

July 2016

RAAV Ravings



Peer Support and Psych Services

Victoria police and Ambulance Services want radical change to how their members mental health is treated

The Police Association and Ambulance Employees Australia will announce a concerted political campaign on behalf of Victoria's 18,000 Police and Paramedics

Where a worker suffers post - traumatic stress disorder they want employers to have to prove it was not caused by workplace trauma. Currently it is up to emergency services personnel to show that they got PTSD on the job

The two unions have told Police Minister Lisa Neville that where WorkSafe Victoria disputes such claims much needed treatment can be delayed for years.

The System needs to change so that an emergency services worker who is suffering from PTSD will have their workers compensation claim automatically accepted Police Association Secretary Ron Iddles said.

Ambulance Employees secretary Steve McGhie said ending the adversarial approach to PTSD claims would reduce stress and anxiety for sufferers and enable earlier treatment so the make a speedier recovery and return to work sooner. We know from extensive research and anecdotal evidence that our police, ambulance and firefighters are around 10 times more likely to develop PTSD than the general population.

We, The Association, are looking for Members who would be willing to be trained or retrained in Peer Support and Psych Services to assist in the provision of these services for all Members. Your help would be greatly appreciated.

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Tony Walker appointed as CEO of Ambulance Victoria

The Board of Ambulance Victoria is pleased to confirm the appointment of Tony Walker to the role of Chief Executive Officer.

Associate Professor Walker has served as CEO of Ambulance Victoria on an acting basis for the past 18 months and was previously a key member of its Executive team for the past eight years.

Ambulance Victoria Chair Ken Lay said: "Tony is a respected leader in the emergency services and health sectors with deep experience and capability, coupled with a passionate commitment to the work and the people that will contribute to the ongoing success of Ambulance Victoria.

"Tony's appointment marks another important step forward as we pursue a program of improvements at Ambulance Victoria to deliver better service to our patients and provide better support for the health, wellbeing, safety and capability of our people at Ambulance Victoria.

Presidents Report

Welcome to another edition of RAAV Ravings. It only seems like yesterday I put pen to paper for the last report but, as they say, time marches on - be it very quickly.

Your committee has been working very collaboratively with AV and we hope to be able to announce some very important changes for the Association in the near future. We thank Mick Cameron for his assistance in making some of our plans come to fruition.

The next meeting of the Melbourne Branch of RAAV will take place at the

Ambulance Museum 1/55 Barry Road Bayswater on Wednesday 14th September. This will give Retired Officers the chance to see some of the old vehicles and equipment and to hear Curator Chas Martin's introduction and welcome to the Museum ably assisted by our Vice President, Ian Donaldson.

Give some consideration to Regional Branches also having meetings at the Museum. It is only a matter of contacting Charlie Martin.

As members of the Association if you know of Retired Officers who are not

members please let us know.

The Association is growing and we offer many benefits to the members.

Ray Loughheed.

President.

**Our Oldest Member -
George Prolongue with
his wife Joy, Peter Skinner
and Secretary Ian**



District Meeting Dates

.Our next round of Regional Meetings are as follows:

North East Victoria - Saturday 30th July
12noon at Benalla Bowls Club.

Geelong & Surf Coast on Wednesday
17th August at the Ambulance Historical Society, Bayswater

Gippsland Region - Wednesday 25th
August 12noon at Morwell Club

Ballarat & Central West - Wednesday
7th September 12noon Venue: Golf House Hotel 920 Doveton Street Ballarat North

Metro (Melbourne) Wednesday 14th
September -10.30am at Ambulance Historical Society, Bayswater

South West Victoria - Monday 26th September 12 noon at Hamilton

Tony Walker appointed as CEO

"During the past 18 months as Acting CEO, Tony has led the start of meaningful change at Ambulance Victoria to meet the growing and changing needs of the Victorian

community and our staff.

"Under his leadership, Ambulance Victoria has recently partnered with *beyondblue* in the delivery of training to improve the mental health and wellbeing of staff and reduce paramedic suicide, and we've also undertaken reforms to dispatch arrangements to help support ambulance response times," Mr Lay said.

Birthday Greetings

We trust the following Members who had a birthday in April managed to have an enjoyable day with Family and Friends.

Thomas Chapman - 7 July
Allan Hadden - 7 July
Rob Phillips - 7 July
Michael Higgins - 10 July
Jock Purves - 12 July
Philip Worboys - 12 July
David Skinner - 16 July

Ted VanDyken - 16 July
Peter Watson - 21 July
Ray Churches - 22 July
Peter Leek - 22 July
Neil Caroline - 25 July
Daryl Tinker - 25 July
Peter O'Meara - 28 July
Collin Arscott - 31 July
Bill Harvey - 1 August
Robert Rigby - 3 August
Geoffrey Coffey - 7 August
John Clancy - 8 August

Daryl Knight - 13 August
Darrell Rintoule - 13 August
George Wait - 13 August
Margaret Kerr - 14 August
John O'Sullivan - 18 August
Stanley Paley - 18 August
David Calder - 19 August
Robert Henderson - 22 August
Neville Hettick - 24 August
Phillip Matthews - 26 August
Rodney Poulson - 26 August
Gary Thompson - 26 August
Peter Cassidy - 27 August
Christopher Coucill - 30 August
Vaughan Murphy - 30 August

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Retired Ambulance Association
of Victoria

www.retiredambulacevictoria.org.au

Facebook: Retired Ambulance
Association of Victoria Inc.

Common Tools and Their Uses

SKIL SAW : A portable cutting tool used to make boards too short.

BELT SANDER : An electric sanding tool commonly used to convert minor touch-up jobs into major refinishing jobs.

WIRE WHEEL : Cleans paint off bolts and then throws them somewhere under the workbench with the speed of light. Also removes fingerprints and hard-earned calluses from fingers in about the time it takes you to say, 'Oh shit'. Will easily wind a tee shirt off your back.

DRILL PRESS : A tall upright machine useful for suddenly snatching flat metal bar stock out of your hands so that it smacks you in the chest and flings your beer across the room, denting the freshly-painted project which you had carefully set in the corner where nothing could get to it.

Channel Locks : Used to partially round off bolt heads. Sometimes used in the creation of blood-blisters.

HACKSAW : One of a family of cutting tools built on the Ouija board principle. It transforms human energy into a crooked, unpredictable motion, and the more you attempt to influence its course, the more dismal your future becomes.

WISE-GRIPS : Generally used after Channel Locks to completely round off bolt heads. If nothing else is available, they can also be used to transfer intense welding heat to the palm of your hand.

OXYACETYLENE TORCH : Used almost entirely for igniting various flammable objects in your shop and creating a fire. Also handy for igniting the grease inside the wheel hub out of which you want to remove a bearing race.

TABLE SAW : A large stationary power tool commonly used to launch wood projectiles for testing wall integrity. Very effective for digit removal!

HYDRAULIC FLOOR JACK : Used for lowering an automobile to the ground after you have installed your new brake shoes, trapping the jack handle firmly under the bumper.

BAND SAW : A large stationary power saw primarily used by most shops to cut large pieces into smaller pieces that more easily fit into the trash after you cut on the inside of the line instead of the outside edge. Also (as with the Table Saw) excels at amputations.

TWO-TON ENGINE HOIST : A tool for testing the maximum tensile strength of all the crap you forgot to disconnect.

PHILLIPS SCREWDRIVER : Normally used to stab the vacuum seals under lids or for opening old-style paper-and-tin oil cans and splashing oil on your shirt; but can also be used, as the name implies, to strip out Phillips screw heads.

STRAIGHT SCREWDRIVER : A tool for opening paint cans. Sometimes used to convert common slotted screws into non-removable screws and butchering your palms.

PRY BAR : A tool used to crumple the metal surrounding that clip or bracket you needed to remove in order to replace a 50 cent part.

PVC PIPE CUTTER : A tool used to make plastic pipe too short.

HAMMER : Originally employed as a weapon of war, the hammer nowadays is used as a kind of divining rod to locate the most expensive parts adjacent to the object you are trying to hit. Also very effective at delayed fingernail removal.

UTILITY KNIFE : Used to open and slice through the contents of cardboard cartons delivered to your front door. Works particularly well on contents such as seats, vinyl records, liquids in plastic bottles, collector magazines, refund checks, and rubber or plastic parts. Especially useful for slicing work clothes, but only while in use. These can also be used to initiate a trip to the emergency room so a doctor can stitch up the damage.

SON OF A BITCH TOOL : Any handy tool that you grab and throw across the garage while yelling 'Son of a bitch' at the top of your lungs. It is also, most often, the next tool that you will need.

South West District Report

A very successful meeting was held at the Flying Horse Inn Warrnambool with 12 members in attendance and 6 apologies and it would fair to say a good time was held by all.

As always the meals were of a very high quality and we thank the staff of the Flying Horse Inn for their courtesy and assistance. The area where our meetings are held is away from the normal section of the dinning- room and is a very welcoming section enabling us to have a very personal meeting.

The guest speaker for the day was our own Les John who gave us a very informative insight into the operations of the Ambulance Service in the 1950's and the early 1960's, a very different Service from the one we know of today. It would be fair to say not many Ambulance Officers of today would be able to work without radio communication and basic drugs. As well as that Ambulance Officers were paid very low salaries. That was the norm in the 1950's. thanks Les for such an interesting talk.

The next meeting in the SW will be held in Hamilton on Monday 26 th September when we hope to be able to organise a visit to the Hamilton Car Museum.

Ray Lougheed
SW Convenor.

Ballarat & Central
West Members
Lunch 2nd March



Geelong & Surf Coast District Report

A well attended and happy meeting was held at the RSL in Belmont; 18 members and their partners were present including the Victorian Vice President in Mr. Ian Donaldson and his wife.

A number of important issues were discussed; the most important being the follow up of members who are currently on the sick list. It was agreed that nominated members would follow up and liaise with the families of members who are ill in order to determine how the local RAAV committee can keep in touch with these members and provide support where appropriate.

The meeting also discussed specific locations and venues for proposed future meetings. It was agreed that steps should be taken to determine costs to hire a bus or buses so that members could visit places of interest both in Melbourne and the surrounding geographic area.

It was generally agreed that the next Geelong Zone meeting scheduled for 17th August, would be held at the Ambulance Museum located in Bayswater.

As a consequence of this decision, members were asked to search through their personal memorabilia with the view of placing this material on permanent display at the Museum.

Mr. Ian Donaldson provided a very interesting outline of the work that the State RAAV Committee is currently carrying out on behalf of members. The most exciting and potentially important long term development has been the appointment by Ambulance Victoria of Mr. Mike Cameron as the official liaison person for RAAV. Mr. Donaldson also invited all RAAV members to contribute articles for publication in the official RAAV newsletter. He went on to say that this medium provided members with an opportunity to have their thoughts and personal activities, which may include hobbies holidays or lifestyles choices circulated as general interest to the membership.



Committee: of Management

President:	Ray Lougheed
Vice President:	Ian Donaldson
Secretary:	Ian Cameron
Treasurer:	Darrell Rintoule
Committee Members:	
	Bill McKnight
	Ron Jacobs
	Peter Leek
	Dennis Meek