

February 2016

Volume 3, Issue 1

RAAV Ravings



A New Year, A New Challenge

With the Association winding up for yet another year of growth and advanced opportunities for all Members and partners.

With the continuing development of our Peer Support and Physic Services we are very confident that these services will be operating fully before the middle of the year.

We are looking at further developing our membership base in order to cover more of the State and encourage more retiring and retired Ambulance personnel to become involved with us.

Already one new initiative is the establishment of a Facebook Page and already this has gained us new members. Please check us out at Retired Ambulance of Victo-

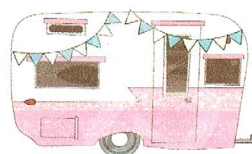
ria. Perhaps suggest to your other Facebook friends to have a look as well.

At the last meeting of our South & West Gippsland meeting the members asked for a clarification as to the perceived boundaries of the District. and the non inclusion of East Gippsland. After several suggestions and the clear and strong advise the former two Districts of South & West Gippsland and East Gippsland will now be one District and be known as the Gippsland District.

This too is designed to encourage more members to become involved and the meeting base will move from a static base to various cities within the District.

The suggestion mid last year of a Caravan Club is coming

to fruition with our first venture to co-inside with the March meeting in Mildura. More details on page 4.



The idea of Coffee Mornings is still being set up and it is hoped these will not only be conducted within the Metro District but also around the State.

Should any Member have ideas or suggestions for the further development of the Association please contact President Ray, Secretary, Ian or any Committee Member and we will attempt to fulfill these ideas.

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Ballarat Call to Arms

All ex-ambulance employees who reside in Ballarat and the Central West and would be interested in meeting socially, for lunch, on a three monthly basis please contact Joy Mayhew on Mobile: 0427 417 690.

The meetings are great way

to rekindle old friendships and to talk with others who have an understanding of your career.

The next meeting will be held in Ballarat on Wednesday, 2nd March commencing 12 noon at the Ballarat Golf Club - Green Side Bistro.

Attendances at District Meetings

Our District Convenors request that all members wishing to attend meetings advise them of such attendance or unavailability. This include meetings at Doncaster.

This is to ensure there is sufficient catering and seating allocations.

Special points of interest:

- More Ambulances to be provided
- Historical Museum
- Inappropriate ambulance calls
- Birthday Wishes

Presidents Report

Welcome to another year and I hope all members had a happy Christmas and are looking forward to a fruitful new year.

I feel sure this is going to be an exciting year for the Association and hope that the various branches can increase their membership numbers so as to bring together more past employees of the Service.

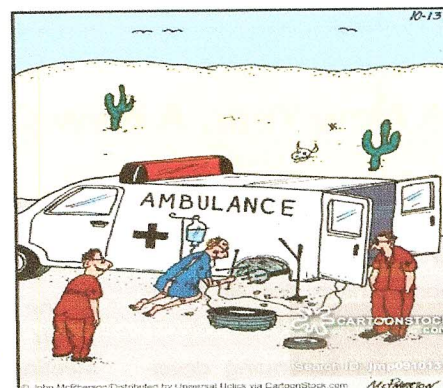
This year the executive will once again be having talks with the Service in relation to welfare matters, funding for cer-

tain undertakings, assistance with some operational matters and overall promotion of the Association to current and past Service staff.

The executive is there to be of assistance for and to guide the Branches in their endeavours to increase numbers and to help in operational matters. With this in mind a Facebook page has been set-up so that you can make comment or suggestions we will be able to act upon. We also hope it might be helpful in increasing membership. Thanks to Ian Cameron for lateral thinking and setting up the Facebook page.

If you feel you need assistance please contact either myself or Secretary Ian Cameron or make comment on Facebook
Ray Loughheed.

President



"Thanks for changing the tire, Mr. Cromwell. Bob and I both have back problems."

Inebriated over-50s men now biggest users of ambulances

Ambulance calls to inebriated men in their 50s have become the most common call-outs for alcohol related problems, making up more than 50 per cent of visits.

According to new research, the men, aged between 50 and 59, are drinking too much because they are lonely, bored or depressed.

A greater number of ambulance call-outs are also being made to intoxicated men in their 40s, many more than to men aged between 15 and 39, a group more typically thought of as at risk. The research from the Turning Point

Alcohol & Drug Centre overturns the popular idea that young men who over-indulge at the weekend have the biggest need for ambulances.

"Excessive alcohol consumption can affect everyone, and middle-aged and older Australians are no exception," researcher Sharon Matthews said.

"The assumption that it is just young people out on a Saturday night who drink heavily is just not correct." Alcohol affects older people in different ways.

"Excessive alcohol consumption can increase the risk of a fall or serious injury, as well as greater likelihood of making impulsive decisions that can lead to embarrassment or family conflict.

"Make sure you look after yourself and keep an eye on your friends and family. The last place you want to be this summer is in a hospital emergency department."



Birthday Greetings

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

Victor Henshaw	2nd
Peter Skinner	6th
Don Carpenter	8th
Ken Clarkson	8th
Ken Curtis	8th
Peter McMurtrie	11th
Ronald Mc Clean	12th
Brad Pike	12th

Dennis Meek	14th
Brian Mellor	14th
Jim Mounsey	15th
Dennis Wood	19th
Dave Tyson	20th
Pat McKenzie	21st
David Perkins	21st
Ron Batten	24th
William Long	29th
Ian Johnson	30th
John De Boer	31st
Trevor Forfar	31st

Quick Quiz:

Q 1 which aid to aviation safety was invented in Australia in 1958?

Q 2 What was the name of the Adams family butler?

Q 3 In what year was the first condom manufactured?

Q 4 Who was the only Australian Soldier to reach the rank of Field Marshal?

Q 5 Which Australian poet wrote I Love A Sunburnt Country?

Changes to free up Victorian ambulance services, stop them being 'treated like taxis'

People who demand to be seen by paramedics for minor health complaints like headaches and toothaches will be directed to doctors, under changes designed to stop Victorians using ambulances as taxis.

Ambulance Victoria said it would change the way it handles triple-0 calls in a bid to divert 100,000 non-urgent cases a year from the system and free up paramedics to deal with real emergencies faster.

Health Minister Jill Hennessy said paramedics were being sent to too many cases that were not life threatening.

"In too many areas, our ambulance services are being treated as a taxi service," she said.

Ms Hennessy said many people called for ambulances because of gaps in the health system when they could instead be referred to GPs or other health services, or get advice over the phone.

Ambulance Victoria acting chief executive Tony Walker said paramedics often dealt with people who did not need emergency care or were unnecessarily anxious about their health.

"People might have toothaches, we

have people who have a small cut on their finger that they'll call triple-0 for, and historically what we would do is send an emergency ambulance out to those cases," he said.

"Instead of taking a risk-averse approach... we take them to our secondary triage area and we spend more time with them understanding exactly what their issue is."

1000,000
non-urgent
emergencies



Paramedics called for headache 'treated with Panadol'

Ms Hennessy said 60 per cent of ambulance call-outs resulted in a "lights and sirens" response in Victoria, compared with 40 per cent nationally.

Melton paramedic Morgyn McCarthy-Harding said she recently spent precious time dealing with a patient with a headache who could have walked to the chemist.

"They'd run out of any sort of medication in their house so they wanted a trip to hospital, and we ended up taking

them. It wasn't appropriate," she said.

"They left the hospital before we did. We were tied up doing paperwork for 25 minutes, they got some Panadol and then they left."

Ms McCarthy-Harding said paramedics were generally obliged to take people to hospital if they insisted on it.

The Government is fast-tracking \$60 million in funding to start implementing

26 New
Ambulances

the recommendations of a plan to improve the ambulance service.

They include providing 26 extra vehicles to help paramedics finish work

on time and trialling the help of community volunteers trained to provide basic life support in five regional towns.

Shirts, Caps & Badges

We currently have a full range of shirts in sizes from small to 5XL.

Our caps are one size fits all.

Please support us by making a purchase of a shirt or cap or both. We will send them through the normal postage system or you may order them to be brought to a meeting in which ever area you reside.

Shirts are \$25.00 each & Caps \$15.00

Car Badges are \$2.00 each and are either inside looking out or outside looking out.

Lapel Badges \$5.00 each

Bumper Stickers \$2.00 each

All orders are to be placed through Dennis Meek either via

Mobile : 0409 071 192 or



Email: dennis.meek@bigpond.com

Alternatively orders can be given to any Committee Member and these will be processed as soon as possible.

Festive Season - Relaxed or Busy!

The Management and Staff of RAAV Ravings welcome you all to another year of the events and activities of our Association.

We trust you and your family and friends managed to enjoy the Festive Season without too much food and drink (of various types) and were able to enjoy the warm and cold summer so far.

We note that our Secretary has had a difficult time over the holidays with being forced to attend the Boxing Day Test, at the courtesy of his local Cricket

Club. Then came the regular Junior Metropolitan Cricket Tournament over a two week period whereby he was catering manager for several of the games.

This was followed by again being seconded to the Australia v India ODI Game at the Melbourne Cricket Ground at the request of the Members of the MCC. Of course he was forced to endure the most comfortable seating in the Members Stand and the Dining Room, not forgetting the amenities of the Long Room.

We are reliably informed that he is mak-

ing a slow recovery and will be back in full flight before the first on our regular meetings and activities. For the coming year.

We look forward to seeing all our members over the year and trust that good health and fortune come your way.



Australia Post - Changes to Delivery

As you may be aware Australia Post has changed the pricing structure and delivery times for all posted mail.

Under the new structure Australia Post letters may take up to 7 days to reach their destination.

We are therefore keen to keep all Members informed of our activities and Meeting dates/times. By now using email addresses and our website to provide

this information we hope that all information will reach each and every one of you in a timely fashion rather than using postage.

If any Members is still receiving posted mail and has an email address or can gain access through a friend or relative we would appreciate you giving us permission to send information to these email addresses.



Of course we will still send all information through the now slower snail mail if you prefer.

Your advise on this issue would be appreciated.

Birthday Greetings to our February & March Members

February Birthdays

Peter Dent	1st
Alfred Monk	3rd
Colin Gaskell	5th
John Parkinson	5th
Lindsay Mc Coy	8th
Rod Morris	9th
Allison Campbell	14th
Neil Hall	15th
Kevin Pool	15th
Rhonda Oliver	16th
Rodger Vidler	16th
Ian Martin	19th
Arthur Manning	21st
Gunther Moses	23rd

Geoffrey Cousins	24th
John Moss	27th
Bill Spooner	27th
Joseph Spronken	27th
Leanne Russell- Jones	28th
Maxwell Brooker	29th

March Birthdays

John Blotsfelds	1st
Bill Streegstra	1st
Charles Mc Lean	2nd
Ian Donaldson	4th
Christine Davis	12th
Valerie Morgan	12th
Bernie Morellini	13th

Stan Sandford	18th
Howard Smith	19th
Ray Neil	20th
Leon Starkey	20th
Gordon O'Keeffe	23rd
Charles MacKinnon	24th
Ross Eastwood	25th
Edward Giddings	25th
Graham Ryan	25th
Zitamae Dobson	27th
Robert Hood	27th
George Hood	28th
Charles Martin	28th
Jim Yandle	29th
John Brown	30th
David Gawne	30th

Historical Museum

The Museum is waiting for final approval from the Knox City Council before the Museum can be officially opened to the public.

However we are still looking for help, if available, for people to become involved in the tasks of presentations to the public and general duties.

The museum is located at 1/55 Barry Street Bayswater 3153

Please contact Cha Martin on Mobile: 0428 813 385 to offer your assistance

SW District Meeting December 14th 2015

The SW Meeting of the RAAV took place at the Flying Horse Inn Warrnambool on Monday 14th December at 12 noon and was attended by 22 people, including members and partners. There were 6 apologies.

This was our Christmas meeting and the hotel had set up the area in an appropriate way with bonbons on the table and an exclusive room for the members. Thanks to Matty and the staff at the Flying Horse Inn.

We were lucky to procure the services

of John Wormald, the CSO in the SW, who bought all members up to date with the latest equipment and operational procedures in Ambulance Service Victoria. The members and partners were very interested in the lecture and many questions were asked of John. Thanks John for your valuable time.

The next meeting in the SW will take place in Warrnambool on the 4th April commencing at the Ambulance Air Wing, Warrnambool airport and then on to the Flying Horse Inn for lunch.

If any members from outside the SW

district would like to view the helicopter and to join us for lunch please contact me.

Ray Lougheed

SW Convenor.



Our first Caravan Adventure

With the school holidays now behind us we are looking forward to being able to gain access to caravan sits around the State and perhaps interstate throughout this year.

Our first venture will be the few days after the Labour Day weekend commencing with a one night stop over at Brim in the west of Victoria then travelling up to Mildura to visit and combine with our Members in the North West for

their Meeting on Thursday 17th March (St. Patrick's Day).

Following this perhaps a day or two travelling along the Murray or for those with other needs heading home.

We look forward to seeing as many of our Caravanning Members as possible for this trip.

Please advise our Secretary, Ian, if you intend to come along as we will need to

book into a park at Mildura or the local area.

Anyone with suggestion - more than welcome.

**Caravan safari
Anyone?**

Regional Meetings

Our Regional Meetings commence with the first being:

Geelong & Surf Coast on Wednesday 17th February commencing at 12noon - location to be advised.

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

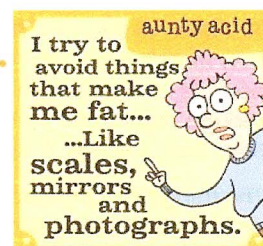
Ballarat & Central West - Wednesday 2nd March 12noon

Metro (Melbourne) Wednesday 9th March - 10.30am at Doncaster AV Headquarters.

North West Victoria - Thursday 17th March - 12noon Mildura RSL

South West Victoria - Monday 4th April 10.30am at Warrnambool Airport.

North East Victoria - Saturday 9th April 12noon at Benalla Bowls Club.



It is with Sadness we note the passing of Member Hugh McDonald (Don) Taylor former Ambulance Officer at Metropolitan Ambulance Service.

Retired Ambulance Association of Victoria



All Correspondence to:
The Secretary
Unit 2 / 20 Brooks Street
Bentleigh East
Victoria 3165

Phone: 03 8503 7945
Mobile: 0435 010 943
Email: raav.secretary@gmail.com

www.retiredambulancevictoria.org.au

Facebook: Retired Ambulance
Association of Victoria Inc.

Two Liners

Some bastard's just pinched a pair of my
wife's knickers off the washing line.
She's not bothered about the knickers
but she wants the 12 clothes pegs back.

Just been to the gym. They've got a
new machine in. Only used it for half an
hour, as I started to feel sick. It's great
though. It does everything - Kit Kats,
Mars Bars, Snickers, Crisps, the lot.."

The thing I love most about hot
weather is the short skirts and low cut
tops.... although, they do make me look
a bit gay.

Following the tragic death of the Hu-
man Cannonball at the Kent Show, a
spokesman said "We'll struggle to get
another man of the same calibre."

My neighbour knocked on my door at
2:30am this morning, can you believe
that - 2:30am?!

Luckily for him I was still up playing my
Bagpipes.

The wife has been missing a week now.
Police said to prepare for the worst.

So I have been down to Vinnies to get
all her clothes back.

Paddy says "Mick, I'm thinking of buying
a Labrador."

"Blow that" says Mick - "have you seen
how many of their owners go blind"

Quick Quiz Answers

- A 1 Black Box
- A 2 Lurch
- A 3 1864
- A 4 Sir Thomas Blamey
- A 5 Dorothy MacKellar

Five Undeniable Facts of Life :

1. Don't educate your children to be rich.
Raise them to be Happy.
So when they grow up they will know the value of things
not the price.
2. Best awarded words
"Eat your food as your medicines. Otherwise you have to
eat medicines as your food."
3. The One who loves you will never leave you because
even if there are 100 reasons to give up he or she will find
one reason to hold on.
4. There is a big difference between a human being and
being human.
Only a few really understand it.
5. You are loved when you are born. You will be loved
when you die.
In between, You have to manage!



Members of our North East District at lunch in Benalla

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