

November 2017

RAAV Ravings



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Trip to the Artic Region

On the 8th July 2017, my eldest son Chris and I, flew from Melbourne to London, and spent some time there to recover from "jet lag" after a 24 hour flight via Dubai. Our time in London was spent viewing the usual sights of Buckingham Palace, Changing of the Guard, Big Ben, Tower Bridge, London Eye, Westminster Abbey and many others. We also had a day trip on the Eurostar to Paris, what a great way to travel in comfort, and speed, 298kms per hour! But that's another story for later.

Our next move on the trip was to fly to Oslo in Norway where we spent 2 days enjoying the hospitality and scenery around Oslo.

Early in the morning of the third day at 0630 we had an early breakfast with the other people that were joining us on this expedition trip. We were then all bussed to the Oslo airport which was a 45 minute trip and after all of the usual procedure at airports we then were on a flight to "Longyearbyen" pronounced Longbeeyen, which is the only port

in the Archipelago of islands known as Svalbard in the far North Arctic area at 78.2° N, 15.6 E. After our arrival we were transported to the town and shown around, before boarding our ship "Polar Pioneer" the same vessel that we had been on in the Antarctic, a 74m, ice strengthened former Russian Polar research ship.

Now we were off on our 12 packed days of sights, wildlife and scenery. I must add that we are now in the middle of their summer, and so far north that we had 24 hour daylight during the trip. Weather permitting during the voyage, we were off the ship twice a day in Zodiacs, manned by staff, who themselves were scientists, naturalist, historians and environmentalists in their own right.



When we landed on the many parts of the area where it was safe to walk we were able to view the scenery and the

many areas that had be habituated many years ago by fur trappers. The staff were all armed with high powered .30-06 rifles and flash bang scare guns in case of a threat by Polar bears. Most of the Polar bears that we did see were in the pack ice and viewed from the safety of the ship, some others we viewed from our zodiacs at a distance.

There were two occasions when we were walking that we came across two huge groups of up to 50 male Walrus with their huge tusks up to 30-40cms long. We were advised by the staff to only approach them quietly in small groups so as not to disturb them as they were mostly all sleeping on the very sunny day and could be easily spooked. These animals range from around 3-5 meters long and weigh up to 1200 kilos, a very formidable animal.

One animal that was very approachable were the Reindeer (caribou in Canada) there were many in small groups in the different areas that we visited. They were all looking a bit ragged as they were losing their white winter coats, and all were growing the antlers which were in "Velvet" some of the males were sporting huge antlers.



Arctic foxes were seen also, with one family with five mischievous cubs, who had everyone in fits at their antics, of the five two were black, and the others were a shade of light fawn colour.

Continued on Page 5

Inside this issue:

Presidents Report	2
Message from Tony Walker CEO AV	2
District Reports	3 & 6
New Members	4
Birthday Greetings	4
Former PAS Reunion	5
Quick Quiz	5
Next Caravan Club Venture	6
District Meeting Dates	7
Caravan Club News	7
The Back Page	8



Presidents Report



Welcome to another addition of RAAV Ravings and we trust you enjoy the read.

We are nearly to the end of another year of operations of RAAV Inc and Christmas is just around the corner, as hard to believe as it maybe. We have less than 75 days to go until Santa arrives, that's if you have been good of course.

The past twelve months has seen many advancements in the organisation with free shirts for members, new jackets that will be available soon, an operational budget for our ongoing expenditure, building of relationships with AV, the building of a Peer Support structure for Members and ID cards which are in the process of being produced. Ian Cameron and Ian Donaldson have also worked hard to revamp the Newsletter to give us a better read. Congratulations Ian and Ian. As well as these advancements the Membership is still growing with over 310 Members.

Frank Abella is still setting up the structure of the Peer Support and Psych Services program, with the assistance of AV, and we hope to have training available for volunteers in both Metropolitan and Regional areas in the near future.

John Clancy has initiated the introduction of new get well cards for sick members and is keen to be contacted by members who know of people who are not well.

Once again I would implore Members who have not taken up the offer of the Funeral Participation Offer to download a form from our website or contact the Secretary Ian Cameron.

The one main problem we have encountered during the year has been the failure of Foresters to come up with a good offer for Members to be reinstated to the Funeral Fund. Due to the failure of a suitable outcome the matter has been referred to AV and the Union and they have collaborated to try for a suitable policy that all Members would be happy with. We are awaiting for a reply in relation to this matter.

If you know of a retired ambulance officer who might be interested in joining the Association please either, once again, contact the

A Message from AV CEO Assoc. Prof. Tony Walker ASM

Thank you for the opportunity to provide commentary for this publication of the Retired Ambulance Associations newsletter. I am pleased to advise that we have now seen the release of a national Health and Wellbeing strategy last month agreed to by ambulance employers and unions from across Australia and New Zealand. This is a significant milestone as it's the first time any agreement has been reached by all the unions and employers, and this clearly demonstrated our shared commitment on this critical issue. The work that AV has undertaken around improvements to mental health has required cooperation between AV, the AEAV and AMPA and I would like to acknowledge Steve McGhie's leadership in elevating this critical work to the national level. This is also in addition to my commitment, and continued work with the Retired Ambulance Association, to deliver an appropriate peer program for retired staff to access support when it is required.

We will be continuing to focus on the risks associated with manual handling, which remains the most significant cause of personal injury. We have launched the new Multi Task Ambulance Vehicle (MTAV) in the Metro West region which will provide response support for patients requiring manual handling, together with education and training for staff. Pleasingly, we now have almost 200 manual handling facilitators across the state who continue to deliver training and support to staff, and we have been very strong in the message that at no time are staff required to lift a seated patient in a wheel chair. We understand the conflict staff feel when challenged with a high acuity patient, though our care to the community should not ever be at the expense of our own health and wellbeing.

The safety and wellbeing of our staff is paramount, and I again thank you for the opportunity to provide an update to some of the improvements we are implementing across the organisation.

Regards,

Tony



Secretary or obtain a membership form at our website and pass it on to the possible member.

Your Committee has worked tirelessly over the past 12 months and we will continue to work to im-

prove conditions for all RAAV Members.

Ray Loughheed

President RAAV Inc

District Reports



Central & Northern District

Bendigo RSL entertained 9 members and guests on Thursday 24th August with lunch and many memories. Several Members sent apologies due to being away, escaping the winter cold, or suffering the effects of head colds etc. Our Secretary, Ian, updated us on many issues and ideas the Association is pursuing and we look forward to a positive outcome for all Members. We are still asking for a Member to become the Co-ordinator for this District and any Member or Members who may be interested in becoming a Peer Support Mentor.

Our next meeting is scheduled for Thursday 16th November at the Bendigo RSL commencing at 12noon.

We look forward to all attending for a festive style function.

North East Victoria District

The last meeting of the North East group was held at The Benalla Bowls Club on the 26th of August. There were 16 members in attendance, and 9 apologies. The Ladies meeting was not held ahead of the general meeting. The ladies discussed what they had to say informally among the rest of the members without the men taking any notice of them, they simply sat in the centre of the group and talked among themselves. I think this might be the way to go for the future, but it is entirely up to the women. Ian Cameron gave us an update on the situation with the Foresters, it was not what the members had hoped to hear. But you never know what may emerge in the future. Everyone appeared to enjoy their meal, and overall it was a very jovial meeting.

Co-ordinator Jim Osmotherly

South West Victoria District

A meeting of the SW RAAV was held in Hamilton on Monday 4th September at Alexandra House and was attended by 12 Members. There were a further 10 apologies resulting in a good response from all.

It was good to see John Parkinson who travelled from Ballarat for the meeting. He has stated he will attend both the SW and Ballarat meetings, a good endeavour from a keen Member.

The atmosphere at the hotel was excellent with our meeting area annexed off from the main part of bar area. Solid conversation was held by all with good food.

After the meeting, 5 Members attended the Volcano information Centre in Penshurst and were enthralled to learn of the many volcanos in the area from Penshurst to the Coast. It is safe to say we do not have any problems of volcanic action in the foreseeable future.

The next meeting in the SW will be the Christmas meeting on Monday 4th December.

Ray Loughheed
SW Convenor.

Gippsland District

Our usual meeting venue at the Morwell Club saw 16 Members and Partners attend with 7 Members apologising.

Lunch, which as usual, was a fine affair and good conversation was enjoyed throughout.

We were heartened to learn that Noel Mirtschin has taken on the role as Caravan Club Co-ordinator and he is interested in gaining as many members as possible, including Retired and Serving Ambulance personnel.

The Foresters Fund is still an on-going process and little to report to us at present.

The Ambulance Museum has acquired a Willies Overland Ambulance 1916 thanks to the assistance of AV.

Our next meeting on Thursday 23rd November will feature a festive theme and it is hoped we will have a Guest Speaker to entertain us.

Neil Hall
Co-ordinator

Badges, Caps & Jackets

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 any item of our merchandise. 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.

Caps \$15.00 each

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

Jackets (Currently on Order) \$25.00
Sizes M to 3XL with 4XL & 5XL waiting

for supply.

All orders are to be placed through Les Wood either via

Mobile : 0418 457 104 or

Email: thewoodies16@bigpond.com

Alternatively orders can be given to any Committee Member or District

Co-ordinator and the order will be processed as soon as possible.

Birthday Greetings

We trust the following Members manage to have an enjoyable birthday with Family and Friends.

November:

Max Lee	1 st
John Haines	6 th
Nigel Longman	10 th
Brian Shott	11 th
John Fahey	13 th
Barry Schurmann	14 th
Peter Pildre	15 th
Robert Spencer	15 th
Greg Wood	15 th
Alan White	17 th
Kevin Cannon	18 th
Steve Mulligan	19 th

Phillip Cavanagh	22 nd
Fred Kann	22 nd
Greame Williams	22 nd
Gillian Evans	26 th
Terry Baulch	27 th
Darrell Douglas	30 th

December:

George Smith	3 rd
Colin Street	6 th
Bill McNally	11 th
Trevor Mitchell	12 th
David Doering	13 th
Frank Mc Neill	13 th
Bob Bowman	14 th
Allan Vivian	15 th
Brian Kinsella	16 th
Phillip Wade	18 th

Charles James	19 th
Laurence Timpson	19 th
Bert Martin	20 th
Garry Hodson	21 st
Joy Mayhew	21 st
Patricia Wells	22 nd
Roger Hardwick	24 th
Colin Saunders	24 th
Laurie Henry	26 th
Andrew Wilson	26 th
Ray Hubbard	27 th
Les Wood	27 th
Noel Mirtschin	27 th
Rosemary Bosse	28 th
Morrie Browne	29 th
Martin Moran	31 st
Lionel Schneider	31 st

January

Trevor Martin	1 st
Victor Henshaw	2 nd
Peter Skinner	6 th
Peter Briscoe	7 th
Don Carpenter	8 th
Ken Clarkson	8 th
Ken Curtis	8 th
Allan Cross	9 th
Peter McMurtrie	11 th
Ronald Mc Clean	12 th
Brad Pike	12 th
Dennis Meek	14 th
Brian Mellor	14 th
Athol Nicholas	18 th
Allan Malone	19 th
Dennis Wood	19 th
Dave Tyson	20 th
Pat McKenzie	21 st

New Members

We welcome our new Members and look forward to seeing you at a meeting near your soon.

Paul O'Toole - Newcomb
Terry Taylor - Maryborough Old
Max Lee - Lismore
Paul Chase - Safety Beach
Laurie Spelling - Echuca



My wife was standing nude, looking in the bedroom mirror. She was not happy with what she saw and said to me, 'I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment.'
I replied, 'Your eyesight's damn near perfect.'
And then the fight started.....

January Contd.

David Perkins	21 st
Tony Veitch	21 st
Ben Ellis	23 rd
Ron Batten	24 th
Ian Johnson	30 th
Geoff Quennell	30 th
John De Boer	31 st
Trevor Forfar	31 st

February:

Peter Dent	1 st
Alfred Monk	3 rd
Bruce Hyatt	4 th
Colin Gaskell	5 th
Linton Johnstone	6 th
Lindsay Mc Coy	8 th

Danny Lumby	13 th
Terry Taylor	14 th
Neil Hall	15 th
Rhonda Oliver	16 th
Roger Vidler	16 th
Graham McRae	17 th
Ian Martin	19 th
Malcolm Zadow	20 th
Arthur Manning	21 st
Wendy Barry	22 nd
Gunther Moses	23 rd
Goffrey Cousins	24 th
Glenn Solomano	25 th
John Ellerton	26 th
John Moss	27 th
Joseph Spronken	27 th
Leanne Russell-Jones	28 th
Max Brooker	29 th



The President, Executive and Committee wish each of our Members, their Wives/Partners and Families all very best for the Festive Season, we wish you a Happy new Year and we look forward to seeing you in 2018.

Ambulance Victoria Museum

With the new Museum in Bayswater now fully functioning we are please to report that there has been a large increase in groups and individuals visiting to see the display of cars and equipment.

We remind all Members that at any time you would be welcome to view the Museum and the various archives.

Before venturing to Bayswater PLEASE contact Chas Martin on 0428 813 385 to ensure a member of the museum will be available to show you around.

An Artic Trip continued

There were two days during the trip that we could not get off the ship as we were in the pack ice around 81.4° N where the ship had to make its way through the thick ice. The ship had a strengthened bow and hull to help break through the flow and that was when we saw most of the Polar bears, some with fresh kill of seals, certainly a good place to view them safely from the ships deck as they are huge animals.



There were many trips that we took on the Zodiacs where we also viewed Arctic birds in their thousands nesting on the rugged cliffs, one would wonder how they managed to incubate the eggs to raise their young.

The scenery was magnificent with glaciers at every corner very spectacular, especially when we were up close in the Zodiacs. Temperatures during the days when the sun was visible through the clouds was around 6-8 degrees, water temp around one degree. One very interesting sight was the arctic wild flowers that were growing in the very rocky moss and tundra covered ground, many different colours and types.

As with most good times our trip came to an end as we glided back into the harbour in Longyearbyen where we all disembark to check out the town again and for those who like another coffee before we then proceed to the airport to fly to Oslo. There we said goodbye to the friends that we had made the last 12 days but for Chris and I it was off to Iceland for a driving trip along its Southern coast but again that's a story for another time.

John Parkinson



Quick Quiz:

Q 1: How many were in the Ned Kelly Gang?
Q 2: Trusk, Aideek, Aphobia is a fear of what?
Q 3: In the X-Man films what is Wolverine's other name?

Q 4: How many AFL Clubs did Dale Kickett play for?
Q 5: What was the name of the Adams Family's Butler?
Q 6: What shape are stop signs in Australia?
Q 7: Who features on the \$100 note?

Peninsula Ambulance Reunion.

On Wednesday 20th September 2017 almost 60 former Peninsula Ambulance Service ambulance officers, MICA, office staff and senior officers met at the Chelsea Heights Hotel for an informal luncheon reunion.

There were lots of old stories and remembrances of yesteryear and many people who were reunited after some 40 years.

A great time was had by all with a promise that we would endeavour to hold more reunions in the future. This was the second reunion, the first being in 1996 after the former service was amalgamated with MAS in 1987.



Group photo:

Front Phil Hogan, Michael Walker

Second Row: Robert Rigby, Laurie Spelling, Paul Churches, Glen Dowlan, Darrell Douglas, Bernie Goss, Don White, Neville Lloyd, Stan Medew.

Third Row: Clive Butler, Paul Chase (obscured), Ian Cameron, John Clancy (obscured) Bill Hogg, Peter Watson, John Wheeler, Peter Briscoe, Tony Veitch, Kevin Cooper, Neville Wingrave, Alan Perrins, Brian Fal-lows, Erik Schanssema, Dave Llewellyn, Bruce Westerland, Len Starkey, Alf Grieves, Jim Ballard, Phil Carr.

Missing from photo, Lance Simmons, John Winterton and Wilton Reick.

Members not in good health

Roger Vidler
Brian Shott
Charlie James

We wish all Members a speedy recovery

District Reports Continued



Ballarat & Central West

It was my pleasure to attend the Ballarat meeting at the Golf House Hotel, Doveton Street North on Wednesday 6th September which was attended by 6 very keen Members and two guests.

The meeting was held in a private room of the hotel which made all present feel as though we were the only people on the premises. It was a very nice atmosphere.

George Prolongue and his lovely wife, Joy, were in attendance which gave all the chance to catch up with George regarding his visit to Government House the previous day. George and Joy were escorted to Government house, in an AV vehicle, by John Parkinson and they were presented to the Governor during the Proceedings. Well done George on reaching the 100 year milestone and thank you to AV for their assistance.



Once again a good day was held by all and the next meeting will take place in Ballarat on Wednesday 6th December at 12noon.

We still require someone to step forward and take on the position of Co-ordinator to assist this area of the State.

Ray Lougheed

North West Victoria

Lunch on Thursday 19th September at the Mildura RSL was a quiet day with only 4 members attending as everyone else was away doing their geriatric gypsy thing (caravanning, houseboating & 4 WD)

A celebratory drink in memory of Jim Mason who passed away suddenly recently and interest shared in joining up in the next caravanning tour plus the usual war stories.

Alan Cooksley - Co-ordinator

Geelong & Surf Coast

It was a damp and misty day in Geelong for our meeting only 10 members present with great atmosphere great food and exceptional company all was good overall.

Ian explained how the foresters group

dropped our request for membership, he also updated us on the peer support program.

The only sad discussion was the passing of our esteemed member Gerry Thomas.

Ian gave a short eulogy and prayer for Gerry's remembrance

Trevor Forfar - Co-ordinator

Jackets

Our new warm, rainproof and comfortable jackets have arrived and they are well worth the asking price of \$25.00 which is a 50% reduction of the full price.

Each jacket comes with a hood that can be rolled and stored in the collar of the jacket.

We have our Logo embroidered on the left breast and the size range is M to 3 XL with the larger sizes still to be obtained

Order your new jacket through Les Wood either mobile: 0418 457 104 or email: thewoodies16@bigpond.com or our Secretary either by email or mobile.

Our Next Caravan Club Getaway - February 2018



The next Caravan Club Getaway has been arranged for February 2018.

Yea Riverside Caravan Park
1 Court Street Yea
Date: 10-13 February 2018
Cost \$31.50 per night
To book please ring 0357972972

When people ring to book please mention that they are from the RAAV Caravan Group. The park is dog friendly so you can take that pampered pouch as well. I have booked a number of sites.

The details are as follows. After you have booked at the Caravan Park please contact me either by email:

noelmir1@yahoo.com.au or text on 0419538301 and let me know so I can keep a track of the numbers as extra sites may need to be booked.

If any Members who do not have a caravan and wish to join us there is the following opportunity. Unfortunately there is no onsite vans or cabs available over our period of stay. However there is the Yea Motel just down the road from the

Caravan Park at 8 Miller Street Yea. Please let me know if you will be using the motel so that we can include you in the activities over the few days.

I look forward to seeing as many as can make it to Yea for a great Caravan Club adventure.

Noel Mirtschin
Convenor

Caravan Club News



The RAAV Caravan Group has now a Facebook site; RAAV Caravan Group. This site has been developed for those Retired or Operational Ambo's interested in caravanning to have some input into the group. Although the group originally was set up for retired ambulance personnel I think that we need to expand to current operational members of Ambulance Victoria to be involved as well.



On the 19th of September my wife and I ventured down to the coastal township of Narrawong which is about 15 kilometres from Portland in South West Victoria to join up with the South Australian retired Ambulance Officers Caravan Group for a few days. It was great to catch up with 5 of their members. Graham Morrison the coordinator of the SA group as well as the other members and their partners made us feel

Quick Quiz Answers

A 1: Four

A 2: The number 13

A 3: Logan

A 4: Five

A 5: Lurch

A 6: Octagonal

A 7: Dame Nelly Melba & John Monash



extremely welcome. The 5pm get together's for few drinks in the camp kitchen saw everyone mix and exchange a few war stories and to catch up. All of the retired ambo's had spent 30 years or more in the job in one state or more states and it was interesting to hear about a few of the ambos that these guys and I had worked with over the years.

The caravan park at Narrawong is situated beside a river and is only a short walk to the beach which is great for fishing although not many fish are being caught at the moment due to the heavy rain in that part of the state in the past few weeks. The facilities at the park were very good and the sites had lots of



grass for parking the van.

The SA group have getaways at least 3 times a year and have about 20 members. One of their getaways next year is at the Grampians in Western Victoria. We have been invited to that and I will let everyone know when it will occur. In response I have extended that invite to them when we go away next year.

Anne and I had a great time and look forward to catching up with these guys in the future. I am interested in hearing from anyone interested in assisting me with the caravanning group please contact me either through the Facebook site or via email: noelmir1@yahoo.com.au or mobile: 0419538301.

With sadness we record the passing of:

James (Jim) Mason
Brian Scully
William (Bill) Long
Joan Spencer (Wife of Bob)
Win Donald (Wife of the Late Bob)

District Meetings



Our District Meetings for the rest of this year are:

Central & Northern Victoria - Thursday 16th November at the Bendigo RSL commencing at 12 noon.

Gippsland Region - Wednesday 23rd November 12 noon at Morwell Club

North East Victoria - Saturday 25th November 12 noon at Benalla Bowls Club

North West Victoria - Tuesday 28th November - 12noon Mildura RSL

Geelong & Surf Coast on Wednesday 29th November 12noon Geelong RSL Belmont

South West Victoria - Monday 4th December 12noon at Warrnambool

Ballarat & Central West - Wednesday 6th December 12noon at the Golf

House Hotel

Metro (Melbourne) Wednesday 13th December - 10.30am at Doncaster AV Headquarters.

We look forward to seeing as many Members as possible at any of these meeting bases and trust you all enjoy a great day leading into the Festive Season.

The Back Page

Retired Ambulance Association of Victoria Inc.



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

A plumber (The Royalty of all Trades) dies in a car accident on his 50th birthday and finds himself at the Pearly Gates. A brass band is playing, the angels are singing a beautiful hymn, there is a huge crowd cheering and shouting his name, and absolutely everyone wants to shake his hand.

Just when he thinks things can't possibly get any better, Saint Peter himself runs over, apologises for not greeting him personally at the Pearly Gates, shakes his hand, and says, "Congratulations son, we've been waiting a long time for you."

"Totally confused and a little embarrassed, the plumber sheepishly looks at Saint Peter and says "Saint Peter, I tried to lead a God-fearing life, I loved my family, I tried to obey the 10 Commandments, but congratulations for what? I honestly don't remember doing anything really special when I was alive. Is it because I'm a plumber?"

"Congratulations for what?" says Saint Peter, totally amazed at the man's modesty.

"We're celebrating the fact that you lived to be 160 years old! God himself wants to see you!"

The plumber is awestruck and can only look at Saint Peter with his mouth wide open. When he regains his power of speech, he looks up at Saint Peter and says "Saint Peter, I lived my life in the eternal hope that when I died I would be judged by God and be found to be worthy, but I only lived to be fifty."

"That's simply impossible son," says Saint Peter, "We've added up all your time sheets."

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner.

Talk about Dyson with death.

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it.

I thought to myself, they've lost the plot!!

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were \$70!!! Blow this, I thought, I can get one cheaper off the web.

I start a new job in Seoul next week. I thought it was a good Korea move.

I was driving this morning when I saw a parked RACV van. The driver was sobbing uncontrollably and looked very miserable. I thought to myself, that guy's heading for a breakdown.

Facebook: Retired Ambulance
Association of Victoria Inc.

Committee: of Management

President:	Ray Lougheed
Vice President:	Ian Donaldson
Secretary:	Ian Cameron
Treasurer:	Darrell Rintoule

Committee Members:

Bill McKnight
Peter Leek
Dennis Meek
Les Wood
Frank Abela
John Clancy
Jim Osmotherly

Jackets



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I D Cards

*Retired Ambulance
Association of Victoria Inc.*



Ian Cameron

Member Number
1098



Our new ID Cards are now available for order and will be issued to all members as soon as we can.

We ask that all members please send a passport size photo to our Secretary who will process your card and forward it to you. Please write your name on the back of the photo for easy identification. Alternatively a photo can be taken at the next meeting you attend.

The cards are a "credit card" size and will be issued with a lanyard and pocket/belt clip.

There will be no charge for these cards.