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Tornado exhibit takes off



Unloading at Fremantle Port



The handing over with the JARTS team

After over three years of detailed planning and a huge amount of co-operation, passion and teamwork between dozens of dedicated people at the RAF, RAAF and RAAFA, the Aviation Heritage Museum WA has welcomed its latest exhibit.

And what an exciting addition it is to the already impressive aviation collection on show at the much-loved Bull Creek museum.

Following Pentagon approval for shipping, the Tornado GR4 - a gift from the RAF - arrived in Perth on Thursday, 19 May, after it was retired from service over in England back in July 2019.

"This aircraft is not only a symbolic gift from the RAF, it's also an extremely significant aircraft, which means a great deal to many people in Australia," says RAAFA's Ian Craig, Head of Clear Skies.

"We really are blessed to have this aircraft in our collection as there's

nowhere else where it can be viewed in Australia, in fact there's very few places around the world where it's on display, so it really is a privilege to have secured it here in Perth.

"The interest in this aircraft in Australia is huge and the significance of this gift cannot be downplayed. At the same time, it's also a credit to everyone who has worked so hard to make this momentous project become a reality."

Having been involved in active service around the world for more than 25 years, the RAF announced it would be retiring its Tornado fleet more than three years ago and invited official submissions to apply for the aircraft.

"Submitting the application for the Tornado was not only a brave and bold move for the museum, it was also a major commitment from the RAAFA Division Council, which

was completely supportive of our proposal, and backed the project the whole way," adds Ian.

"Significantly, there are a number of Air Force pilots, retired technicians and RAF personnel who are based locally and who have a history with Tornados and this aircraft, ZG791, including four pilots who have flown it and were previously stationed at RAAF Base Pearce."

In considering the proposal, RAF Wing Commander, Erica Ferguson, flew to Perth to spend a week with the team at RAAFA to thoroughly vet the application and decide if the museum would be a suitable home for the jet.

"This was really just the beginning of the entire process, which has been a massive undertaking," adds Ian.

"Being able to gather a passionate and engaged team that collaborated to make this dream become a reality has been the key to the success of this project."

Last month, a seven-member specialist RAF Joint Aircraft Recovery and Transportation Squadron (JARTS) team flew out from the UK to Perth to assemble the Tornado, after the completely demilitarised aircraft arrived by ship in Fremantle, before being loaded on the back of two semitrailers.

And following its assembly, an official 'handing over' ceremony was conducted on 21 June, rendering the exhibition open to the public.

"Having this amazing fast jet in our collection for visitors to view at close range is just phenomenal," adds Ian. "Who'd have thought that our very own humble aviation museum would be the only museum outside the UK where this incredible aircraft, with its significant history, can be seen."

The Tornado GR4 - the only aircraft of its type in Australia - is now officially on display at the Aviation Heritage Museum in Bull Creek.

Page 3
Rockingham estate joins RAAFA

Pages 5
Retirement not all relaxation

Page 7
Swimming with medals

Page 9
Nitrate nomads

Page 10
End of an era

PURPOSE

Pursuing excellence in care and heritage

VALUES

Respect; Care; Honesty

APPROACH

Creating RAAFA communities open to all

CEO's perspective



By John Murray

Several major events have taken place against the backdrop of COVID, during a time of need for increased support, for residents in our care facilities, retirement villages and community support recipients. Staff across RAAFA have been committed to supporting those providing care and to those in need. My sincere thanks go to all who have worked extended hours, weekends, double shifts or have returned from their annual leave early to be able to support the needs of those who are most vulnerable.

RAAFA Challenger Court

The City of Rockingham has been working with RAAFA over the past 12 months to negotiate and

finalise the transfer of ownership for "Challenge Court" in Rockingham. The village currently has 50 single bed homes that were built in the late 70s, with an associated hostel that was closed 10 years ago, and a small community centre.

The village is approximately 700m from the cafe strip and provides an opportunity for RAAFA to undertake future development on the site and to extend the provision of services to current serving defence personnel and veterans within the surrounding area.

The reception from residents on the estate has been very welcoming and appreciative of the work that RAAFA has undertaken since we've taken over management of the village.

ARVL

The Andrew Russell veterans living program (ARVL) has progressed further with two important elements in place.

The site RAAFA purchased in Cannington is now awaiting support from the Federal Government and community to fund the required \$10M to progress to the construction stage of the proposed facility.

Through the Department of Veterans' Affairs grants allocation, we have received \$148,000 in grant

funding to support the furnishing of the new facilities once construction is completed. Discussions have commenced with the newly elected government to seek the support we require to commence construction, and this is of particular importance given the Royal Commission investigation into veterans' suicide deaths interim report is due in August 2022.

Constitution changes

Work has further progressed on the constitutional review to update the rules to reflect the requirements of the Australian Charities and Not-for-profits Commission (ACNC), and the WA Associations Act.

The plan is to provide members with the updated rules as part of the Annual General Meeting to be held in October. We are developing the documentation to present in the format required under the Associations Act for members consideration prior to the AGM.

Government changes

The change of government following the recent election may have a range of amendments put in place, especially in relation to age care funding and veterans support. RAAFA has initiated discussion with the newly elected Ministers across these portfolios and will be monitoring progress on any announced changes.

The impact of COVID has highlighted to the Australian community the importance of those who work within the seniors care and veterans organisations and the critical support they provide to those in need.

It also highlighted significant issues around attracting and retaining staff and their needs for a salary review.

The current review by Fair Work of salary structures within aged care will be a major issue from a funding perspective for the government to support.

There are several planned changes in funding structures due to take place from 1 October, which require a significant amount of internal system changes and assessment processes.

These are required to ensure that we receive the appropriate funding for the support we provide within our age care facilities.

Please continue to maintain your own health and if you are eligible for your 4th vaccination please seek to arrange this as soon as possible.



Annual General Meeting 2022

Air Force Association (Western Australian Division) Inc. trading as RAAFA

By Norm Waldie, State Secretary

Friday, 28 October 2022

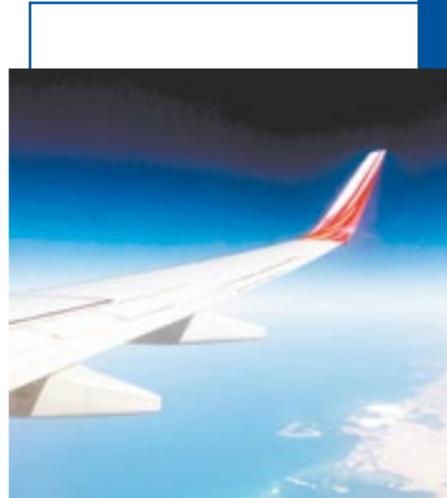
Registration commences at 9.30am with the meeting commencing at 10.30am at the RAAFA Club, Bull Creek. Morning tea will be provided.

If you would like to stay for lunch after the AGM, the Club has the following meals available

for \$20 each:

- Roast of the day with vegetables
- Grilled fish with roast vegetables
- Quiche with vegetables
- Pie of the day with mash

Nominations for Division Council positions and Notices of Motion have now closed.



Get a \$5,000 flying start and apply for the RAAFA Swetman Aviation Education Fellowship



Is this your dream?

The Fellowship is to foster aviation education and interest among youth in Western Australia.

Are you a student aged between 16 to 20 years, an Australian citizen or resident, residing in Western Australia and undergoing or about to undergo an approved Western Australian aviation education program?

Scan here for an information pack or go to raafawa.org.au



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Air Mail story deadlines

2 September for October / November
28 October for December / January
6 January for February / March

Please email articles to airmail@raafawa.org.au (preferred) or post to Julie Stearne, 18 Bowman Street, South Perth WA 6151.

Rockingham joins the RAAFA family

For those who haven't already heard, RAAFA has expanded its retirement living facilities, having recently acquired an existing retirement village in Rockingham.

RAAFA Challenger Court retirement village consists of 50 units, which were successfully acquired after lengthy consultation with the City of Rockingham.

And to kick things off, two introductory welcome sessions were held at the end of May to introduce RAAFA to current residents.

Sandy Komen, General Manager - Connected Living, says the residents were very welcoming and also very positive and optimistic about RAAFA having acquired the village.

"It was absolutely delightful to meet the residents and to hear what they liked about their community and what we could do to improve their quality of living at Challenger Court," says Sandy.

"The residents really enjoyed hearing about RAAFA's story and how we are committed to creating vibrant communities where

residents can gain support to live independent, happy and enriched lives."

Currently, RAAFA is working with residents to complete all the necessary paperwork and undertaking audits of the units to ensure the safety of residents, which includes checks on smoke alarms, RCDs, air conditioners and hot water systems.

"We're also doing some gardening around the village and getting organised for a meeting in the next few weeks to feedback to residents a summary of the initial consultation we had with them, which summarises what they collectively love about their community, and what they would like to change.

"In the coming weeks, we would also like to set up a residents committee as a liaison between RAAFA and seniors at the village, and we are committed to ongoing consultation at each step of the way, as our goal is to ensure that we offer residents the best services possible."



LtoR Residents Elizabeth Cash and Helen Colton

RAAFA is very proud of its reputation for being a strong and stable organisation, rich in history and heritage, with significant experience in retirement living, residential aged care and community-based services, in addition to having a strong connection with the Air Force and ADF veterans' services.

As part of the agreement with RAAFA acquiring the new village, all current residents of the estate have been provided with long-term certainty of tenure, meaning all existing tenancy agreements will be happily maintained.

RAAF Ubon 60th anniversary

To commemorate the 60th anniversary of the RAAF moving into Ubon, 17 veterans and their partners celebrated together over lunch at the RAAFA Club in Bull Creek.

On 1 June 1962 eight RAAF Sabre fighters arrived at the Thai Air Force base at Ubon Thailand after the Australian government decided on 23 March 1962 to assist Thailand protect its borders with Laos and Cambodia.

On arrival a tent city had been set up for the troops and No 5 Airfield Construction Squadron set about creating a 79 Sqn working area plus the base accommodation, medical and communication facilities. Within four days of arrival 79 Sqn flew its first reconnaissance missions.

Despite the spartan facilities No. 79 Sqn was twice awarded the Duke of Gloucester's Cup for being the most proficient RAAF unit in 1963 and 1964. RAAF Ubon was closed in August 1968.



Happy birthday Poppy!

RAAFA's AFME resident Shirley Meyers - better known to all her friends and family as Poppy - will celebrate her 100th birthday on 17 August, surrounded by friends and family who say the centenarian's life has been hallmarked by a quiet sense of determination and compassion.

And in a century that's witnessed two World Wars, the landing of the man on the moon, and a myriad of world-shaping events, Poppy has, by anyone's standards, lived a full life which has seen her follow her passions.

Poppy was born in Liverpool, the eldest of three children, before immigrating to Australia with her family when she was just four years old.

The family settled in East Fremantle, where her father was a purser for a passenger shipping company, and she attended Richmond Primary School and later Methodist Ladies College.

After meeting her husband

Keith, a Melbournian, the couple were married and went on to have three children. Later in life, their entrepreneurial spirit saw them open two new squash clubs, one in Rockingham and the other in Attadale, after which Poppy opened an art centre which, by her own admission, was a great passion.

Today Poppy has seven grandchildren and 13 great grandchildren, many of whom will be helping her to celebrate her very special centenary birthday in August.

A very happy birthday Poppy, from all your friends and family at RAAFA.



Poppy with her daughter and nephew

Lest we forget

The annual Bomber Command Commemoration was held on Thursday, 26 May, under the Lancaster Bomber at the Aviation Heritage Museum.

Attended by over 120 people, State President, Clive Robartson said, "Commemorating Bomber Command, and in particular their operations throughout WWII, is extremely important to the RAAFA community."

"Everyone in attendance was pleased to have the opportunity to remember the over 55,000 personnel who lost their lives in service with Bomber Command, as well as celebrate and recognise the remarkable contribution of those who survived."

Squadron Leader, Mark Levitt said in his address:

Bomber Command crews suffered an extremely high casualty rate, with 55,573 killed out of a total of 125,000 aircrew (which represented a 44.4 percent death rate).

A further 8,403 were wounded in action and 9,838 became prisoners of war.

A Bomber Command crew member had a worse chance of survival than an infantry officer in WWI; with more killed serving in Bomber Command than in the Blitz, or the bombings of Hamburg or Dresden.

In total 364,514 operational sorties were flown, 1,030,500 tons of bombs were dropped and 8,325 aircraft were lost in action.

The ultimate effect that all of this had on the enemy is still argued amongst academics and analysts today. However, it is universally agreed that the greatest contribution to winning the war was in the huge diversion of German resources into defending the homeland.

And on 20 August 1940, Winston Churchill delivered the now famous 'so much owed by so many to so few' speech in the House of Commons. Whilst praising the men of Fighter Command following their



success at the Battle of Britain, Churchill said:

"But we must never forget that all the time, night after night, month after month, our Bomber Squadrons travel far into Germany, find their targets in the darkness by the

highest navigational skill, aim their attacks often under the heaviest of fire, often with serious loss, with deliberate careful discrimination, and inflict shattering blows upon the whole of the technical and war-making structure of the Nazi power."

A Bailey's a day keeps the doctor away

RAAFA's Meadow Springs Estate resident Vera Lusby celebrated her 102nd birthday on 10 July and admits that she never imagined living to such a ripe old age.

"I was the weakest of the lot when I was growing up, and look at me now," laughs the centurion, who was in and out of hospital with bronchitis for the first six years of her life.

Vera was born in Catford, in the south-east of London, and grew up with three brothers, one sister and a stepsister.

She left school at 14, like so many of her generation, and got her first job in a music shop, which she remembers fondly.

"I loved that job, but my mum found me another position that was paying more at a nearby shoe shop, so I went to work there but never enjoyed it as much," she laughs.

Vera was almost 20 years old when war broke out, and she became an ambulance driver, having undertaken a short first-aid course and being taught how to fashion splints to hold broken bones.

"I was given the choice of learning how to drive a bus or an ambulance, and I chose the ambulance," says Vera who is now a great, great grandmother and matriarch to five generations.

Vera went on to meet her husband Fred, a neighbour of her sister, who she married on 19 December 1941.



The couple went on to have two daughters - Maureen and June - after which they emigrated to Perth in 1972, to join their two girls who had already made the move 'down under' with their families.

The couple initially lived in Victoria Park before moving to their own home in Beckenham.

"I've had a great life in Australia, and I really can't believe I'm 102, especially after how unwell I was as a child," says Vera.

"I don't really have any tips and tricks to a long life, but I've managed to keep my sense of humour and I do enjoy a large Bailey's every night, it's my little treat."

Congratulations Vera on reaching such an incredible milestone, from all your friends at RAAFA and Meadow Springs Estate.

Happy centenary Jean

McNamara Lodge resident Jean Savage - or Jeanie as she's affectionately known - celebrated her 100th birthday on 12 July in her trademark style - surrounded by friends and loved ones who say the centenarian continues to display her contagious sense of humour.

Jeanie is a born and bred West Australian, having entered the world in Tambellup, located an hour and a half's drive north of Albany, where her family lived on a sheep and wheat farm.

The oldest of three siblings, she enjoyed her school years and went on to train as a nurse when the family moved to Perth, before meeting her future husband Norm, who she married in 1946.

What ensued was a full life living in various places throughout Australia as an Air Force wife, as exemplified by Jean's three children being born in three different locations - Darwin, Wagga Wagga in New South Wales and Adelaide.

According to her youngest daughter Anne, Jeanie - who also lived at RAAFA's Erskine Grove with her husband for over 10 years - loved bringing up her three daughters, who she continuously ferried around to various sporting activities while still making time for her own hobbies, which included fishing, gardening, pottery and Bridge.

"Mum has always been very sociable, she and dad would have wonderful parties and they were in three different wine clubs, so they were quite the connoisseurs," says Anne, who lives in far north Queensland, but FaceTimes her

mum frequently and visits twice a year, while middle daughter Jenny who lives in New South Wales also FaceTimes her mum.

"Unfortunately we lost dad in 2011 and mum still misses him dreadfully. He died just before their 65th wedding anniversary, which was particularly sad.

"But mum continues to be socially active and still has good friends that she sees, plus her eldest daughter Sue and her family live in North Fremantle and they visit weekly, so she has family living close by too.

"Mum has always remained keen on telling a good joke, something that I think the staff at McNamara Lodge fully appreciate too. She has never lost her fabulous sense of humour, which is something everyone loves about her."

A very happy 100th birthday Jeanie, from all your friends, and the team, at McNamara Lodge and RAAFA.



Retirement isn't all rest and relaxation

David Oxley has been RAAFA's Honorary Chaplain for the last 31 years but, as we know, all good things must come to an end and David recently made the decision to retire or, as he puts it, 'stand back a little' from his commitments and find new things to enjoy now he's turned 90.

Clive Robartson, RAAFA's State President, says David has made a significant contribution to the Association over more than three decades, from assisting people address personal issues, to organising and running countless services and memorial ceremonies.

"Each year David has coordinated many different services and ceremonies and I'm quite sure they wouldn't all have happened without his input," says Clive. "David's contribution and participation at RAAFA have been invaluable and we are deeply appreciative of everything he has done."

As far as 'retiring' goes, David is quick to admit he'll continue to enjoy his various interests, including his involvement with his local Probus group, various ex-service groups and the Mandurah Uniting Church, as well as gaining the opportunity to spend more time with family and friends

"I was a foundation member of the Mandurah Peel Probus Club and am still a committee member which I enjoy very much, and I'm still a member of the Parish Council where I'm involved with the Pastoral Carers group, so I'm still quite busy with church," says David.

"And family wise there is still much to keep us busy with the recent birth of another little baby boy to one of our granddaughters, which means my wife Eileen and I now have six great-grandchildren.

"And then there is all the social activity which takes place in our street at RAAFA Meadow Springs; we are lucky enough to have a great group of neighbours and we spend a lot of time together, which is very enjoyable."

On another note, David has an additional project that he is also intending to take up.

"A couple of years ago I made an inventory of all the memorabilia that belonged to the Mandurah RAAFA Branch that has now merged into the Meadow Springs Branch and there were many interesting pictures that were uncovered," he says.

"So, I'm now setting myself the task of recording everything that we've found that belongs to the Airfield Construction Squadrons Branch so that it too will be around for future generations."

And if all of that isn't going to keep him busy enough, David says that reading is going to take more of a priority in his life during his 90s.

"I'm afraid I've become a 'dipper' into books rather than a reader from cover to cover, so I'm planning on relearning the art of reading for interest and entertainment rather than the gathering of facts for articles I write and addresses I give," he says.

"For my birthday, my family in Port Hedland gave me a recently published book on 11 Squadron's Catalinas flying out of Darwin in WWII, so that's my current reading."

Oh and there's one other thing that will remain a priority, according to the new nonagenarian.



"My day is never complete without having successfully completed the two crossword puzzles and the nine letter puzzle each day in the West Australian, so I can see that taking up some time every day too."

Congratulations on making the decision for a well-earned rest David and all the best for the future, even if it obviously won't be entirely about rest and relaxation, and putting your feet up!

Your State Secretary - Norm Waldie

Norm Waldie was elected as State Secretary in October 2021. While originally from Newcastle, NSW he has lived in WA since 1978 and resided in Duncraig since 1985.

Norm joined the RAAF as a radio apprentice in 1967, transferring to the adult trainee scheme in 1968, completing his trade proficiency certificate as an instrument fitter in 1969. During his 10 years of service Norm served at 481 M Sqn Williamtown, 37 Sqn Richmond, 2AD Richmond, 478 M Sqn Butterworth and finally at 481 M Sqn Williamtown where he completed his service after specialising as a precision measuring equipment technician.

Moving to Perth, Norm was involved in both technical and administrative roles ranging from offshore seismic data collection with Geophysical Services Inc., Commercial Manager WA with Southcorp Wines and Corporate Services Manager with both RSPCA WA and Linde Material Handling. The majority of Norm's later roles were involved in the corporate services field in both the not-for-profit and commercial



sectors. He retired from the WA Police as Police Auxiliary Officer in March 2016. Norm has also completed a Bachelor of Business (Management) at Edith Cowan University.

Since joining RAAFA Norm has taken a keen interest in the various facilities and services provided by the Association. He is looking forward to contributing his skills to the organisation to enable RAAFA to continue supporting those in our community who have served their country with distinction.

Happy birthday Ruby

Alice Ross-King Care Centre resident Ruby Edwards was born on 28 June 1920, at the city hotel in Perth.

The born and bred West Australian grew up in hotels in the city and throughout the country, as Ruby's mother managed them and looked after the staff.

"I can remember going to Nedlands kindergarten and primary school," says Ruby, whose father tragically died when she was just nine years old

"When I left school I worked as an assistant in a ladies clothing shop, after which I married my husband, though we waited until after the war as he was in the Air Force.

"We didn't have children, our passion was travelling, which we enjoyed very much. We were fortunate to visit England, Scotland, Ireland, France, Singapore, New Zealand, South America, Mexico, USA and Canada in our time.

"Indeed, we were happily married for 70 years before he sadly died around 11 years ago.



"When I look back I can see I've had a good life, though I don't think there's any secret to it. I was held up at gun point at work once and I asked the gunman if he wanted golden bullets (I worked in a jewellery store at the time).

"They caught him though and this incident certainly made me appreciate life."

Happy 102nd birthday Ruby, from all your friends at RAAFA and the Alice Ross-King Care Centre.

Coronavirus prompts new life for Muriel

When Muriel Hall arrived in Australia on her annual holiday from England in January 2020, she had no idea that she wouldn't be going home.

Muriel, who was born and brought up in the West Midlands, in central England, was visiting Perth to see her son and his family, something she had done for the past nine years since her only son had emigrated to Australia back in 2009.

"I would visit for about three months every year over summer to spend time with my son, his partner and my grandchildren, who had settled so well in Perth and had a lovely lifestyle," says Muriel who recently moved into RAAFA's Merriwa Estate.

"And then of course COVID hit and my son said to me, 'you're going to have to stay mum', and so that's what happened."

As a result, Muriel had to sell her house from the other side of the world, as well as give away most of her furniture and her car, and organise for a few items to be sent over to Perth, something that her best friend in England helped her do.

"All I really had sent over to me was my jewellery, photos and paperwork," says the 76-year-old who has two granddaughters and one great-grandson.

After living with her son and his partner while she sold her house, Muriel came to look at three different units at RAAFA's Merriwa Estate, which she had become familiar with after visiting a friend several times who also calls the friendly estate home.

"I saw three separate units, and I just loved the third one straightaway, it immediately felt like home," recalls Muriel.

"My son has been so good to me and has given me lots of his furniture so I haven't really had to buy anything, and I love the fact that the estate feels so safe and secure, and everyone is very welcoming.

Another factor in Muriel's decision to move into the estate was the convenience of the public transport network.

There's a bus stop right outside the gate and it takes you straight into the shopping centre, I think it's



fantastic and I've got to know all the bus routes too. I find it doesn't take long to get anywhere, and on top of that, I love walking and I'm really happy to walk to get to the bus, it's all exercise after all."

And so, now that Perth and RAAFA Merriwa are most definitely her home, does Muriel think that she might one day return back to England for a visit?

"I will go back one day, but I'm not

in any rush at the moment with COVID still around," she says.

"I'm just so happy with my new house, everything in it is brand-new including the kitchen, the bathroom and the carpet and flooring. I love it here and I really feel that moving into the estate has just been the best thing."

Welcome Muriel, from the entire RAAFA community!

Countless cuppas in aid of the Cancer Council

Countless cuppas were on hand at RAAFA's Merriwa Estate as more than 50 enthusiastic residents helped to celebrate and support Australia's Biggest Morning Tea in late May, and in the process raise over \$1,100 to help fight cancer.

And for the team who organised the fun fundraiser in aid of the Cancer Council of Australia, it wasn't hard to stir Merriwa residents into action given pretty much everyone agrees that a nice hot cuppa warms the cockles and makes everything seem a little better, especially when accompanied by scones with jam and cream.

Suzanne Free, retirement wellbeing officer, says this year's event was another great success, with residents enjoying a lovely morning at the main hall, which included lots of raffles with a range of quality prizes, such as \$100 gift vouchers, beautifully presented gift baskets and even a 20-year-old bottle of Port.

"Our residents were really keen to get involved in this year's morning tea and, of course, they don't need too much persuasion to indulge in a hot cuppa, a delicious morning treat and an opportunity to catch up with friends while at the same time supporting a very worthwhile event," says Suzanne.

"But of most importance was the genuine support that so many residents wanted to provide to this



very worthy cause, which is very much appreciated.

"As well as raising money for a great cause, we believe it's all about joining in with events taking place in our community and our residents love getting involved. The philosophy of giving is definitely alive and well at Merriwa Estate, and we're very proud of that."

Since it began in 1994, the Australia's Biggest Morning Tea event has taken the nation by storm and raised more than \$200 million for cancer research, prevention, education and support.

Investment in research has helped increase cancer survival rates from 49% in the 1980s to 69% today meaning, because of the money invested in research, more people are surviving cancer than ever before.

Merriwa homes selling fast

The fact that a dozen newly refurbished units have sold in the last two months is more proof that RAAFA's Merriwa Estate is becoming an increasingly popular retirement village for those living in Perth's north.

"Enquiries have been very buoyant, we've had a number of people walking in wanting to be shown around, and many more making contact and booking a time to view our display home and facilities," says RAAFA's manager, Raelene Siford.

"The fact that we are affiliated with the Lawn Bowling Association and many members come and play here also exposes potential new residents to the estate, and we have definitely sold a number of units as a result."

All units currently available are newly renovated and include reverse air conditioning in the lounge area and a gas hot water system.

And as with other RAAFA villages, Merriwa offers a clubhouse with bar service, affordable meals and function rooms, caravan and boat parking facilities which appeal to those who want to lock up and leave, and an estate bus which is available for local shopping outings twice a week.

"Anyone who has a friend or family member who would like to see what's on offer at the estate, can always make

contact and I'll show them the facilities, including the pools and the hobby workshop," adds Raelene.

"The people who have moved in recently have all given feedback that they are incredibly happy in their new home, which is exactly what we want for them."

Known for its manicured gardens, wide streets and a friendly atmosphere, the 240-unit retirement village offers seniors a comfortable lifestyle, situated close to beautiful beaches and a range of amenities including cafes, restaurants, shops and all the services that come with living just 11kms from Joondalup.

As well as the therapy and outdoor pool, the estate's facilities include a BBQ area, chapel, bowling, greens, library, tennis courts, a hobby workshop and fully licensed club, plus plenty of activities to suit everyone, as well as great opportunities to make new friends.

To find out more on the available units, speak to one of our team on 9400 3400.



Swimming with medals

Merriwa Estate resident John Lockley collected four gold medals and one silver at this year's Australian Masters Games in Perth at the end of April.

But the 85-year-old retired teacher is characteristically humble when discussing his haul of awards.

"Well, I was in the 85 to 89-year-old age group and there were only six of us in that category, so I guess you have a better chance of winning a medal at my age," he laughs.

Although he grew up in Bridgetown where he spent time swimming in the local Blackwood River during the holidays, John admits that it wasn't until he and his wife Pat were in their early-50s that they really took up swimming.

"Pat and I joined the Osborne Park Masters when we were 51 to keep fit and we loved it, in fact we still love it now though to be honest Pat is significantly fitter than I am which I find quite disgusting," John laughs. "She'll keep going whereas I have to have more rests, but we both stick at it because we just feel so good for doing it."

John explains that, about 15 years ago, he decided to undertake the coaching course which the Masters club runs and, as a result, he coaches seniors every week at Beattie Park.

"Coaching is something I find very rewarding and thoroughly enjoy," says John, who moved into Merriwa Estate with Pat about 12 years ago.

"Helping people to become more confident in the water and to develop their technique is something I very much enjoy, I guess that comes from the retired teacher in me.

"But I'd also say that swimming is just fantastic exercise because it supports your weight and is great for muscle tone, in fact it's far less impactful than almost any other exercise, where it's common to get hip, shoulder, back and knee injuries."

As a result of their involvement in Masters' competitions Pat and John - who have been married over 60 years and now have nine grandchildren and four great-



grandchildren - have travelled to Tasmania, Darwin, Melbourne and Adelaide to take part in competitions.

"We've won a few medals in our time, though COVID has slowed things down over the past couple of years," John adds.

"And even though Pat and I have the usual aches and pains, we still swim four or five times a week and in fact it's fair to say we're both more agile in the water.

"That's especially so for Pat, who's usually a 100 or so metres in front of me at any time. In fact, I have to keep practising so that I can keep up with her," he laughs.

Congratulations John from everyone at RAAFA on your haul of medals at the Masters, which included gold medals for - 50, 100 and 200 metre backstroke, 50 metre freestyle and a silver for 100 metre freestyle. Such a fantastic achievement!

Government House invite is a real treat

Merriwa Estate resident Betty Trotter was honoured recently when she was invited to Government House for the 75th anniversary of the Australian War Widows Inc, formerly known as the War Widows Guild.

Hosted by the Governor, His Excellency the Honourable Kim Beazley AC, the afternoon tea event saw Betty honoured with a Queen's coin, presented to her in a beautiful velvet pouch by the Governor himself.

"I was very honoured to be invited, it was an extremely enjoyable afternoon which included a beautiful afternoon tea," says Betty, who reached her 100th birthday on 27 July.

"There were six of us at the table, including my daughter who came with me, and I very much enjoyed contributing to the conversation, though I must admit to being quite embarrassed about being singled out for the coin keepsake I was gifted."

During the event, WA State President for the Australian War Widows, Emily Cook, addressed guests, as well as the Governor, and Ms Susie Annus, the Governor's wife, also mingled and chatted with the crowd.

And according to Betty, the event was a wonderful experience, made all the more special because it occurred only weeks before she reached her own centenary.

"Betty's first husband, my dad, fought in WWII and, although he survived and lived for many years after the war, he eventually succumbed to war injuries," says Nanette Lyons, Betty's only daughter, who accompanied her to Government House.

"Dad was in the Air Force when he was younger and, when my mum remarried, her second husband was also an Air Force man, so she was very familiar with life in the services."

Betty Gibbs, as she was born, started life on 27 July 1922 as the youngest of two girls whose father was a soldier and had fought in the First World War.

"Mum has always loved to be involved with people, and even today she is still very sociable, as much as you can be during COVID times," says Nanette.

"She was always really engaged with my three brothers and I, as well as her local community, and she and my dad loved travelling in Australia and internationally, which they were fortunate to do quite extensively.

"Plus, she walked everywhere and loved playing tennis when she was younger, as well as golf throughout her life, which she only gave up a few years ago.



"And although she had trained as a nurse she didn't officially work when she married dad. He ran a butcher's shop and a small farm, and she helped him out extensively."

And according to Nanette, Betty - who was brave enough to go sky diving at the age of 93 - puts her long life down to hard work and exercise.

"Mum still loves the finer things in life," laughs Nanette. "To this day she's still a committed chocoholic and loves her red wine."

Thanks ADF

We were so pleased to see the Australian Defence Force (ADF) arrive at Karri and Tuart Lodge after COVID saw 32 staff test positive for the virus.

A successful application made through WA Aged Care COVID Support Team, saw 10 ADF personnel arrive on site on Saturday, 21 May, which included five nurses.

The team assisted in clinical care and social support of our residents, helping in the laundry, kitchens, cleaning and anywhere they were needed.

Needless to say, the team slotted in well with the Karri and Tuart Lodge staff, working seamlessly to deliver a very high level of service over the week.

And to add to their impact, before they left the team gave a small group presentation about their roles in the Air Force, something that everyone found fascinating and incredibly educational.

As would be expected, the team were commended for their hard work and cheerful personalities, so much so that a BBQ breakfast was held to show RAAFA's heartfelt thanks and appreciation.

Thank you for making a big impact in such a short time.



You get what you give



Erskine Grove resident Carole Hawkesbee has been volunteering for various causes for over 35 years and was recently acknowledged by the charity Barefoot Ministries during Volunteer Week for her help and support over the last five years.

"I just love volunteering, I get so much more back than I give and I just feel so blessed to be able to offer my time," says the 85-year-old who, along with her husband Alan, has been a member of RAAFA's Erskine community for over 17 years.

"I volunteer a lot with the homeless

and I often think how lucky I am to have a roof over my head, I feel very fortunate to have the life that I do and really want to help others as much as I can."

Carole started life on the other side of the world, having been born in south Wales, in the city of Cardiff, from where music legends Shirley Bassey and Tom Jones hail.

"My early years weren't particularly easy as my mum left home when I was 13 and I was also dyslexic, so I struggled at school, but I was very lucky to have supportive people around me in my later teenage years, and after getting an office job I met my husband when I was 19 years old when he'd just finished his national service."

As a result, Carole was engaged and married within a year, and subsequently became an army wife, which saw her and her husband live all over the world.

"My first daughter was born in Germany, my second in the Lake District, and my son was born in Weymouth," explains Carole,

who has been married to Alan for over 65 years and now has five grandchildren and 10 great-grandchildren.

"We lived in Singapore during the time the country gained independence, and also Aden in Yemen, which we had to leave very quickly after my husband's associated Scottish regiment suffered a number of cruel fatalities.

"All of those life experiences really add up and I just feel so grateful for the life I've had, and that really drives me to help others."

Carole continues to volunteer each week with Barefoot Ministries, which supplies food parcels, warm clothes, bedding and underwear to the homeless, as well as providing shower facilities to those living on the streets.

"I am so happy to help where I can; to be recognised in this way is just unbelievable, and to receive my certificate on my 65th wedding anniversary was just the icing on the cake," she adds.

Happy 100th birthday Jean

AFME resident Jean Oliver celebrated her 100th birthday in June and puts reaching her centenary down to good genes and 'the luck of the draw'.

"I feel very fortunate to have reached such a great age, but I don't have any particular tips," says Jean, a former primary school teacher.

"I still enjoy a glass of white wine, though I do try to have an alcohol-free day every Tuesday and Thursday. I must admit though that it doesn't always happen."

Jean Oliver was born on 10 June 1922 in Leicester, in central England. And it was in England that she met her Australian husband, a decorated bomber pilot during WWII.

"We met at a dance, which so many couples did at the time," Jean recalls.

"I had only one decent outfit and it was made of tartan, which gave George the opportunity to approach me and ask if I was Scottish, just like his navigator was at the time.

"We ended up dancing all night and he insisted on walking me home, after which my mum asked if he'd like to come over for a meal.

"I never thought I'd see him again, but that Sunday he arrived for a traditional English lunch, and that's how things got started."

Jean and George were married on 1 August 1944, after which George, who joined the RAAF when he was 18 years old, continued to serve in the Second World War.

"While in the UK he transferred to

the Special Operations Executive where he flew Short Stirlings with the RAF 196 squadron," explains Jean.

"George also flew special agents into Europe which necessitated flying on moonlit nights at low altitude to avoid detection and, on occasion, he also towed gliders filled with paratroopers.

"He was very lucky as during one mission he was gunned down over the Netherlands and crash landed into a tree, though he still managed to secure the safety of all on board.

"Following this mission I received a telegram to say he was missing, presumed dead. The sheer relief and elation when I received a telegram the following week to say that George and his crew were safely back in the UK was indescribable."

After the war ended, Jean boarded HMS Indefatigable, the lead ship of three battlecruisers built for the Royal Navy, in Portsmouth and sailed to meet her West Australian husband in Fremantle.

The couple went on to have three children, and Jean now has seven grandchildren and 17 great-grandchildren.

"We had a wonderful life, and after the children were off our hands we travelled lots, we went back to the UK and also bought a caravan and travelled around Australia," explains Jean.

"We were married for just over 70 years, for which I will always be grateful, and then six years ago I moved into AFME, where I have continued to be very happy."

And, as you might imagine, a common question for Jean at the moment is: how does it feel to have reached 100 not out?

"People keep asking me what it feels like to be 100, and all I can think of is, how ridiculous, it feels exactly the same as being 99."

Congratulations on your 100th birthday Jean, and also reaching the milestone of being one of the estate's oldest independent living residents.

NB: For those who don't know, the new apartment complex at AFME will be known as Stirling, named after the Short Stirling, a British four-engined heavy bomber used during WWII, which was flown by Jean's husband, George.

As a result, George became a Chevalier of the French Legion of Honour - the highest French order of merit for his service during WWII. He was also awarded the Dutch liberation medal.



Celebrity speaker draws crowd



LtoR Pat Love, Glen Jackovich and Hazel Love

A recent event organised to raise funds for the bowling club at AFME integrated some pretty impressive star power.

The evening's star attraction was West Coast Eagles legend, Glen Jackovich, arguably the greatest centre-half-back of the modern era, who helped to attract over 120 people to the club for a 'parmy and pint' night.

What's more, his presence helped to raise thousands of dollars which will be ploughed back into the bowling club for the benefit of all members.

Organised by AFME resident and president of the estate's bowling

club, Pat Love, the fundraiser also included a massive raffle, a terrific auction and even a \$1000 door prize.

"The evening was hugely successful, with Glen talking about the old days, reminiscing and telling humorous stories that no one had heard before," says Pat, who knows Glen personally as a result of his many years of sports commentating on 6PR.

"He told some unbelievable stories relating to when he was first drafted and his days playing Collingwood, plus the players' antics which had always been kept fairly quiet as, in his own words, nine times out of 10 the boys got into trouble for what they got up to."

Growing up as a country kid, Pat admits to loving sport and playing everything at A grade level including football, cricket and basketball.

This passion saw him become a commentator on 6PR, where he met Glen and they bonded over

footie and both being 'mad keen' fishermen.

"When I sat down with Glen and asked him if he'd do the fundraiser, he immediately said yes and we agreed to get on and just do it," adds Pat.

"We had five weeks to organise things from the time the posters were printed, and when we opened it up to the wider community we had huge interest from all ages, which was interesting as I think the youngest member of the audience was only around 20 years old.

"I'd like to thank everyone involved and a huge thanks of course to Glen for adding his star power to the fundraiser."

Stop Press: AFME's bowling club is currently looking for new members, so if you'd like to meet new friends, learn something new, or even get a bit of weekly exercise, pop down to the club and see Pat or the crew for more information.

Celebrating NAIDOC week

For those who aren't sure, NAIDOC stands for National Aboriginal and Islander Day Observance Committee.

And again this year at McNamara Lodge, a fantastic set of activities were organised to celebrate this important week.

Organised by therapy assistant Lucy Rice, the celebration included 'dot art' craft activities, and the decorating of boomerangs using leaves and pictures of native animals, as well as hand painting.

Viktoria Szasz, Lifestyle Coordinator at McNamara Lodge says the residents embraced all aspect of the NAIDOC planned activities,

particularly creating the dot art.

"RAAFA's vision is for our residents to thrive, and it's through creating these kind of meaningful activities and celebrations that we are able to ensure our seniors continue to live meaningful, enjoyable and enriched lives," she says.

"It also brought residents great joy to help celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples and was a great opportunity to help our seniors learn more about Aboriginal communities.

Betty Borbas and Terry Rumens were two of the residents who took part in the activity.

"It's good for us to remember where we all come from and to think about the meaning of these indigenous paintings," says Terry.

"What we created reminded me of something that could be used for marriage celebrations," adds Betty. "They were such special decorations."



Betty Borbas

Nitrate nomads

By any standard, octogenarian Daryl Binning has had a full and fascinating life.

The AFME resident originally qualified as an electrician but spent the majority of his working life as a professional cinematographer, a career path that saw him filming major world events including the Vietnam war protest marches and the Beatles tour in Sydney during the early 1960s.

A qualified pilot, Daryl also covered stories for various TV stations over the vast distances in Western Australia and also Papua New Guinea, where he and his late wife Wilma lived for five years, in 1962.

After Daryl's wife sadly passed away in 2015, he spent the next three

years working on a book which chronicles the adventures of the travelling silent picture showmen - and occasional show-women - who brought entertainment to many isolated south-west Australian country towns.

The book - Nitrate Nomads - is loaded with unique photos from the era and retails in shops for \$60, though Daryl has donated 10 copies to RAAFA which are available at estate libraries for people to borrow and no doubt take a trip down memory lane. It is also being used to raise funds for benevolent groups in the film industry.

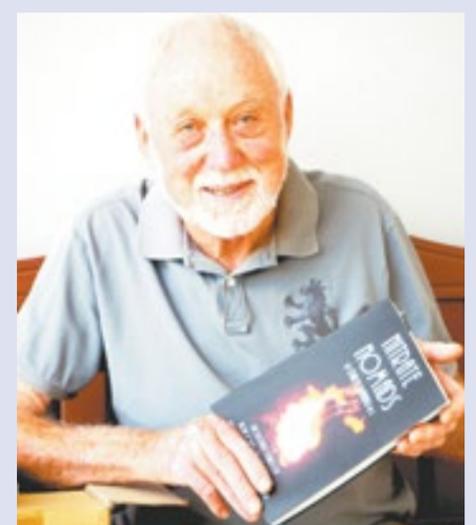
"The book doesn't have chapters, they're called reels, and there's a great deal of research, as well as my

own personal anecdotes and many historic photos donated by the pioneers of the film industry at the time," Daryl explains.

"It has been described by a retired film historian at the National Film and Sound Archives, Graham Shirley, as an important contribution to Australian film history, not only for telling the story of the showmen in the South-West, but also for setting the story in a regional, national and international context."

Unsurprisingly, in 2017 the Society of Australian Cinema Pioneers honoured Daryl by naming him the Western Australian Cinema Pioneer of the year.

And even today, he remains busy with film work and admits he



doesn't seem to be able to find as much time as he wants for his various projects.

"There's a lot more for me to do, but luckily I still feel like a relatively young 82 years old," he laughs.

Loving life at 101



■ Meadow Springs Centenarian Margaret Good celebrated her 101st birthday on 30 June and says immigrating to Australia is one of the best things she has ever done.

"I just adore Australia, we are so lucky to have the sunshine, not like back home in England where you always need an umbrella," says

Margaret who was born and raised in Tottenham, London, along with her five brothers and sisters.

"I've never regretted moving here, I love it and have only been back to England once in 40 years."

Margaret and her late husband Bill followed their son over to Australia and settled in Karrinyup in 1983.

"My husband wasn't quite sure if he wanted to come, but as soon as he saw how beautiful the beaches were, he loved it too," she recalls.

After leaving school at 14, Margaret went on to work at The Air Ministry in London, a government department that had responsibility for managing the affairs of the Royal Air Force.

"I loved my job and I had a great crowd of friends, both fellas and girls, we all mingled and every week we would go to a park where everyone

would dance around the bandstand," she recalls.

"That's where I met my husband-to-be Bill. It took me a while to work out that I definitely wanted to be with him, but when I was certain we got married and were together for over 60 years."

The couple went on to have one son, Michael, and Margaret now has three grandchildren and 'more than half a dozen' great grandchildren.

And as well as being very happy to live in Australia, Margaret also loves living at RAAFA's Meadow Springs Estate, where she is known for her happy, positive and light-hearted attitude to life.

"Everybody here knows each other and it's such a wonderful, friendly and safe place to live," she says.

"I feel so lucky to live here, I have great friends, wonderful

companionship and I still really enjoy the day to day."

So having just passed her 101st birthday, does Margaret have any tips for a long and happy life?

"When anything bad happens and you can't do anything about it, there's no point in worrying about it," says the teetotaler who admits she's never had any vices like smoking or gambling during her lifetime.

"And on top of that I just think you have to be your own person, there's no point in following in the footsteps of other people, you need to be yourself to be truly happy."

Congratulations on your 101st birthday Margaret, from everyone at RAAFA and Meadow Springs who appreciates your sunny disposition and your wonderful attitude to life.

End of an era

■ AFME's Sivyver, Harris, Ingram and Fraser units – known as SHIF for short – are about to be demolished, heralding a new and exciting chapter for RAAFA's Bull Creek community.

But the demolition didn't take place until a remembrance lunch was held in mid-June, which enabled residents who have called the units home, including Rona Stalley who lived in her unit for 34 years, to share their stories and memories of the beloved buildings.

Penny John, AFME Estate Manager, says the event was a very enjoyable

social gathering, filled with fond memories and nostalgia.

"It was a really lovely get-together, where residents were able to share fellowship over a light lunch, as well as their many happy memories of the units," she says.

"It was also a great opportunity to discuss the future plans for the estate with those in attendance, and to reassure everyone that the beautiful trees along the creek at Fraser House will remain to create a beautiful outlook from the south facing Stirling apartments. And the

garden along the northern boundary will also be maintained during the construction phase.

"A special thank you to Delys Fergusson, Jean Oliver and Jean D'Cruz for speaking and sharing their stories, particularly of those workers first involved with creating the original gardens."



Further updates on the progress being made on RAAFA's new Stirling apartments will be given in future editions, so keep watching this space for more information.

RAAFA Connect services key to remaining at home

■ Octogenarians and Cambrai Village residents Fay and Terry Wall have lived at the popular estate for over 12 years, and that's where they want to stay into the future.

The couple receive services from RAAFA Connect - the in-home support division of RAAFA - every week, which includes three hours of respite care every Friday for Terry, and fortnightly domestic assistance which gives the couple a helping hand with cleaning the bathroom and kitchen, and mopping floors.

"All of the RAAFA Connect staff have been very helpful and kind, and I particularly appreciate gaining some time for myself every Friday while Terry is taken out by a carer, it's really good for both of us," says Fay, who has been married to her 'other half' for 63 years.

"Like so many of us, Terry has his fair share of aches and pains and his legs don't like to work so well anymore, I put it down to all the jiving we did in the 50s and 60s, and perhaps those 100-mile hikes he did when he was in the army."

For those who may not be familiar with the service, RAAFA Connect specialises in quality care for individuals with Department of Veterans' Affairs (DVA) and Veterans' Home Care (VHC) eligibility, as well as private services, home care packages and Commonwealth home support.

In other words, RAAFA's personalised in-home care service has been designed to support people like Terry and Fay to live a healthy, safe and independent life while remaining in the comfort of their own home.

"Terry has had half a dozen or so careers over the years, including nine years in the army where we lived overseas, 16 years on a farm, and he also had his own building business where he specialised in renovations," explains 82-year-old Fay.

"At the same time, I found myself working in tourism when my three children got a bit older, initially working in a country tourist bureau and then as a senior travel consultant, a job that I loved and

didn't retire from until I was 76.

"As a result we've been very lucky and have travelled a great deal, we have many good memories and feel grateful that we're still around for our 14 great-grandchildren, with the possibility of more on the way.

"Our life at Cambrai is still full, and we are grateful to the RAAFA Connect team for giving us that extra bit of support to remain living independently, in our own home."

Whether it's in home respite care to provide a break for someone who is caring for a loved one, assistance with getting out and about with things like shopping or going to appointments, maintaining social connections by going out for lunch or a coffee, RAAFA Connect can help.

The organisation also provides services to help people at home, including showering, medication management, cooking meals, doing laundry, cleaning and generally whatever might be needed.



Shopping assistance is all part of the service

And in case you're wondering, services are available from Orelia to Falcon in the south, Joondalup to Alkimos in the north and also in Bull Creek and the surrounding suburbs.

To find out more about what's on offer, how to receive Government funded services, or how the team can tailor something to best support you, contact our friendly team on (08) 9288 8470 or connect@raafawa.org.au

Club Bites

MEADOW SPRINGS CLUB 9582 5375

The Beaufort Restaurant located in the RAAFA Club is a relaxing space to enjoy lunch with family and friends or groups.
All bookings for lunch or dinner can be made at the bar.

Weekly specials

Monday, Roast \$15.00
Tuesday, Morning tea and chat, 10.30am (gold coin donation for coffee)
Tuesday, Fish and chips lunch \$15.00
Wednesday, Club Night - meal \$15.00, chase the ace, bingo & horse racing
Thursday, Movie afternoon on the big screen, includes tea, coffee and movie treat 2.00pm
Thursday, Kelly's pool from 3.30pm
Thursday, Happy hour, 4.30pm to 6.30pm

CAMBRAI CLUB

9304 5400 or if unattended
0417 922 658

Specials

Tuesday and Wednesday, Happy hour 4.00pm
2nd Tuesday, Chicken Parmi \$14.00*, 6.00pm to 7.00pm Picardy Restaurant (bookings essential by 12noon Friday prior)
Wednesday, 2 course roast dinner \$23.00*, 6.00pm Picardy Restaurant (bookings essential by 12noon Tuesday)
Wednesday, Morning tea, 10.00am to 11.00am
Friday, Bar/Bistro lunch, 12noon with offal option 2nd Friday (bookings essential)
Friday, Happy hour, 5.00pm (when function on)
* new prices from 1 September 2022

Events (check Club for details)

1st and 3rd Fridays - generally sundowner or function, 5.00pm

MERRIWA CLUB

Blue Gum Cafe

Pop down for one of our daily specials or sample something off the menu. Now open Wednesday and Thursday, check Club for details.

Specials

Wednesday, Roast lunch \$15.00
Wednesday, Happy hour 4.00pm
Thursday, Morning tea from 10.00am
Thursday, lunch specials \$15.00

Events

2nd and 4th Friday, Bistro night (bookings essential)



Easter celebrations

BULL CREEK CLUB 9311 4460

Open for light breakfast and lunch Monday to Friday and dinner every Friday. Check Club for details.

Weekly specials

Monday to Friday, light breakfast 9.00am to 10.00am
Monday, Roast \$16.00
Tuesday, Fish and chips \$16.00
1st and 3rd Thursday, Lamb shanks \$22.00
2nd and 4th Thursday, Lambs fry and bacon \$16.00
Monday and Wednesday, Happy hour 4.00pm



Jean and Poppy celebrate 100 years



Fundraiser lunch

Look who's turned 6

RAAFA's Alice Ross-King Care Centre, named after celebrated WWI nurse Alice Ross-King, celebrated its sixth birthday in May with an afternoon high tea for the residents and the team. This was a welcome celebration at the Centre

following a COVID outbreak, which sent the home into lockdown for two weeks in April.

During the celebrations, Alison Ramsden, Facility Manager, said a few words and reflected on the amazing community that

contributes to RAAFA's state-of-the-art aged care centre in Bull Creek.

And according to the Centre's Occupational Therapist, Waruna Ranatunga, everyone enjoyed the celebrations including several residents who have called the modern facility home since it first opened its doors.

"All of the residents enjoyed the celebration, particularly our long-term resident Sadie Baker who was asked to cut one of the cakes," he says.

"The staff beautifully decorated both the reception and dining areas, and everyone enjoyed the finger food."

RAAFA Wellbeing Team

CAMBRAI VILLAGE

Vanessa Priestley
9304 5280

RAAFA ESTATE MERRIWA

Suzanne Free
9400 3778

AFME

Jo Oliver
9311 4562

ERSKINE GROVE

Angeline Carleton
9586 4309

RAAFA ESTATE MEADOW SPRINGS

Mischa Matthews
9582 5369

RAAFA AMITY VILLAGE ALBANY

Ceridwen Fitzpatrick
9841 8311

Merriwa Estate

Seasons sing-a-longs

A lovely time was had by everyone who attended the concert in the hall. There were lots of toes tapping and shoulder jiggling to the sweet

sounds that everyone remembers well. Warm cinnamon donuts energised everyone throughout the performance by David Grace who shared his talent on multiple instruments.



Amity Village

Falls prevention group

Have you tried the new Falls Prevention Exercise Group at Amity Village yet? Every Friday from 10.00 to 10.45am in the Amity Village Clubhouse residents get together to work on their balance and flexibility in an informal, friendly and welcoming atmosphere.

Focusing on supporting each other to learn exercises to do at home that will benefit balance and flexibility with some participants already feeling improvement.

Hope to see you next Friday.



Erskine Grove



Advanced care planning

Sabina from Palliative Care WA provided residents with information on what's involved in advanced care planning, how to get started and how to talk about your wishes with your family, loved ones and health care provider. There were lots of resources available and feedback has been excellent.

Seasons singing

Residents were treated to a morning of entertainment from Cass and were welcome to join in singing or request a favourite song. Cass has visited our estate many times over the past few years and we thank Seasons Funerals for organising Cass to perform.



Meadow Springs

Knitting beanies

Residents and staff have been busily crocheting and knitting beanies for the babies and children of the Kalumburu Aboriginal Community in North Kimberly WA, following an urgent appeal due to the extremely cold winter weather.

Wellness Centre project

Watch this space as we create an inviting, relaxing and therapeutic environment for residents, family and friends to enjoy, based on a dementia friendly garden with the help of local landscaper Brad.



AFME

Meet Jo Oliver

Jo is a born and bred Kiwi who has lived in the West for 28 years, and truly loves the wide-open spaces that we share. Her background is varied, mostly in the aged/disability sector with many different roles and achievements.

Activities are slowly being reintroduced following the long period of isolation and with Spring coming and the warmer weather, it will be nice to be able to meet everyone.

Two projects that have caught Jo's interest are the Centenarian portraits by teenagers and RAAFA's Swetman aviation scholarship, so keep an eye out for posters for more information.



Cambrai Village

Trash 2 Treasure

Saturday, 6 August 9am to 12noon, don't miss out on the grand event, with a little bit of everything and something for anyone who is

passionate about pre-loved items and sustainability. Spread the word, we'd love to see you all. Proceeds for the benefit of residents.