying in P-3B Orion Aircraft and then to 10 Squadron for the initial P-3C Orion delivery.

Over the next 30 years Ian served in Britain, USA, Defence Headquarters Canberra, Townsville as OC of 323 Air Base Wing and then as OC Combat Support Wing and Base Commander. He then undertook Korean language training at RAAF Williams, was promoted to Group Captain and from 2001 to 2004 served as Defence Attaché to the Republic of Korea. He was then posted to WA as Commanding Officer Combat Support Unit Pearce. Ian transferred to the RAAF Reserve in December 2006.



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

## St Michael's Chapel 8th Anniversary

By David Oxley

ST MICHAEL'S Chapel on the RAAFA Estate at Meadow Springs celebrated the 8th Anniversary of its opening on Thursday 29 April. The ecumenical congregation holds church services on Thursday mornings and has leadership from Anglican, Catholic and Uniting Church clergy.

The photo shows the anniversary cake being cut by Revd David Oxley (Uniting), Bishop Hamish Jamieson and Revd Pam Halbert (Anglican) and Fr Jbonghanoy (Catholic)





George Gilbert 1943



George Gilbert with the current 79 squadron

## George Gilbert - 79 Squadron pilot 1943

By Ken Pittman

79 SQUADRON was formed at Laverton on 26 April 1943, with 23 Spitfire Mk V's and 1 Tiger Moth aircraft under the command of Sqn Ldr A.C. Rawlinson. One of the original pilots, although ill, is still with us today, 19 year old Tasmanian Sgt George Gilbert.

As an 18 year old, LAC George Gilbert commenced training with the RAAF in June 1942 at EFTS, Denilliquin flying Tiger Moths. Then to advanced training at 20CU Mildura to fly Wirraways and Kittyhawks, before finally graduating with 226 hours as a Sgt pilot. He was then posted to the newly formed 79 Squadron flying Spitfires out of Laverton.

As there were no dual control aircraft in the squadron, George's first flight, his conversion, was a solo flight in his own Spitfire JG89I. Over the next 21 days he completed his own conversion, flying formation in pairs, then in fours, followed by aerobatics, then flying line astern and finally learning combat flying skills acquiring a total of another 12 hours!

Days later the Squadron's aircraft departed

Laverton for Viviganni on Goodenough Island flying via Richmond, Amberley, Townsville, Horn Island, Port Moresby and Milne Bay arriving 26 June 1943. The ground crew and remaining aircrew having embarked on a Dutch vessel the MV Cremer arrived before the aircraft. The Squadron was operational immediately.

Over the next six months George and his fellow pilots completed many patrols and scrambles. Several aircraft and pilots were lost due to accidents, though none due to combat. Unfortunately on 12 January 1944 Flt Sgt Dudley Gridlington, in George's aircraft JG89I ran off the end of the runway flipping the aircraft on its back. There it stayed until 1974 when it was rescued and taken to New Zealand by a Kiwi aircraft restoration company, which partially restored the wreck before selling it on to an American, Tom Blair. Today JG89I is fully restored and flying out of Duxford in the UK.

George completed his tour in Viviganni of 10 months adding to his log book another 96 hours. He was posted back to 20TU Mildura, this time to become an instructor initially on Wirraways, then Kittyhawks,

before finally being discharged from the RAAF on 18 October 1945 on cessation of the war against the Japanese. He had a total 715 hours in his log book, and was still only 20 years old.

After a five year break George took up flying again, eventually owning his own little airline called Boomerang Air Services. He retired on his 75th birthday plus one day with his log book showing a grand total of over 16,000 hours, virtually all in command.

At this year's Perth ANZAC parade George was introduced to the CO of 79 Squadron, Wg Cdr Bernie Grealy. Two days later George had the pleasure of meeting all the new 2 FTS graduates who were now on the latest fast jet Conversion Courses run by 79 Squadron.

These young men today are almost the same age as George was nearly 70 years ago. He was not only given a personal guided tour of the 79 Squadron and 2FTS, but also a ride in the 79 Squadron Hawk simulator.

George at 88 years of age had some problems climbing into the cockpit, but

once in the seat he had little problems actually flying the Hawk. He did overrun the runway on landing back at Pearce but that was only because he could not put enough pressure on the brake pedals!

Sadly 88 year old George is the last living pilot of the now reformed four times 79 Squadron. It was formed initially flying Spitfires 1943 till 45, then Sabres 1962 to 68, then Mirages 1986 till 88 and now in their latest role since 1998 flying Hawks. Today's role is not front line but as a training establishment to introduce the newly graduated pilots from 2FTS to fast jet flying prior to conversion onto F18's and F111's.

Apart from the obvious technological advances of today's aircraft the age of the instructors of both 2FTS and 79 Squadron was a revelation. Many in their late 50's and early 60's. How times have changed!!

George now lives on the Air Force Memorial Estate at Bull Creek next door to the Aviation Heritage Museum where there are two big hangers full of WWII aircraft. As in George's log book a Tiger Moth, a Wirraway, and a Spitfire. The only one missing is a Kittyhawk.



Denise Nicolay displaying her bartering skills

## Erskine fete

By Mike Wood

ERSKINE Grove's bi annual fete was held on Sunday, 18 April. It was coordinated by Norm Seaman and backed by a band of willing workers and the day turned out to be a huge success.

With stalls of plants, craft, books, electrical, furnishings and general house hold items, there was something to satisfy everyone of the large crowd that attended.

All stalls were successful with the craft room making over \$3,500 in sales. Rod Smith had spent many hours restoring about 20 push bikes which sold very quickly.

Many thanks to all those who contributed to this day, which saw over \$9,000 added to the Erskine Grove Resident Branch funds.

# Air Training Corps and Australian Air Force Cadets history project

By Del Willmott

CHARLES Page, who is a retired Cathay 747 Captain and a member of the Australian Air Force Cadets (AAFC) Branch Committee, has undertaken the task of collecting and preparing for publication the biographies of as many former Air Training Corps (ATC) and AAFC Cadets as possible. Since the ATC and the less well known Women's ATCs were founded during World War II many thousands of boys and girls have experienced the many facets of the cadet experience. Charles is already well known as the author of several books. His recent, highly acclaimed, "Wings of Destiny" told the story of the life and tragic death of Wing Commander Charles Learmonth DFC and Bar.

Many have gone on to careers in the armed services and civil aviation both in war and peace. Many more have entered a range of other careers. It is hoped that as many former cadets as possible will tell their stories in their own way. It is emphasised that all stories are of value whether they involved great deeds or what the person may feel are mundane experiences. We want to hear them all. Charles has set out some guidelines as to what information you may like to consider providing, but the choice is entirely yours and all submissions short or long will be welcomed. Please give this project your consideration and support.

We especially want to collect as many as possible of the stories of those who joined the ATC and Women's ATC during World War II and Charles is happy to meet with you to hear and record your experiences, if you would prefer this to writing about them. Contact details are, telephone 9304 1656, fax 9304 0856 or mobile 0417 966 974.

The following is Charles' own outline for the project.

It has been suggested by the Committee, that we compile member biographies. These can then be archived with the AAFC, the Aviation Heritage Museum, and the Battye Library. This will ensure our memoirs will be retained, and also provide a valuable resource. Depending on the response, we will have the option of producing a book or booklet. Members may wish to include the following information:

- Background, eg date and place of birth, family, upbringing, schooling
- Air Cadet service record, eg serial number, Flight/Squadron, years of service, rank, achievements such as rifle shooting, band, proficiency, gliding, flying scholarship, air cadet exchange, etc
- Air Cadet camps, courses
- Anecdotes of Air Cadet service
- Service as an Air Cadet instructor
- Details and anecdotes of any military, war or reservist service
- Career, whether civilian or service
- Family - optional
- Summary of how the Air Cadet service influenced their lives
- Relevant photographs. Will be copied or scanned and returned

Submissions can be of any length, written as a narrative or summary, and may be edited.

If possible, please email as an attachment to [chazza@e-wire.net.au](mailto:chazza@e-wire.net.au). Typewritten or handwritten submissions may be mailed or faxed to Charles Page, 16 Whitecliffe Sq, Iluka WA 6028. Contact details are, telephone 9304 1656, fax 9304 0856 or mobile 0417 966 974.



Officer Cadet Andrew Clarke receives his trophy from RAAFA State President, Ken Thornton

## Graduation Ceremony

NO. 218 RAAF Advanced Pilots' Course graduation ceremony was held on Thursday, 25 March 2010 at RAAF Base Pearce and was attended by RAAF Association State President, Ken Thornton.

The course at No 2 Flying Training School provides training in advanced general, instrument, night and formation flying and navigation. A graduate pilot in the Australian Defence Force must be capable of flying training aircraft with the skill and confidence necessary to allow ready transition to operational aircraft. As such, and in keeping with the traditions of the Australian Defence Force, the standards of flying skill and airmanship that a trainee must develop at No 2 Flying Training School are very high. Necessarily allied to this requirement, the graduate must be capable of discharging the duties and responsibilities as a Junior Officer.

Air Commodore Chris Sawade, CSC offered his congratulations to the graduates

saying, "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. Your career will bring you considerable responsibility and I am sure will give you an equal amount of satisfaction."

Officer Cadet Andrew Clarke was awarded the Most Improvement Trophy which was presented by Ken Thornton. This trophy is awarded to the graduate who has shown the most improvement throughout the course and is awarded by RAAF Association (WA Division) Inc.

Andrew was born in Melbourne, Victoria. He completed high school in Adelaide in 2005 prior to completing a Bachelor of Technology in Aviation at the Australian Defence Force Academy. Andrew has been posted to 285 Squadron to fly the C-130J Hercules aircraft at RAAF Base Richmond.

## SUBMISSIONS FOR AIR MAIL

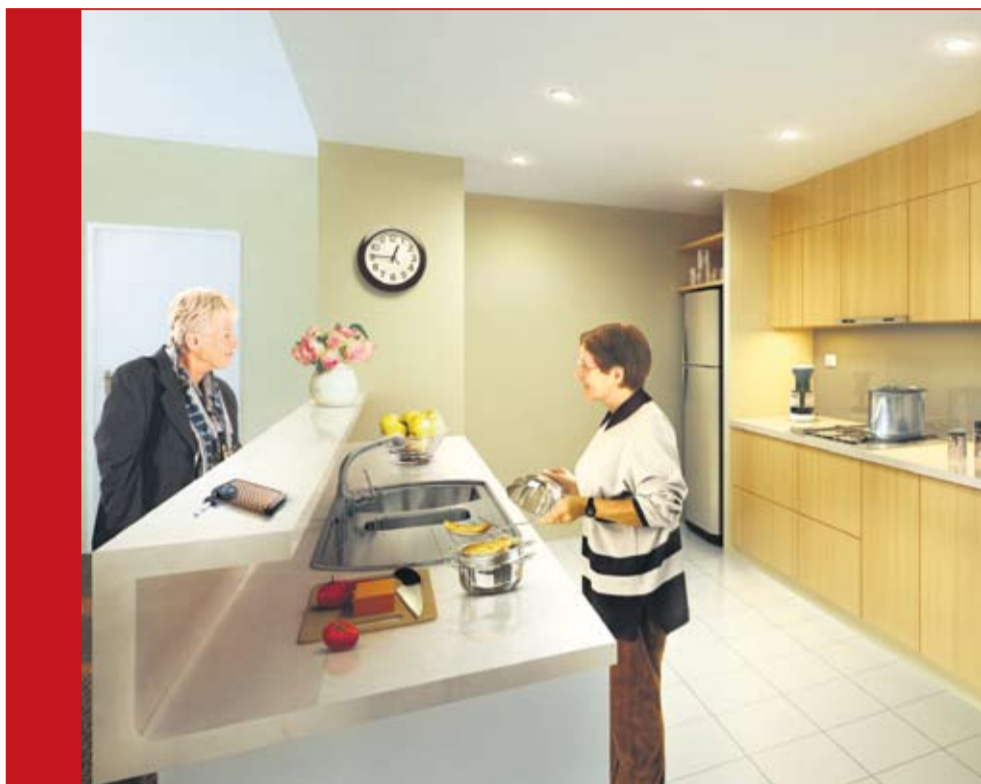
All Branch Scribes, please note that Branch Notes can be submitted for all issues and you are most welcome to submit prior to the deadline. Additional articles of interest are also welcomed.

**Deadlines are:**  
**6 August for September issue**  
**10 September for October/November issue**  
**5 November for December/January issue**



Please note there is a one off change to the August/September edition, which will be delayed one month and will be distributed in the first week of September to allow inclusion of AGM material

# Terrace apartments prove popular



*Illustration of a terrace apartment kitchen*

MORE than 50 of the terrace apartments under construction at AFME Bull Creek have been secured by Association members and members of the general public.

Among the most popular aspects of the development is its value-for-money with apartments priced from just \$550,000.

The financial arrangements have also proved to be a hit with buyers who only need to put up \$5,000 deposit to secure

an apartment with the balance payable on completion, which is expected to be late 2011. Prices will not be increased during the construction.

This feature allows people to stay in their current home until they move into their new apartment. By retaining ownership of their homes until late next year buyers also get the benefit of any improvements in the general property market.

Another reason given for buying a terrace apartment is the superb location of the Air Force Memorial Estate.

AFME is near three shopping centres, two movie complexes, a modern hospital plus health, sport and leisure facilities. It is also adjacent to the Bull Creek rail station, and the Kwinana Freeway will be about two minutes from the secure underground car park.

While there is a single bedroom apartment available, all the other remaining apartments feature two bedrooms and two bathrooms. All have spacious indoor and balcony areas for relaxed and low maintenance living.

Owners of ground floor and podium level apartments have already been through the “pre-start” process where they select colour schemes, floor coverings, bench tops and wall tiles etc. This is being done in an office that has been specially fitted out in the AFA Club on the estate.

## Construction News

The building is really starting to take shape with all the concrete poured up to the podium level of the apartments and the podium itself, which forms the roof of the underground car park and joins up with the bowling greens.

The open air podium will feature landscaped gardens, an all weather putting

green and giant chess board.

Setting out of the apartments on the ground floor is complete and tubing for services such as plumbing, electricals and mechanical services is being run through that level.

Work on the podium level is well under way and the busy activity of the workers can be easily seen from the northern end of the bowling greens.

Over the past few months around 40 people have been working on the site on any given day due to the complexity and labour intensive nature of the first two levels of the building.

For construction management purposes the building is divided into three sections – western, eastern, and central. Formwork and concrete pouring for each section takes about four weeks, which means each floor is scheduled to be created over a three month period.

BGC remains confident the terrace apartments will be completed on schedule.



## Slips, trips and broken hips are not for me – April No Falls Day, RAAFA Amity Village Albany

*By Di van Clarke*

RAAFA Amity Village Albany held their April “No Falls Day” on Thursday, 1 April with a morning of fun and games, aimed at keeping our seniors active and preventing falls.

Residents participated in an active program including an opportunity to try out some games held at the Village such as table tennis, darts, putting, and skittles.

Di van Clarke, RAAFA Welfare Officer claimed the day a great success, “It was great to see some residents try out games that they had never done before. Some said they would like to join in on the weekly games held in the clubhouse.”

During April No Falls Day, residents completed a safety checklist in their own home environment. When completed they then went into the draw to win some great prizes from “Stay on Your Feet”.

According to Di Van Clarke “there are many little things which seniors can do to make sure they make their home safe. Most don’t cost a lot of money, just a little time and attention to detail. De-cluttering can ensure you don’t experience a trip or fall.”

Many of the RAAFA residents follow the motto “slips, trips and broken hips are not for me” by doing 30 minutes of exercise on most days of the week. According to Lorraine Halsall, social secretary, “We have a very active program at the village. Every day there is something on in the club rooms, from darts, exercise programs, table tennis, dancing and lots more.”

Recent findings show that falls have an enormous social, health and economic cost for both seniors and the whole community with the following statistics showing:

- Approximately one in three people aged 65+ who live at home fall each year.

- Of these 10% will have multiple falls and more than 30% will require medical attention.

A demonstration and discussion occurred at the end of the event on what to do if someone does fall, then a BBQ lunch was enjoyed by all.



*Residents Shirley Brown, Val Hanna, Barbara Hicks, Dot Pryor and Alan Stone enjoying a game of putting*

# The Padre's Piece



thus the white rose became associated with Yorkshire.

I appreciate that not everyone will be interested in my background and the personal story of my life, but it has recently been brought home to me how unique each one of us is with our own histories. Within the last 6 weeks I have conducted 2 funerals and three memorial services for residents or former residents of our estate at Meadow Springs, as well as participating in three ANZAC Day memorial ceremonies. The personal stories I have been privileged to hear as family members have shared their experience of their loved ones who have died and as colleagues have talked about their mates in military service in war and peace have left me amazed at the quiet but tremendous achievements, some times amid great difficulties and hardships, and of the skills and character of each one.

Norman Vincent Peale, well known for his books, writings and quotes and particularly for his influential book "The power of positive thinking" once wrote "Conformity is one of the most fundamental dishonesties of all. When we reject our specialness, water down our God given individuality and uniqueness we begin to loose our freedom".

I am reminded of a few verses out of St Luke's gospel where Jesus is encouraging trust in God. It's chapter 12 verses 6 & 7. Jesus asks, "Aren't five sparrows sold for two cents? Yet not one sparrow is forgotten by God. Even the hairs of your head have all been counted. So do not be afraid; you are worth much more than many sparrows" God's care is the most detailed of all care. To God we are never lost in the crowd. To him we are all unique.

Here's a little bit of useless information! It has been computed that a blond person has about 145,000 hairs, a dark haired person 120,000 and a person with red hair 90,000!! I know that the hairs of my head are diminishing rapidly but the Christian Faith affirms that God cares for me and he cares for the individual unique you.

Shalom  
**Padre David**

is at 6.45am, returning at approximately 9.30am. The AFME Village Shop fills a very important need to this estate for residents who rely on it for everyday necessities.

Do you have a couple of hours to spare? If you can help please call Rona Stalley on 9311 4274 for more details.

IN SPITE of a life time of earning my living by talking (as a preacher) and in spite of living in Australia nearly 50 years, everybody knows I am a "Pom" - my speech gives me away every time. In fact I am a Yorkshire man born and bred in the West Riding. I was born in a small village called Kirkburton where the nearest town is Huddersfield. In 1974 there was a local government redistribution in England and many boundary and name changes were made. The Ridings of Yorkshire disappeared and we were left, in my part of Yorkshire, as now being in South Yorkshire. As you can imagine there was great public debate about all this and traditionalists were mortally offended. In Yorkshire a society was established called the Yorkshire Ridings Society to keep the old names and traditions alive.

Why am I telling you all this?

Well this edition of Air Mail will be covering the months of June, July and August, and August the 1st is Yorkshire Day. The celebration of Yorkshire Day was revived in 1975 by the Yorkshire Ridings Society. August 1st is the anniversary of the Battle of Minden (1759) in which Prussia and England had a decisive victory against the French in what has become known as the Seven Years War. There were several British regiments fighting, one being the 51st Regiment of Foot, a Yorkshire regiment. Reports of the battle mention that the British soldiers picked roses and wore them on their uniforms possibly in memory of their fallen comrades, and

## Drivers required, Bull Creek

By Rona Stalley

PERSONS with an appropriate current drivers licence are urgently required to drive the AFME Village Shop buyers to the wholesalers to pick up bulk supplies for the shop on a Monday morning. The vehicle and trailer are supplied, and departure time from AFME in Bull Creek

## Vietnam Veterans Day – 18 August

### Did you serve in Vietnam?

By Jeff Cook, Minlaton SA

We put all the dates on marbles and we drew them one by one  
That's how the Government decided just who would take up the gun  
And if your birthday coincided, you received a telegram  
That meant you would be trained and sent to fight in Vietnam  
A living hell's what faced you if your number had been drawn  
And many conscripts wished to hell they never had been born  
For no matter what these fellas thought, they were in a no-win situation  
Were they fighting for Australia, or invading someone else's nation.

They trained here in Australia, then were packed off overseas  
To be shot at, bombed and booby-trapped by the Vietnamese  
And to do the same to Viet-cong before they did it to you  
No-one liked what they were doing but it was what they had to do.  
Burn the villages, kill the cattle, ignore the horrors you had seen  
Spending months in sweaty jungles, without getting to feel clean  
Wading swamps and climbing mountains to get an edge upon the foe  
Then attack and take no prisoners – just the same as GI Joe

You got letters from your family, but the papers were not sent  
Perhaps some clippings now and then, and you wondered what that meant  
But your families tried to hide you from the headlines over here  
For you didn't have the backing of the people far and near.  
You risked your lives most every day, and orders you obeyed  
As our diggers had done in the past, that's how heroes had been made  
And you saw your mates as heroes in the things they had to do  
Though what they did while "over there" was no different to you.

Your girlfriends didn't wait for you – "well, who knows if he'll come back?"  
And you lost some darn good mates in an enemy attack  
But the damage that would hurt you most was not from the Viet Cong  
More the Aussies who took to the streets, proclaiming you were wrong  
You fought your fears most every day, and every night as well  
Tried every trick to stay alive, and bring back stories you could tell  
But when you came back to Australia, you were not held up on high  
You were scorned and classed as outcasts and you did not know why.

The horrors that had etched your mind were eating at you still  
As if you hadn't had enough – you'd more that had your fill  
You should have been held as heroes - it's what you had expected  
But now you were political pawns, far worse than just neglected.  
Some mates who's fought beside you, when you were "over there"  
Went off the rails when they came home and no-one seemed to care  
While others shrunk inside themselves to not come out again  
With nothing like it was before, and that was very plain.

The stories you brought back with you, you've never told as yet  
Now you wish you didn't have those tales, although you can't forget  
For those who were not there with you in that hellish foreign land  
Could never in a million years even part way understand  
And I wonder, what can I do, as one who wasn't there  
To help you feel accepted, to let you know I care  
To let you know that we were wrong – those back home I mean  
And to put you on the pedestal where you should have always been

I'm not a man of influence, but I'll do the best I can  
To keep you on par with every honoured Aussie man  
Who has done the best he could've as each circumstance demands  
For I'm proud of what you fellas did, and I'm proud to shake your hands.

# Notes From Branches and Groups

## Airfield Construction Squadrons' Branch

*Val Lopaten*

As foreshadowed earlier, the mid-year programme for the ACS Branch was discussed at the General Meeting on 18 March. Due to the planned absences of many members over the winter months it was agreed to cancel the General Meetings until 5 August. The ACS Branch would be in semi-recess over that period.

The Secretary has contacted 5 members, who were in credit beyond this financial year, in relation to the ACS Branch Levy. All five declined to accept the refund offered and donated it to the Branch. The treasurer thanks you all! One other member who is somewhere "over east in his mobile home" has yet to be contacted. The ACS Branch Levy has been discontinued effective from 30 June 2010.

### Upcoming events

Thursday, 5 August, General Meeting, 10.30am, with lunch to follow in the Meadow Springs Club. Please remind your friends in Perth that the train runs to Mandurah every 15 minutes or so and the lunch after the meeting is always enjoyable; sometimes it goes on for quite a while!

Friday, 27 August, Branch Annual General Meeting, 10.30am, Ev Nicholls Room, AFME Bull Creek followed by lunch in the AFA Club. A bus will be available from the Meadow Springs Estate. Members should start considering their nominations for the new committee. Nomination forms for all committee positions are now available.

Sunday, 3 October, ACSWA Annual Reunion, 10.30am. Meadow Springs AFA Club "under the sails". It will be a BBQ lunch which we will cater for ourselves and arrangements have been made for the AFA Club Bar to be open. More details for bookings will be advised.

## Australia Pacific Branch

*Denny Haines*

June is the month that our branch runs the Friday night raffles, so we will need numbers and assistance.

### Upcoming events

Monday, 28 June, Branch Meeting, 11.00am, Meg Olive Room.

Saturday, 3 July, Christmas in July. Another date to be remembered is our Xmas in July social. This will be another great night, so don't miss it.

Monday, 26 July, Branch Meeting, 11.00am, Meg Olive Room.

Monday, 23 August, Branch Meeting and AGM, 11.00am, Meg Olive Room. I know it is early yet, but please be aware of the AGM. This will be followed by a luncheon in the club. Hopefully this will be an incentive for a good roll up.

See you there.

## Australian Air Force Cadets Branch

*Del Willmott*

### ANZAC Day

Members of the Branch marched behind the Branch Flag at the Perth ANZAC Day parade. Numbers were disappointing but several of our members march with other groups so we were well represented overall.

### Twilight dinner at Royal Aero Club

The popularity of our annual twilight dinner at the Royal Aero Club continues to grow with almost 40 members, partners and friends joining for a very enjoyable evening. The excellent buffet dinner was exceptional value with a wide variety of dishes available. Obviously, we were not the only ones to know this as the Runway Restaurant was packed to capacity.

### Upcoming events

Sunday, 22 August, 7th Branch AGM and lunch, 12noon for 12.30pm, AFA Club at Bull Creek. A Notice of Meeting will be sent closer to the date. We would like members to consider nominating to serve on the Committee.

## City of Perth Branch

*George Winnett*

Our Branch President, Ray Passmore, thanks all who gave time at the Bull Creek AFA Club on Friday evenings in May to sell raffle tickets. Well done! Our Branch is again responsible for raffle ticket sales in December.

### Upcoming events

Thursday, 17 June, General Meeting, 11.00am Ev Nicholls Room. This will be followed by our Annual Widows' Lunch at the AFA Club at 12:15pm for 12:30pm. This is an important date on our branch calendar. Please make an effort to attend.

Thursday, 15 July, General Meeting, 11.00am Ev Nicholls Room. Followed by lunch if you wish.

Thursday, 19 August. Branch AGM and General Meeting, followed by lunch. 11.00am Ev Nicholls Room. Make it a must to be there.

## European Area Branch

*Clive Naylor*

Our thanks to staff at the Merriwa Estate Club for a very warm welcome (despite our late arrival) and excellent meal when we visited on 7 April.

### Upcoming events

Wednesday, 2 June, Branch Meeting, 7.30pm in the Meg Olive Room, when the main topic on the agenda will again be the proposed changes to the WA Division Constitution. This is an opportunity for every member to have input into this very important document prior to the Branches Forum in July.

Wednesday, 7 July, Branch Meeting, 7.30pm with an update on proposed changes to the constitution, following discussions held earlier in the day at a Branches Forum.

Wednesday, 4 August, Branch Meeting 7.30pm to precede Branch Annual General Meeting.

## Meadow Springs Residents Branch

*David Oxley*

The Cameo Loretta fashion parade held in April was a great success and raised \$459.50 for our Branch funds. Congratulations to Eileen and all her helpers.

After a very successful Mystery Trip organized by Judy McCarthy earlier in the year, Judy arranged a trip to ALCOA for the beginning of May. We trust they had good weather and a very enjoyable day out.

### Volunteers

The Branch is very pleased to welcome a couple of friends who although they live off the Estate have agreed to join our list of those available to drive our RAAFA buses. We are looking for offers from any residents who would be willing to join the team who raise the Flags on the Estate in a morning and takes them down at night.

### Upcoming events

Sunday, 13 June & Sunday, 8 August. Sunday Roast at the Meadow Springs AFA Club. The Branch will sponsor the roast which will consist of a three-course meal for \$25. This meal is available for all residents, their families and friends with bookings at the bar in the usual way – but look for the Branch's own purple booking folder.

Friday, 18 June & Friday, 20 August. Fellowship meal. The idea of having a meal to follow our General Meetings was a success in April and will be continued for our June and August General Meetings.

## What our fundraising gets us!

*By Ian Fraser*

IF YOU are wondering what happens to monies from Aviation Museum Branch fundraising . . . . Over the past five years contributions raised have been used for urgent repairs, purchase of tools and equipment and material advertising the Aviation Heritage Museum. The cost of most of these items was less than \$1,000. However the scissor lift purchased in 2005 has been the most expensive purchase and has enabled volunteers to access the highest, most awkward places within the Museum. It was invaluable during the re-assembly of the Consolidated Catalina in 2007. During the previous year \$60,000 was provided by the Aviation Museum Branch for essential maintenance work to the Museum buildings.

The inventory of purchased items is impressive and includes a new sound system for use at social functions, volumes of history books for the library, a safe, and a water chiller. In more recent times purchases have included a chest freezer to de-contaminate donated items of clothing and equipment and shade sails for the rear entrance of the south wing to improve volunteers' comfort in both summer and winter.

After a tenure of less than six months the Museum Administrator, John Park, has adapted to and made a significant contribution to the Museum. Through his enthusiasm and professional and commercial contacts John has been instrumental in obtaining material which has enhanced operations within the Museum and improving the exposure of the Museum to the public.

The contribution made by the Museum and their enthusiasm can not be over estimated.



*Bargain hunters at the recent mini-mart*

## Meadow Springs Club

Phone: 9582 5375

### Trading Hours

Monday  
11.30am to 2.30pm Bar

Tuesday and Thursday  
11.30am to 5.30pm Bar

Wednesday  
11.30am to approx 9.00pm Bar

Friday specials  
1st Friday 5.00pm Fish & Chip night  
(please note price change \$12.50 for battered & \$13.00 for grilled fish and chips).  
2nd Friday 6.30pm Dining in Beaufort Restaurant  
3rd Friday Bar until 2.30pm unless Dinner booking  
4th Friday 6.00pm Entertainment night, Buffet \$17.50 per person

Saturday and Sunday  
Ring bar for details

### Counter Meals

12 noon to 2.00pm Monday to Friday

### Tasty Tuesday Lunch Special

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

### Chase the Ace, Bingo & Horse Racing

5.00pm to 8.00pm Wednesday, meal available

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

## Bull Creek AFA Club

Phone: 9311 4460

### Trading Hours

Monday and Thursday  
11.30am to 6.00pm Bar

Tuesday  
11.30am to 2.30pm Bar

Wednesday and Friday  
11.30am to 10.00pm Bar

Saturday  
3.00pm to 6.00pm Bar

Sunday & Public Holidays - Closed

### Counter Meals

11.30am to 1.30pm Monday to Friday

### Wings Restaurant – Closed

(only open for functions and A la Carte every 4<sup>th</sup> 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

1<sup>st</sup> Friday – Colin & Muriel  
2<sup>nd</sup> Friday – Michael & June  
3<sup>rd</sup> Friday – Colin & Muriel  
4<sup>th</sup> Friday – Robert Fern

## Merriwa Club

Phone: 9400 3640

### Trading Hours

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

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

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

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

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

### Counter Meals

Available Tuesday to Saturday, last orders taken 1.30pm daily

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

Different 2 course menu every week \$17.50 per person

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

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

### Thursday Morning Tea

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

### Friday Night Bistro

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

### Saturday

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

### Bingo, main hall

Every second Wednesday, eyes down 7.30pm

# MUSEUM HOURS



10:00am - 4:00pm daily

(closed Christmas Day, Boxing Day, New Years Day and Good Friday)

### ADMISSION:

Adults: \$10.00

Pensioners, Students and Senior Citizens: \$7.50 (card holders)

Children: \$5.00

4 to 16 (under 4 free)

Family Group: \$25.00 (2 adults and up to 4 children under 16)

Group: \$6.00 (adult)

Group: \$4.00 (child, student, pensioner, senior citizen)

WA Division Member: \$5.00

### CONTACT:

Phone: 9311 4470

[www.raafawa.org.au/wa/museum](http://www.raafawa.org.au/wa/museum)



## Cambrai Club

Phone: 9304 5400

### Trading Hours

Tuesday  
4.00pm to 8.00pm Fish and Chips/  
Quiche and Chips (alternates)

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

Friday  
Bistro/Theme Night once a fortnight

Contact Bar Staff on 9304 5400 at any time for bookings or information.

## Another successful Museum Mini-Mart

By Ian Fraser

BLESSED with a pleasant autumn day, a large crown of enthusiastic patrons and a wonderful team of dedicated volunteers were the elements which resulted in a most satisfying Aviation Heritage Museum Mini-Mart on Sunday, 2 May.

A successful day was ensured when a large group of patrons arrived well before the advertised starting time and were confronted by an array of stalls erected outside the south wing of the Aviation Heritage Museum.

Contributions of goods for sale were impressive. As a consequence there were outlets for books, bric-a-brac, a sausage sizzle, tea, coffee and scones. The many volunteers were plied with refreshments which sustained their enthusiasm.

An additional bonus for both patrons and the Aviation Heritage Museum, the Museum Administrator, John Park, arranged for the early opening of the Museum.

A most sincere vote of thanks is extended to all members, volunteers and patrons who helped to ensure a very successful event.



Patrons enjoying the book stall

# Bowel Cancer Awareness Week

6-13 June 2010

Acknowledgement: **Bowel Cancer Australia**

NOW in its eleventh year, Bowel Cancer Awareness Week is an annual public education initiative of Bowel Cancer Australia centred on one week in June.

The week aims to raise public awareness of a disease that claims the lives of 80 Australians every week as bowel cancer is the most common cancer in Australia to affect both men and women and is Australia's second biggest cancer killer after lung cancer.

Bowel Cancer Awareness Week has a positive message – saving lives through early detection – as bowel cancer is one of the most curable types of cancer if found early. Activities during the week promote and encourage Australians who are at a higher risk of developing the disease or experiencing symptoms to consult their doctor.

The risk of developing bowel cancer significantly increases if:

- You are over the age of 50.
- You have a personal or family history of bowel cancer.

- You notice blood in the toilet or a change in bowel habit.

About 9 out of 10 bowel cancers detected early are successfully treated.

## Red Apple Day

A highlight of the week is Red Apple Day, Wednesday, 9 June 2010, where Australians are encouraged to help raise funds for vital research and community awareness campaigns through the purchase of a \$2 apple pin.

The “apple pin” symbolises our bowel cancer message. The outline of the apple



logo appears as an abstract of a human colon.

The small hole in the apple is caused by a worm. If detected early and removed, the worm is unable to infect and kill the otherwise healthy apple. It's the same with people – if bowel cancer is detected early through screening it can be removed and people can continue to enjoy a healthy life.

Apples are also a nutritious source of dietary fibre.

Additional information can be found by visiting Bowel Cancer Australia's website [www.bowelcanceraustralia.org](http://www.bowelcanceraustralia.org).

# Men's Health Week

14-20 June 2010

MEN'S Health Week provides an opportunity to increase awareness of important male specific health issues. It celebrates the contribution men make to family, work and the community.

It's about encouraging men to make the right choices to improve their lifestyle, wellbeing and all areas of their physical, mental, emotional and sexual health.

Men's Health Week 2010 puts men in the drivers seat when it comes to their health, providing men with access to health information and information about how to improve their day to day life for the better.

## Preventative Health

Even when feeling healthy, a simple yearly visit to your GP can most often save your lifestyle and often your life. Your life can be lived longer if you keep in touch with your health and start making friends with your GP.

The M5 Project suggests five simple things men can do to prevent illness and live a healthy life:

## Share your family history with your GP

Sharing your family history will give your GP a greater understanding of you health risks and the ability to properly monitor your health.

## Know your healthy weight

The risk of many health issues including heart disease, diabetes, high blood pressure, some cancers, osteoarthritis, etc are all greatly increased if you're overweight. Being overweight is also linked to psychological disorders and social problems. Being a healthy weigh can improve cholesterol levels, blood pressure and blood glucose levels. It can also make it easier to be physically active and improve self confidence and self esteem.

## Check your blood pressure

High blood pressure is a major risk factor for coronary heart disease, stroke, heart failure, peripheral vascular disease and renal failure. The risk of disease increases as the level of blood pressure increases. Major causes of high blood pressure include overweight, alcohol consumption, physical inactivity, dietary salt intake and nutrition patterns which involve low intake of fruits and vegetables and high intake of saturated fat.

## Stop smoking – that's the only healthy option

Smoking causes 40% of deaths in men who are aged under 65. Smoking is responsible for causing up to 25 different diseases. It is recognised that your risk of coronary heart disease, stroke and a range of cancers and other diseases is greatly increased if you are a smoker.

## Maintain a healthy mind and a healthy body

Depression is the most common cause of suicide which claims over 1,600 men every year. Recognising the symptoms of depression in yourself and others can be the first step to beating it. Symptoms include tiredness, irritability, sleep disturbance, and loss of interest in work or other activities.

Risk factors include family history of mental illness, excessive alcohol consumption, drug use, stress, unemployment and chronic illness.

Men are less likely to seek help when they feel down. Its imperative you talk to someone if you are not feeling right – there are services out there to help you or you can chat to your GP.

For more information phone 1300 300 817 or visit [www.menshealthweek.com.au](http://www.menshealthweek.com.au)

# Hearing Awareness Week

22-28 August 2010



Acknowledgement:  
**Deafness Forum of Australia**

## Access All Ages

HEARING awareness week is an annual event held in the last week of August. It provides an opportunity to raise community awareness of hearing impairment and ways to protect your hearing.

Deafness and hearing loss have long been associated with confusion, isolation and depression. With the development of technologies such as “state of the art” hearing aids, hearing loops and closed captioning, people with a hearing loss now have far greater access to personal communication and to events happening in the world around them.

There are plenty of communication channels available to you even if you are starting to have difficulty using the phone. Try calling a friend using other methods of communication eg. National Relay Service.

Many devices are available to help even if you don't have a hearing aid yet. Around the home special alerts such as for the telephone, door, alarm clock, baby cry alarms and smoke detectors.

Captioning is available on many DVDs, videos and on many television programs.

Assistive listening systems such as hearing loops, infrared and FM systems can be fitted in specific rooms in the house.

Hearing aids, cochlear implants and Auslan (Australian sign language) are all ways you can improve communication if you are deaf or have a hearing impairment.

## Communication breakdown and repair

Communication takes two. Effective communication happens when the sender of the message and the receiver of the message take responsibility for its success.

If you are hard of hearing, or even normal hearing, and not understanding what is said, there are more effective ways of finding out what was said besides “pardon?”, or “what did you say?” or just looking blank. Here are some ideas...

Repetition: For example, “can you repeat that for me please? I didn't quite catch what you said.”

Clarification or confirmation: For example, “did you say Thursday at 10 o'clock or 12 o'clock?”

Key words: Repeat the words that you heard. For example, “I didn't catch all that you said, were you talking about a picnic?”

Spelling and code words: For example, “could you please spell the name of the street? Is that B for Baker, E for Edgar, A for Alpha and D for Delta? BEAD Street?”

Numbers: Instead of saying whole numbers, repeat the digits. For example, for two hundred and thirty nine, “did you say that was number 2 – 3 – 9 Bead Street?”

Counting: For example, “I did not get the time we are to meet. Can you please count from zero and stop at the correct number?” This is an excellent technique for using on the phone.

If you would like advice or more information, call 131 797 to be connected to your local Australian Hearing Centre.