

# RAAV RAVINGS

## Special points of interest:

- > Caravan Club
- > London Ambulance Calling
- > Guest Speaker for Doncaster
- > Subscription Payments
- > Caps & Hats



Current Style of Ambulance

## Spate of Paramedic Suicides rocks Ambulance Service

Victorian Ambulance workers have been left reeling after an increase in the number of Paramedics committing suicide with eight Paramedics in the past three years taking their lives.

Ambulance Employees Association Victoria general secretary Steve McGhie said the number of Paramedics committing suicide was on the rise, and raging from student Paramedics to experienced Paramedics and Paramedics who had recently left the profession

Its a concerning trend ,he said

We occasionally have suicides in our job.

I have been in the industry for 31 years and it normally happens once every 10 years

This is a very high number in a very short time

Mr McGhie said the union was calling for the introduction of a welfare support panel in its log of claims as part of upcoming negotiations for its enterprise bargaining agreement

We think a welfare panel should be set up for another level of support to employees and Paramedics of the Ambulance service that need that support .

### Foot Note:

Your Association is happy to advise that we are currently in negotiations with Ambulance Victoria, the AEA and The Retired Police Association to assist our members in ongoing areas of peer support.

It is hoped that these services will be available to all members in the not too distant future.

Should any members feel the need for assistance at any time PLEASE contact any Committee Member who will be only too willing to provide details for continuing support.

Outside Services including Lifeline (13 11 14) and Beyond Blue (1300 22 46 36) are available 24 hours a day.

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## Museum Murmurs

The museum is going well, but is bursting at the seams. We have numerous cars that we can't fit in and we are parking them at various homes around Melbourne.

All the equipment and Ambulance memorabilia we have has now filled up all the spare rooms.

Our Committee has met with the CEO of AV and he supports us in obtaining a bigger and better located building but the constant delays are frustrating and disappointing to our small energetic and voluntary work force.

To give an idea of the volume of visitors to the Museum,

the month of May we received 150 visitors and these numbers are constantly increasing. The potential for an even greater increase in visitor numbers is there if we had the appropriate premises to fully display our cars and equipment.

Chas Martin (Curator)





### South West Victoria

The second meeting for the year of the SW Vic. Branch of the Association took place on Monday 29th June at a new venue, the Flying Horse Inn in Warrnambool. The meeting was attended by 9 members, including new member Rhonda Oliver, with a further 7 apologies.

Ian Cameron attended and brought members up to date with information from the State Executive and the guest speaker, Mica Officer Andrew Loughheed, spoke about his life as a single responder Mica Officer. The speech was received well by all and we thank Andrew for his time.

The venue proved very popular with Senior's meals and a very quiet exclusive area of the hotel which gave members the chance to talk without being

concerned about other hotel patrons.

The meals were of good quality and the venue was an ideal area to have a meeting.

#### Our District Reports

Resident photographer John Parkinson was at it again and some of his handy-work is included below. Thanks John.

The next meeting of the Branch will be held in Hamilton

on Monday 7th September at 1200hrs.

Ray Loughheed  
SW Convenor.

### South & West Gippsland

Due to the cold and wet weather we only managed 5 members at our meeting at Morwell on 11th June. With 7 members apologising due to the weather or being in warmer climates. We were pleased to welcome Greg Wood to his first meeting. Following lunch we spent time discussing the needs of our District and general ideas



S W Members at their June meeting in Warrnambool

## Around the State

for the advancement within this area. With Neil Hall being away our Secretary, Ian, organised the meeting and reported on the activities of the Association and the rest of the states progress.

### Ballarat and Central West

Our luncheon Meeting held on Wednesday, 24 June 2015 at The Robin Hood Hotel, Ballarat.

A special welcome was extended to recent retiree - Denis Rowe - this being his first meeting. It was also great to have in attendance - Max & wife Angela Beeson from Beaufort

A short general meeting followed lunch, as well as much discussion on - overseas adventures, camping & caravanning holidays & technology updates to name a few. Considering the wintry weather it was pleasing to see 9 people at this luncheon.

All members, prospective members and partners are 'Welcome' to attend these meetings.

Enquiries may be directed to Joy Mayhew, on mobile No. 0427 417 690.

Joy Mayhew  
A/Co-ordinator.

### Geelong & Surf Coast

An interesting and at times robust meeting was held in Geelong at the RSL in Belmont on Wednesday 15 July.

Fifteen members and friends attended this meeting which was held in two parts. The first part of the meeting was spent in general discussion/fellowship, while the second part of the meeting was more structured.

During the second part of the meeting specific emphasis was spent on providing members with an overview related to new technologies and specifically the potential benefit to members on how to connect and use "Skype". It was pointed out that this software program was not only free and easy to use, but could be used anywhere in the world where internet transmission is available.

Following on with the same theme of new technology, Ben Wright gave an excellent talk and practical demonstration on how and when to use an AED (Automatic Electronic Defibrillator). This information was well received and highlighted to members that even in retirement they should be aware of current pre-hospital emergency management issues.

During general discussion the question of how to structure future Zone meetings was raised. While some members expressed the view that more emphasis should be given to fellowship time, others at the meeting felt that a balance between fellowship and general information subjects should be maintained. While there was no overall resolution of

this issue, it was generally accepted that a balance should be maintained for future meetings. It was left up to the Zone Co-ordinator to take both views into consideration when structuring future meetings.

Ian Cameron gave a comprehensive and broad overview of what RAAV was currently doing or proposed to do for the benefit of members. This part of the meeting was well received and prompted considerable discussion. Ian highlighted that the next RAAV Newsletter would provide further details.

The meeting concluded with a commitment to informally follow up members who were ill or simply indisposed.

Gerry Thomas  
Co-ordinator.

### North West Victoria

On Thursday 16th April, 6 Members met at the Mildura RSL for lunch and a good old chat. Our secretary, Ian, travelled up from Melbourne and informed us on the happenings within the other areas of the State. We discussed the issue of gaining more members in the general area and Jim Mason said he would follow up on some he knew. We look forward to the next gathering in late September.

### North East Victoria

Saturday 25th July saw our North East District members meeting in Benalla for our usual lunch and companionship. We were fortunate to have our Co-Ordinator, Jim Osmotherly, with us as he had just returned from a small operation and a few days in hospital. For a change the bistro was almost full and the staff were apologetic for not being able to give us a meeting room following Lunch.

But as always we endured a few small children and a bit of noise to have a very successful meeting and, the most important, the ability to catch up with our colleagues and friends.

Following Lunch our Secretary, Ian, gave a rundown on happenings around the state and from the General Committee. This was then followed by our Guest Speaker, Assistant Chief Officer, Garry Cook, from the CFA. Garry was one of the first Group Mangers with AV following the shake up in the 1990s and only last year returned to take up the ACO position. He gave an interesting and informative talk on many aspects which affect both organizations.

Jim Osmotherly  
Co-ordinator





### Caravan Club Anyone?

At a recent gathering of some Members the subject of caravans and caravanning was mentioned and with enthusiasm several members asked if it may be possible to establish a Caravaners Club for those of us who have caravans.

I am sure that we all know of many places where we could spend 2 or 3 days, even a week at a location that we like and just enjoy the chance to get away. We don't need to travel long distances just a few spots nearer to home or maybe a visit to some of our District



David Perkins  
receiving his Life  
Membership

### Guest Speaker For Doncaster Mr Mirko Oklobdzija Department Of Human Services

We have been fortunate to obtain the services of the Financial Officer of the Department Of Human Services to be our Guest Speaker at our September meeting.

The presentation will be related to current age pension entitlements and a visual display of information will also be included.

We would love to see a good attendance for this topic as we feel sure it may affect many of us who currently rely on either a full or part pension.

We anticipate that there will be a good many questions from our members in relation to the impending changes to all pensions.

Members Meetings. For a day or two or the occasional interstate trip could be a good idea as well.

Is there anyone who may wish to offer some assistance to our Secretary in further advising on this idea?

### On The Sick List

We wish a speedy recovery to our unwell Members:

Brian Shott  
Drew Haldane  
Charles McKinnon  
Lionel Schneider  
Ian Mac Pherson  
Roger Street  
Norm Mills  
Howard Smith

It is with sadness we record the passing Members:

Brynley Kendall  
and  
Robert McFadzean

Our thoughts are with their families

### New Members

With the ever increasing number of Members to our Association, we are pleased to welcome aboard the following:

Nigel Longman - Croydon North  
Daryl Knight - Sunbury

Looking forward to seeing you at a meeting soon.

### Subscriptions

Subscription fees for this year should have now been paid. However we find several members still have not made their payment yet. If you have received a second reminder please pay as soon as you can so that we can continue to offer the full services we wish to ensure you can enjoy the benefits of our Association.

Some members have made a payment but neglected to include either their name or number as requested. If you have paid but not received a receipt please contact our Secretary as soon as possible.

### Quick Quiz

Q1: What shape are stop signs in Australia?

Q2: How many wings does a bee have?

Q3: What are baby rabbits called?

Q4: Who was the first non-human to win an Oscar?

Q5: Which muscle is attached to your body at only one end?

Q6: How many ml in a seven?

Q7: Is a magnifying glass convex or concave?

Q8: In which country do they speak Flemish?

### Dates for the Diary

**Geelong & Surf Coast** -  
Wednesday 16th September @  
Belmont 12 noon (Combined  
with Ballarat)

**South & West Gippsland** -  
Thursday 2nd September @  
Morwell 12 noon

**Metro** - Wednesday 9th September @ Doncaster 10.30 am

**North East Victoria** - Saturday  
28th November @ Benalla 12 noon

**Ballarat & Central West** - Thursday  
16th September @ Bel-

mont 12 noon (Combined with  
Geelong)

**South West Victoria** - Monday  
7th September @ Hamilton 12 noon

**North West Victoria** - Tuesday  
29th September @ Mildura 12 noon (Please NOTE a change of date)

Please advise the respective District Co-ordinator or our Secretary if you are going to attend any of these meetings.

### Funeral Benefit Plan

We have been encouraged with the take up of our Funeral Benefit Plan.

Any Members who has not yet considered or completed a Plan or any member who may wish to review what you have already decided then please contact Chas Martin on 03 9725 7826 or Ian Cameron on 03 8503 7745 to obtain a Form or review your existing Plan.



## OUR HOLIDAY 'WITH A DIFFERENCE'

Tuesday, 21 April our 'adventure' began, when we met, with other passengers, at the Cairns wharf to board 'The M.V. Trinity Bay' – a cargo vessel – for a 5-day round trip from Cairns to the 'top of Australia' – this vessel is owned and operated by Sea Swift Pty Ltd., who have a very informative website.



The M V Trinity Bay"



Enroute the scenery was spectacular, opening our eyes to yet another beautiful area of this great country.

Our first stop was outside the Lockhart River where produce, many large containers and a car and camper trailer were off-loaded onto a sister barge 'The Temple Bay', to be taken ashore. There is no port at Lockhart River and so The MV Trinity Bay had to anchor in the bay allowing 'The Temple Bay' to come along side.

Next port of call was Horn Island, the port where most of the cargo was unloaded. Many Sea Swift vessels come into Horn Island to collect their weekly cargo for distribution

throughout the entire Torres Straits.

Albany Passage is a gap of water running between the mainland (at the site of the old township of Somerset) and Albany Island.

Following Horn Island we sailed across to Thursday Island. The local name for this island is 'Walbein' meaning waterless. Water for Thursday Island is now piped across from a reservoir on Horn Island.



View of Thursday Island

The 'team work' of the staff was superb and the many hours spent watching them load and unload was a sight to behold. After departing Thursday Island the last port of call was at Seisia (on the western side of the gulf). We were unable to take a tour to 'The Tip' owing to the road conditions, which had become impassable from Cyclone Nathan.

At each port of call passengers were able to alight and join tours of the local areas. This trip gave us an insight into how people live and cope in these very remote areas/communities – they are very dependent on the 'weekly delivery' of the cargo vessels for all their requirements.

Captain Scottie was a very approachable gent and welcomed passengers on to 'the bridge' and answered the many queries, of this working vessel.

Safety is utmost on this vessel for staff and passengers, at all times.

We had a cabin with an ensuite and a porthole, this was very comfortable. The meals were very tasteful and varied, full marks to Chef Jason and his assistant. Morning & afternoon teas

were available daily usually with a 'treat' of - donuts, carrot cake, Anzac biscuits, biscuits & cheese, etc.

All passengers were offered 'ear plugs' to assist with sleeping because of the engine noise. After trying to put those little plugs into our ears, we gave up and decided to 'get used' to the engine noise, which we did.

Except for our first evening on board, the trip was very smooth, no one on board was sea-sick, though one lady looked rather 'green'!

The sea on the return trip to Cairns was like a 'mill pond'. The weather during the 5 days was hot and very humid, we were grateful for the air-conditioned dining area and cabins

Passengers were able to go upstairs to a small covered deck area. There was a choice of magazines to read, videos to watch, play cards, chat or just do 'nothing' and relax and enjoy the beautiful scenery.



The covered deck area

There were 30 passengers on the forward trip and 21 on the return trip, as some passengers left the ship at Horn Island and flew home, others left at Seisia. One couple had brought their car on-board and this was off loaded at Seisia, these people were then going to drive back home to New South Wales.

Joy & Graeme Mayhew.



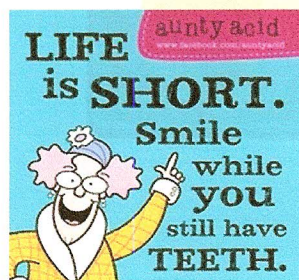
Joy & Graeme 'on board'

**Holiday Anyone?**





Some of our Geelong & Surf Coast Members at their July Meeting



### Coffee Morning Anyone?

One of the ideas that has been suggested by several members is an informal Coffee Morning being held in different areas of in particular The Metro District. These could also be held in our Regional Districts as well. There would be no formal structure just a get-together and enjoy a coffee and chat. Would you think this to be a good idea? Comments to our Secretary, Ian.

### Answers to Quick Quiz

- A1: Octagonal
- A2: Four
- A3: Kittens or Kits
- A4: Mickey Mouse
- A5: Your Tongue
- A6: 200ml
- A7: Convex
- A8: Belgium

If you could sit on this bench and chat for 1 hour with anyone from the past or present who would it be...??



### 'BEWARE' of Robot Vacuum Cleaners.

A neighbour of ours recently brought into the family a new dog and, as you do, immediately set about house training the little bundle of joy.

As part of the regime he placed sheets of paper on the floor, for while he and his wife were absent from the house, and then set about training the dog to only do its business on the said sheets of paper. The dog took to this idea very well.

It so happened that in the same household lurked the intrepid ROBOT vacuum cleaner, with a mind of its own. One day while they were absent

the little pooch did its business on the sheets of paper, as it was taught, but then somehow stood on the starter button of the Robot vacuum cleaner.

In fright the little pooch jumped up to a high point of observance and watched as the Robot vacuum cleaner, with a mind of its own, very cleverly spread the contents of the paper around to every nook and cranny in the house.

ROBOT vacuum cleaners, as smart as they are, obviously cannot differentiate between sh...t and dust.

### Subscription Payments

I have been made aware that some members have tried to pay their subscription via Direct Debit or Bank Transfer only to be informed that the account details are incorrect.

I can assure you the details printed on the notices are correct and I ask any member to notify our Secretary if this occurs and also request their bank to explain why this is occurring.

The Account details are:  
Commonwealth Bank,  
BSB: 063109  
Account 00921958

### Caps & Hats

Your Committee is currently appraising a new cap for you, our Members. It is anticipated that these new caps will be available within the next 4 to weeks.

Another suggestion is we look at supplying a broad brim hat as well.

Would any Member be interested in a hat as well as the cap.

One suggestion is Caps for Winter and Hats for Summer. Again comments to Ian please.

### Special Seminar for Older Citizens

The City of Glen Eira, Victoria Police the MFB, Consumer Affairs and The Bentleigh RSL organized a seminar to address the concerns of older citizens living either at home alone or with partners. Although I was

personally "Up to Date" with most of the areas discussed during the gathering it was interesting to hear from these pro-

fessionals who have to deal with the issues of "Older Aged" members of the community who have little or no idea about more modern safety items - fire blankets, special key cases for a spare key, Smoke detectors for the deaf or those of us who are hard of hearing.

Each presenter gave an interesting and informative insight into their working life with the main focus on safety around

### London Ambulance Calling

The London Ambulance Service again visited Australia earlier this year in a bid to recruit an extra 280 paramedics. The organisation interviewed paramedics in Melbourne and Sydney in March as part of a renewed push to sign up more Australians to its green-uniformed ranks. The announcement comes as the first batch of 175 paramedics from last year's successful recruiting mission began work with the world's busiest ambulance service on Australia Day..

Obversely we are doing something right with our own training and recruiting programs.

**Any Member who may have an idea, article or story of interest for inclusion in this, our Newsletter, PLEASE send a copy to us.**

the home and general awareness whilst "Out and About". Although it was not possible to gather more than one copy of the available literature I will be only too happy to bring these along to any meeting for any member to get details of support you may feel you require.

Ian Cameron  
Secretary



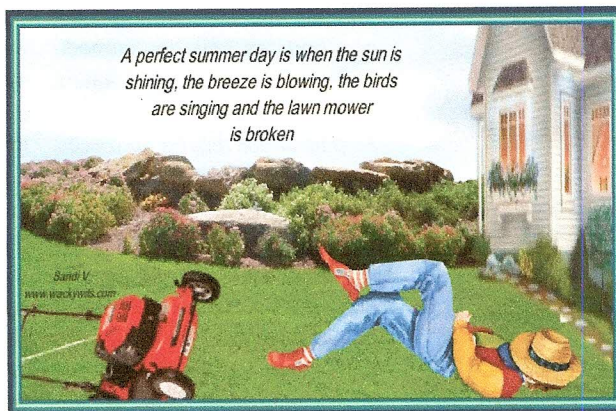
## Retired Ambulance Association of Victoria Incorporated

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Bentleigh East  
Victoria 3165

Phone: 03 8503 7745  
Mobile: 0435 010 943  
E-mail: raav.secretary@gmail.com



Warrnambool Ambulance Fleet  
1994



## The Back Page

### Gandhi ...

A lovely little anecdote, about one of life's more interesting characters

When Mahatma Gandhi was studying law at the University College of London, a professor, whose last name was Peters, disliked him intensely and always displayed animosity towards him.

Also, because Gandhi never lowered his head when addressing him as he expected, there were always "arguments" and confrontations.

One day, Mr. Peters was having lunch at the dining room of the University, and Gandhi came along with his tray and sat next to the professor. The professor said, "Mr. Gandhi, you do not understand. A pig and a bird do not sit together to eat."

Gandhi looked at him as a parent would a rude child and calmly replied, "You do not worry professor. I'll fly away," and he went and sat at another table.

Mr. Peters, reddened with rage, decided to take revenge on the (his) next test paper, but Gandhi responded brilliantly to all the questions.

Mr. Peters, unhappy and frustrated, asked him the following question:

"Mr Gandhi, if you were walking down the street and found a package, and within was a bag of wisdom and another bag with a lot of money, which one would you take?"

Without hesitating, Gandhi responded,

"The one with the money, of course."

Mr. Peters, smiling sarcastically said,

"I, in your place, would have taken the wisdom."

Gandhi shrugged indifferently and responded,

"Each one takes what he doesn't have."

Mr. Peters, by this time was fit to be tried. So great was his anger that he wrote on Gandhi's exam sheet the word "idiot" and gave it to Gandhi.

Gandhi took the exam sheet and sat down at his desk, trying very hard to remain calm while he contemplated his next move.

A few minutes later, Gandhi got up, went to the professor and said to him in a dignified but sarcastically polite tone, "Mr. Peters, you autographed the sheet, but you did not give me the grade."

Check us out at  
[www.retiredambulancevictoria.org.au](http://www.retiredambulancevictoria.org.au)

## Your Committee

- **President**  
Chas Martin
- **Vice President**  
Ray Lougheed
- **Secretary**  
Ian Cameron
- **Treasurer**  
Darrell Rintoule
- **Committee**  
Bill McKnight  
Ron Jacobs  
Peter Leek  
Ian Donaldson



## *Retired Ambulance Association of Victoria Incorporated*

Dated: 14<sup>th</sup> August 2015

Notice is hereby given that the Annual General Meeting of the Association will be held at Ambulance Victoria Headquarters, 375 Manningham Road Doncaster, on Wednesday 9<sup>th</sup> September 2015 commencing at 10.30am.

Chas Martin  
President

Ian Cameron  
Secretary



## *Retired Ambulance Association of Victoria Incorporated*

### Nomination Form Executive and Committee

I, ..... (Signed) ..... (Date: ...../...../.....)

Nominate ..... for the position

of.....

Seconded by ..... (Signed) ..... (Date: ...../...../.....)

I, ..... (Signed) ..... (Date: ...../...../.....)

accept the nomination for

the position of .....

**Note:** All persons must hold full membership and be financial members of the Association at time of nomination. Nomination Forms must be returned to the secretary 21 days before election.  
Unit 2 /20 Brooks Street Bentleigh East or email: [raav.secretary@gmail.com](mailto:raav.secretary@gmail.com)

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