

February 2018

## RAAV Ravings



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### From the Desk of the Secretary

Following the final General Meeting on 13<sup>th</sup> December, I and the rest of the Associations' Executive, partners and two or three others were sitting relaxing and chatting about the year now past. Vice President, Ian Donaldson, received a mobile call and he left the table to talk. He returned and stated, whilst looking directly at me, "Is there someone who would like to go on a cruise around New Zealand starting Wednesday 21<sup>st</sup> December, it's a free passage". Everyone said to me 'Why don't you take it'. I said "At present I don't have a passport" To which they all said 'you can get one very quickly these days'. I said I would if I could get the passport.

On returning home I contacted the Passport Office and was told that in my circumstances I could get one within 48 hours. I then made a dash around to get all the paperwork signed and Thursday morning headed off to the GPO Post Office in Elizabeth Street. The counter attendant checked my papers and on looking at my photos said 'These are fine for

an ID but no good for a Passport'. **Panic** struck, however he retook the photos and following a mad dash back to Bentleigh East to get them re-certified I returned back to the Post Office. At 12.32pm all the papers were signed and stamped received.

Friday morning about 10am I checked the Passport Office website and saw that my Passport was 80% complete. 10.37am - email 'Your Passport is ready for collection' - 22 hours, I could not believe it. Again, a dash into Collins Street, Docklands, with ID in hand, and yes a brand new passport was placed into my possession.

Contacted the Travel Agent and following the exchange of details and transfer of \$400.00 to have my name changed on the Ships' Register. *I was all set.*

Wednesday 21<sup>st</sup> December I boarded the Golden Princess and spent 13 wonderful days touring New Zealand, the last time I was there was about 1983. Many changes have taken place since then.

#### Inside this issue:

Presidents Report	2
Message from Tony	2
District Reports	3 & 8
Birthday Greetings	4
Caravan Club News	4
New Members	4
Travels to Northern	5 & 6
Peer Support	7
Next Caravan Club Venture	8
District Meeting Dates	9
ID Cards	9
The Back Page	10

I was fortunate to have a couple of other Members of our Association on-board as well, these being V.P. Ian Donaldson and His lovely wife, Christine & Howard Smith with his charming wife, Carole. Although I did not meet with them all the time we did catch up and enjoy drinks and chats.

On about the third day I was walking along one of the decks and noticed a Ships' Officer carrying a red backpack. I approached him and asked "What is the Backpack for" To which he replied 'I am the Ships Paramedic'. A bit taken aback, I said "Paramedic"? He said 'Yes this is a new position and a trial to see how effectively it can be'. We agreed to meet later in the day and have a talk about his duties and responsibilities.



#### Miles Magauran, UK Paramedic

At 6pm I went down to Deck 4, The Medical Centre, and met with Miles for almost an hour where we discussed his role and how he became to gain such a great job. This is his story:

Miles started his Ambulance career as a 16yr old, being a First Aid Assistant at major events, (Something similar to our St Johns People). He was born into a medical based family with his Grandfather being a Paediatric Doctor and his Father a Ships Doctor and later a Road Trauma Clinical Doctor (common in the UK at that time). Miles joined the then Surrey Ambulance Service in 2003 and progressed to becoming an Emergency Medical Technician (EMT) 2 years later. Following the amalgamation of several Ambulance Services, the Service then became the South Central Ambulance Service **Continued on Page 3**



## Presidents Report



Hello and welcome to another year. Here we are at the end of the first month of 2018 and well may we ask "what happened to Christmas?" With Christmas in mind I hope yours was a happy one and that the beginning of 2018 has been as you would have wished. Have a happy year.

This year promises to be a busy one for your Committee with the setup of a new meeting group in the South of Melbourne, further advancement in the area of Peer Support, the expansion of our Welfare operations, the attendance of Committee members at regional meetings and the revamp of the Funeral participation plan.

In relation to the setting up of a new group in the South of Melbourne, the area suggested is Mornington, thus giving Members from the Peninsula area the chance of getting to more meetings. We will have more information regarding this matter soon.

Peer Support training is about to start and we would hope to have the system operating early this year. Plans are well underway under the guidance of AV.

If you know of sick Members please let us know as soon as possible so that we can take action to check on the welfare of the respective Member.

We as a Committee are looking into the Funeral Participation plan and would like to know what you would like us to do at your funeral. While this is not a matter easily discussed it is reality and needs to be given suitable consideration.

Finally, with the beginning of the New Year comes the thought of colder months ahead and therefore the need for warmer clothing. Ah, that brings me to the matter of our new jackets. Being very warm and water proof, I would like to suggest you purchase one before the cold of winter descends upon us. At \$25 to Members they are a very cheap buy so contact Ian Cameron for your Association jacket.

Hopefully I will catch up with as many Members as possible during the year, so onwards into 2018.

Ray Loughheed

President RAAV Inc.

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



I always appreciate the opportunity to provide updates for this publication, and as we head into the New Year, I thought it would be a great opportunity to talk about some of the new initiatives that will be delivered over the coming months.

Advancing technology will feature strongly this year, firstly with the establishment of the first Melbourne Mobile Stroke Unit, that commenced a trial in conjunction with the Royal Melbourne Hospital in November. This ambulance is equipped with a CT scanner, Neurologist, Radiographer, stroke nurse and AV paramedics, and assists in the rapid assessment and treatment of patients experiencing acute stroke symptoms, with some pleasing preliminary results reported to date.

We will also see the release of the GoodSAM mobile phone app, a lifesaving smartphone app that alerts trusted responders in proximity to a cardiac arrest patient following a Triple Zero (000) call. The first stage of the roll-out will commence on 23 January, with AV staff and volunteers who have registered as GoodSAM trusted responders being alerted if they are near a cardiac arrest case. Once we have confirmed the roll-out with AV staff and volunteers, we'll be inviting other health professionals and emergency service members to join and expand our network of GoodSAM trusted responders.

As always, safety will continue to feature as the priority, with the Metro East Region now having launched their Manual Handling Support vehicle, designed to respond infield and provide education and training to staff. Work also continues with regards to the provision of an appropriate peer support program for former AV staff to access support when it is required. It is anticipated that this program will be launched in March, and we will provide further information once available.

Thank you for the opportunity to provide an update on some of the activity occurring across the organisation, and I look forward to sharing more information on advancements and developments throughout 2018.



Svartifoss Falls

## District Reports

### Gippsland District

#### Peer Support

Frank gave an insight into progress of AV peer support program. No further progress on the foresters fund other than the union and Tony Walker may have had some involvement.

#### Caravan Club

Noel Mirtschin put forward a good report in regard to the caravan club requesting as many AV members retired or not become involved in trips away.

The next trip being to Yea Riverside Holiday Park in February 10-13 and mention you are with the RAAV club to get the discount. Let Noel know of your booking in case he needs to book more sites etc.

### Meeting Dates for 2018

Thurs Feb 15, Thurs May 12, Thurs Aug 16, Thurs Nov 15

Neil Hall, Co-ordinator



Gullfoss Falls

## From the Desk of the Secretary - continued

(South London to the South Coast in Kent). From 2008 to 2010 Miles graduated to the position of Emergency Care Assistant and qualified as a Paramedic in 2013. Miles is now employed with the South Coast Ambulance Service. (Basically Southampton to London).

Miles role on board ship is First Responder and Triage in the Medical Centre for all passengers and crew. He shares the duties with one of the 'On Board' nurses and works 4 months on ship and 2 months on shore. The contract is a two year contract.

The Medical Centre is well setup and includes a Treatment Room, Intensive Care Unit, 2 Bed ward and a 3 Bed ward as well as an X-ray room and a 3 bay mortuary. The Ship also has a dedicated Emergency Response Team who, if required, collect a gurney, complete with all necessary equipment and medical supplies, from the Medical Unit and transport it to the incident. They are under the guidance of the 'On Duty' Paramedic at all times.

On the second last day of the trip I arranged for Ian Donaldson and Howard Smith to meet with Miles and again we enjoyed a great discussion about the difference between our two Services, would you believe it, there were very few.



The backpack contains a defibrillator, ECG Machine and Emergency Medications.

Miles with Ian D, Howard S and Myself

## Badges, Caps & Jackets

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.

We have a full range of shirts in sizes from small to 5XL at \$25.00 ea.

Our caps are one size fits all

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 \$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.

Order Forms are available via the website or by contacting Les or Secretary, Ian Cameron.



## Birthday Greetings

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

### February

Peter Dent	1 <sup>st</sup>
Alfred Monk	3 <sup>rd</sup>
Bruce Hyatt	4 <sup>th</sup>
Colin Gaskell	5 <sup>th</sup>
Linton Johnstone	6 <sup>th</sup>
Lindsay Mc Coy	8 <sup>th</sup>
Danny Lumby	13 <sup>th</sup>
Alison Campbell	14 <sup>th</sup>
Terry Taylor	14 <sup>th</sup>
Neil Hall	15 <sup>th</sup>
Rhonda Oliver	16 <sup>th</sup>
Roger Vidler	16 <sup>th</sup>
Graham McRae	17 <sup>th</sup>
Ian Martin	19 <sup>th</sup>
Malcolm Zadow	20 <sup>th</sup>
Arthur Manning	21 <sup>st</sup>
Wendy Barry	22 <sup>nd</sup>
Gunther Moses	23 <sup>rd</sup>
Goffrey Cousins	24 <sup>th</sup>
Glenn Solomano	25 <sup>th</sup>
John Ellerton	26 <sup>th</sup>
John Moss	27 <sup>th</sup>
Joseph Spronken	27 <sup>th</sup>
Leanne Russell-Jones	28 <sup>th</sup>

Max Brooker 29<sup>th</sup>

### March:

John Bosfelds	1 <sup>st</sup>
Bill Streegstra	1 <sup>st</sup>
Charles Mc Lean	2 <sup>nd</sup>
Ian Donaldson	4 <sup>th</sup>
John Parkinson	5 <sup>th</sup>
Stephen Hutchins	8 <sup>th</sup>
George Prolonguae	8 <sup>th</sup>
Christine Davis	12 <sup>th</sup>
Valerie Morgan	12 <sup>th</sup>
Bernie Morrellini	13 <sup>th</sup>
Daniel O'Connor	15 <sup>th</sup>
Kevin Poole	15 <sup>th</sup>
Stan Sandford	18 <sup>th</sup>
Tony Davis	19 <sup>th</sup>
Howard Smith	19 <sup>th</sup>
Ray Neil	20 <sup>th</sup>
Len Starkey	20 <sup>th</sup>
Paul Chase	23 <sup>rd</sup>
Gordon O'Keeffe	23 <sup>rd</sup>
Eric Schanessma	23 <sup>rd</sup>
Ross Eastwood	25 <sup>th</sup>
Ted Giddings	25 <sup>th</sup>
Graham Ryan	25 <sup>th</sup>
Glenn Solomano	25 <sup>th</sup>
Robert Hood	27 <sup>th</sup>
Zitamae Dobson	27 <sup>th</sup>
George Hood	28 <sup>th</sup>

Charles Martin	28 <sup>th</sup>
Jim Yandle	29 <sup>th</sup>
John Brown	30 <sup>th</sup>
David Gawne	30 <sup>th</sup>

### April:

Paul O'Toole	3 <sup>rd</sup>
Peter Croker	5 <sup>th</sup>
Bob Curzon-Siggers	5 <sup>th</sup>
Ian Cameron	7 <sup>th</sup>
Frank Bonser	12 <sup>th</sup>
Keith Lloyd	12 <sup>th</sup>
Glenn Robertson	13 <sup>th</sup>
Ted Mawby	14 <sup>th</sup>
Peter Moroney	15 <sup>th</sup>
Allan Jackson	16 <sup>th</sup>
Neil Barrett	17 <sup>th</sup>
Neale Johnson	19 <sup>th</sup>
Gregory Taylor	19 <sup>th</sup>
Merilyn Raft	20 <sup>th</sup>
John Allen	22 <sup>nd</sup>
Keith Humptrey	24 <sup>th</sup>
James Osmotherly	26 <sup>th</sup>
Robert Gosden	28 <sup>th</sup>
Frank Abela	30 <sup>th</sup>
Laurie Campbell	30 <sup>th</sup>

## New Members

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

Eric Schanssema - Doncaster  
Neil Flanigan - Milawa  
Wal Mc Curdy - Clyde



Viking Long Boat



Hallgrímskirkja, Lutheran Parish Church

## Caravan Club

### News



The trip away to Yea is drawing closer the numbers are increasing which is good news. Graeme Williams has kindly given me a rundown of some ideas that we can do while we are away. We can discuss these when we get together on Saturday evening happy hour. The manager of the CP will let you know what site Anne and I are at. So call in and see me when you have settled in. See you then.

Things to see and do.

Kerrisdale Mountain Railway  
Cheviot Tunnel  
Ruffy Produce Store  
Killingworth Hill Whiskey Bar & Cafe  
Tahbilk Winery - Nagambie

Eating places suggested  
Peppercorn Hotel  
The Country Club Hotel  
Chinese Cafe in Yea

The South Australian and New South Wales Retired Ambulance Groups have invited us to participate in their trips away. Of interest is the South Australian Group will be visiting Halls Gap from the 6th September 2018. If anyone is interested in joining in with them you can contact me and I will pass details onto you.

The New South Wales Group are heading to South Australia and will be in Renmark from the 15/3/2018 and traveling to Nuriootpa and Clare for a couple of weeks. They will be meeting up with the SA Group. If anyone is interested please contact me and I can give you further groups. I unable to catch up with these groups as I will be away until October.

Looking forward to seeing everyone at Yea.

Cheers

Noel Mirtschin, Co-ordinator

## Travels to Northern Europe - 2017

On the 8<sup>th</sup> of July 2017 my eldest son Chris and I flew from Melbourne on a Qantas A380 to London via Dubai, a long journey of 24 hrs, finally arriving at Heathrow airport mid afternoon on the 9<sup>th</sup> of July. We proceeded to our hotel in Kensington for a quick change, then for a good long walk to stretch the legs after being cooped up in a plane for so long. We were staying only a few blocks away from Hyde Park and stopped to view the gardens and Kensington Palace home to some of the young royal family as well as passing the Royal Albert Hall.

For the next 2 days we viewed the usual highlights of London, which when you read travel brochures they appeared fairly mundane, but to actually be there and view these historic places is very rewarding. The likes of Buckingham Palace and the changing of the guard, Westminster Abbey, the British Museum, Natural History Museum, Big Ben, London eye with its brilliant views of the city and Houses of Parliament.

Walking across Tower bridge and then up inside it to the very top as well as the massive engines that move the cantilever spans to open the bridge when a vessel passes underneath. Travelling on 'The Tube' to various parts of London which is fast and efficient and also to the small village of Greenwich not far from London, home of the Prime Meridian of the world, where East meets West at 0° longitude and many other historical and astronomical discoveries going back to 1675.

On the 3<sup>rd</sup> day we did a day trip to Paris on the Eurostar from St. Pancras Station in central London, under the English Channel and arriving at Gare du Nord station in the heart of Paris. What a way to travel in comfort that was, hitting a top speed of 298 kmh and arriving some 2.5hrs later in another country in another continent.

My first thoughts of Paris was am I really here? Some 17,000km from home, half way around the world and in the middle of such a historic city in Europe.

A short ride on the metro underground and we emerged right beside the Seine River and next to Notre Dame Cathedral which is over 700 years old with magnificent art work and sculptures inside. We then walked towards the Musee du Louvre which was crowded with visitors queuing to get in. One tip for anyone heading to Paris is to avoid the height of summer as there were crowds everywhere we went and so we decided to skip The Louvre and catch the metro to the Eiffel Tower, probably the most iconic and recognised building in the world.

It's a magnificent structure standing 324 metres high which was completed 124 years ago. We spent the next 4.5hrs queuing to get through the initial security check, queuing to get tickets, queuing to get the first lift, queuing to get the second lift to the very top and after enjoying the amazing views, queuing again to get down! But, I can say I have been to the top of the Eiffel Tower.

It was then a short walk across the Seine, up through the Trocadero to the Arc De Triomphe, a very stately monument to the fallen soldiers of the free world. While we were there, the Gendarmes were preparing for Bastille Day the following day, after that we walked the length of the Avenue Champs-Elysees a very inspiring walk, with all the cars travelling along it and all the colourful flags out to celebrate the occasion. Also of note was the many monuments and statues that were capped in gold which shone out in the afternoon summer light.

After that it was back across the river to catch the metro to Gare du Nord station to board the Eurostar back to London. It was a very long day from 0530 in the morning arriving back at our hotel in London at 2300 but what an experience of travelling to such an iconic European city.

For our last day in London we caught the tube to Kings Cross Station to Platform 9¾ to the Harry Potter shop to purchase some gifts for my granddaughters who are mad Harry Potter fans.

We also timed our last day to watch the changing of the guard at Buckingham Palace, a very colourful spectacle with all the guards in their uniforms and the magnificently groomed horses. We were also fortunate to see the Queen and Prince Phillip drive past a few meters away from us.

There was time to explore a few more places of note and then head to a small Italian restaurant not far from our hotel for a welcoming "cold" beer and a good meal to finish the day off, as next day we were flying to Oslo in Norway.

Next morning our cab arrived early to take us back to Heathrow, where we got through the usual procedure at immigration and security quickly and were able to sit down for a tasty cooked breakfast of bacon and eggs overlooking the busy terminal.

Our flight to Oslo was only a couple of hours and the first impression as we approached for landing was how green it was for the middle of their summer. We stayed in Oslo for 2 nights, enjoying walking around the city and the friendly people in the warm summer weather. Highlights of Oslo were the two Museums, one the "Fram" the strongest wooden vessel especially built in Norway in the 1890s for Polar research and the first ship to sail the furthest in the Arctic north, and to the Antarctic south.

The other highlight was a visit to the Viking ship museum which houses a wonderfully preserved collection of the tall Viking long ships and artefacts of a bygone era. The Viking ships were unearthed some 100 years ago and date back to 1000AD. For more



information on these, Google 'Viking long ships Oslo' for an amazing read.

The next part of our trip was a flight North to Svalbard in the Northern Arctic region, but that is another story that has already been published in a previous edition. Twelve days later on our return from Svalbard in late July we stayed overnight near the Oslo airport for an early flight to Reykjavik, the capital of Iceland.

Arriving in to Reykjavik was not what we expected in a country called Iceland. Blue skies, sunshine and their warmest day of summer of 20 C° greeted us for our hour long trip from the airport to our hotel. Central Reykjavik is a very compact city with narrow streets and very colourful houses and friendly people.

There was a lot of walking around the city on that first day, down to the harbour to the Harpa Concert Hall, across Arnarhóll park a small hill that overlooks these parts of the city with a statue of Ingólfur Arnarson the first recognised settler of Iceland over 1,100 years ago in 874AD, past lakes that freeze over in winter and people ice skate on and many other older buildings and even houses and pubs with green grass as their roof material!

Probably the most spectacular building and view in central Reykjavik is Hallgrímskirkja, a large Lutheran parish church standing 74.5 meters tall with tremendous views from the top of the city and surrounding areas from the observation tower at the top.

The next morning we picked up our rental vehicle for the start of our "Marvels of the South" trip, a 5 day self-drive tour eastwards along the Southern part of Iceland and back to Reykjavik. It was completely unnatural though to be driving in a left hand drive car on the right side of the road so I left that for Chris to do.

While we only saw a glimpse of what Iceland has to offer, the trip was amazing in its variation of landscape and scenery. Being peak summer and tourist season the popular areas were crowded with visitors from around the world supporting its rise to one of the most popular tourist destinations in the world at the moment.

Iceland being basically a volcanic island has such contrasting areas from rich farming paddocks where farmers were in full force mowing and baling fodder for storage under cover for the cold winter when all the animals are kept under cover to highways cutting through lava fields to snow topped volcanic mountains and glaciers.

While not having 24hr sunlight like we had further North in Svalbard, here in Iceland at this time of year, sunrise was at 0400 and sunset around 2300 so there was plenty of daylight hours for travelling and visiting places and even then we never experienced complete darkness as there seemed to be a prolonged twilight before it started getting light again in the early hours.

Our days quickly went by visiting places such as Skogafoss, Seljalandsfoss and Svartifoss Falls. We travelled as far east as a place called Jökulsárlón or Glacier Lagoon where large icebergs were calving, then floating in the lagoon, beaching themselves on the lagoon shore or drifting out to sea via a channel and on to the black beach sand.

Along the coast there were interesting formations of rocks as a result of heat and pressure of thousands of years ago such as at Reynisfjara Beach near Vik and its basalt columns where Puffins make their nest high above the black sand beach. Numerous majestic waterfalls were viewed, one that stood out was Gullfoss Falls, a breathtaking two-tiered waterfall that drops 32 metres into a narrow canyon 70 metres deep and 2.5 kilometres long, truly a wonder.

Another great site was the famed hot spring area where the Strokkur Geyser erupts every 10 minutes or so, sometimes to a height of 20m and is the area's main attraction.

Soon after leaving the Strokkur Geyser, we headed to Þingvellir National Park which as one of its main attractions is the site of the boundary between the North American and Eurasian continental plates. These are slowly drifting apart at about 2cm per year which causes tectonic pressure and earthquakes every so often as the pressure of the movement increases. In some of the rifts they are filled with cold, crystal clear water which enables those hardy enough to swim between two continental plates only metres apart.

Well every story has to have a finish and we found ourselves back in Reykjavik to return the hire car and enjoyed the evening walk in the city with an almost midnight sun and its long shadows. A late checkout enabled us to wander around down town Reykjavik one more time before heading off to the airport for our late afternoon flight back to London. As we disembarked the plane in London we both remarked how it was the first time in nearly 4 weeks that we had seen full darkness at night!

After overnighting at one of the nearby airport hotels close to Heathrow we then went through the now familiar process of flight check-in and immigration and security queues for our Qantas flight back to Melbourne via Dubai.

It had been a magnificent four weeks on the other side of the world to places I never thought I'd ever have the opportunity to see and visit but it is great to be back in Australia. My thanks to my son Chris for his care and guidance on this remarkable trip that we will both remember for a long time.

John Parkinson

**Editors Note:** There are a number of photos associated with this article but with limited space they are not reproduced here but scattered throughout this newsletter



## PEER SUPPORT PROGRESS REPORT

First up hope you all had a Merry Christmas and a great start to the New Year, I submit the following report for your awareness / information.

### REPORT

As you are all aware the RAAV peer support program has been a slow developing process, in my opinion this is a good thing as if to say slow and thorough is better than quick and unsatisfactory.

This has been a huge undertaking which required many hours to address all the different areas that make up such a program in order for our members and non-members of the association, to have the proper ethical and confidential care in the event a retired staff member requires such care.

Some of the major areas of development that required careful consideration, structure development and implementation, just to mention a few are

- \* Compiling a list of volunteers wishing to be peer support- peer team members
- \* Developing a physic assessment process that is applicable to retired staff members
- \* Developing a RAAV peer support training program that is applicable to said retired staff.
- \* To have in place an ongoing assessment and care of the individual peer support personal in the event they have a peer support coping problem.
- \* Many other areas of operational requirements, such as insurance, communication equipment requirements (mobile phones), travel and if required accommodation expenses, (uniform? RAAV T-shirt with Peer Support insignia and or ID name badge with peer support on same, ID card).

I must mention that without the passion of AV-CEO ASS: Prof: Tony Walker his commitment and driving force and funding this area of retired staff care, would be very difficult if not impossible for us to achieve.

I must also mention The AV Peer Support Team, they have worked hard and tirelessly, gathering information preparing documents, developing business plans "\$: to fund the program" to present to AV management (Tony Walker) for approval.

The above is the tip of the ice burg so as one can see this in no way can be achieved in a few months, thus why it has and is still taking so long to put into practice.

### Starting The Peer Support Program

Insanely the intension is to assess, train and commission 4 peer support personal, this is so the process / program can be evaluated to make sure it works as it should, and if any modifications are required to be put in place. The above area of development to this point to put in place 4 RAAV peer support personal is around \$ 20,500.00 so as one can see requires a great attention to detail. This is just an update progress report, more information to follow as the program unfolds

A special mention to all the members who volunteered to be peer support team members. A huge thank you for your ongoing patience and understanding in waiting for the start of the program and your involvement in the same. Like yourselves I also will be assessed and trained in my roll to make sure I am suitable to perform the roll. At the end of the day we are not here for our own self-importance, we are here for the help and support we offer to our fellow retired members and non-members in need of special care at some point in their lives.

Kindest Regards,

Yours in peer support

Frank Abela - Co-ordinator



Eurostar - London to Paris - John Parkinson

### Quick Quiz:

Q 1: With which team did Rex Hunt win a premiership?

Q 2: Which animals name when translated into English means river horse?

Q 3: In golf what is the maximum number of clubs allowed in your bag?

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

Q 5: What does ANZAC stand for?

Q 6: Which is bigger in area the Sahara Desert or Australia?

Q7: Which Melbourne band had a 1985 hit with 'Barbados'?

Q 8: How many frames are there in a game of tenpin bowling?

Q 9: In the song, where was the house of the rising sun?

Q 10: How many James Bond movies have one word in the title?





Hallgrímskirkja,  
Lutheran Parish Church



Interior of the  
Notre Dame Cathedral



Strokkur Geyser  
hot springs



The Golden Princess



Eiffel  
Tower

## District Reports

### Ballarat & Central West

The Christmas meeting of the Ballarat members of RAAV was held at the Golf House Hotel, Doveton Street Ballarat at 1200hrs on Wednesday 6<sup>th</sup> December and was attended by 5 members, including John Parkinson who has now moved to Ballarat. I am happy to say he will also attend the meetings in the SW. Thanks John.

All present enjoyed the camaraderie of the day and John took photos to remember the get together. I bought members up to date with the latest information from the Committee.

The next meeting in Ballarat will be held on the Wednesday 28<sup>th</sup> February 2018 at the Golf House Hotel and we hope to see a good turn-up.

Ray Loughheed.

### South West Victoria

The Christmas meeting of SW RAAV was

held at 1200hrs on Monday 4<sup>th</sup> December at the Warrnambool Football Club and was attended by 24 people, consisting of 15 members and 9 visitors. There were 9 apologies.

All members present were notified of the latest information from the RAAV committee and were entertained by Wendy Goyan who played guitar and sang. Thanks to Bob Reilly for organising Wendy to entertain us. Also thanks to John Parkinson for taking members photos for the ID cards.

It was good to welcome Noel Mirtschin to the meeting and to have him bring us up to date with the latest news from the Caravan club.

The next meeting of the SW RAAV will be held on Monday 5<sup>th</sup> March commencing 1200hrs at the Warrnambool FC.

Ray Loughheed. Convenor

## Jackets

The continuing delay in supplying the larger sizes of our jackets is finally coming to an end with the selection of a suitable jacket in the required sizes.

It is anticipated that these will be available for distribution within the next few weeks as we are restrained by the embroiderer fulfilling our order.

We look forward to being able to supply all our merchandise as and when it is ordered by you, our Members.



## 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](mailto: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



## 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](mailto:raav.secretary@gmail.com)



Jim Sleep receiving his  
Life Membership from  
President, Ray Lougheed

### Quick Quiz Answers

- A 1: Richmond
- A 2: Hippopotamus
- A 3: 14
- A 4: Sir Thomas Blamey
- A 5: Australian & New Zealand Army Corps
- A 6: Sahara
- A 7: Models
- A 8: Ten
- A 9: New Orleans
- A 10: Seven

### 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

### ID Cards

Due to a delay in the supply of lanyards we have not been able to issue a number of cards at present. It is hoped that the lanyards will be available very soon. We are anticipating the continued rollout of our ID Cards during the next 4 to 5 weeks.

Any Member who has yet to send a passport size photo or arranged to have a photo taken please contact our Secretary, Ian as soon as you can.

We would like all members to have their cards by the end of this financial year.

### Members not in good health

Lyn Yandle

We wish all Members a speedy recovery

With sadness we record the  
passing of:

Claire (Wife of Ron Batten)  
John David Appleton  
William (Bill) Bush

## District Meetings

Our District Meetings for the start of 2018 are:

Central & Northern Victoria - Tuesday  
13th February at the Bendigo RSL commencing at 12 noon.

Geelong & Surf Coast on Wednesday  
14th February 12noon Geelong RSL  
Belmont

Gippsland Region - Thursday 15th Feb-

ruary 12noon at Morwell Club

Metro - South District - Tuesday 20th  
February 12noon at Steeples Restaurant, Mornington

North East Victoria - Saturday 24th  
February 12 noon at Benalla Bowls Club

Ballarat & Central West - Wednesday  
28th February 12noon at the Golf

House Hotel

South West Victoria - Monday 5th  
March at Warrnambool

North West Victoria - Tuesday 6th  
March- 12noon Mildura RSL

Metro (General Meeting) - Wednesday  
14th March -10.30am at AV Headquarters, Doncaster



## The Back Page

*A man and his dog were walking along a road.*



*The man was enjoying the scenery, when it suddenly occurred to him that he was dead. He remembered dying and that the dog walking beside him had been dead for years.*

*He wondered where the road was leading them.*

*After a while, they came to a high, white stone wall along one side of the road. It looked like fine marble. At the top of a long hill, it was broken by a tall arch that glowed in the sunlight.*

*When he was standing before it, he saw a magnificent gate in the arch that looked like mother-of-pearl and the street that led to the gate looked like pure gold.*

*He and the dog walked toward the gate, and as he got closer, he saw a man at a desk to one side.*



*"Excuse me, where are we?"*

*"This is Heaven, sir," the man answered.*

*"Wow! Would you happen to have some water?" The man asked.*

*"Of course, sir. Come right in, and I'll have some ice water brought right up."*

*The man gestured, and the gate began to open.*

*"Can my friend," gesturing toward his dog, "come in, too?" the traveller asked.*

*"I'm sorry, sir, but we don't accept pets."*

*The man thought a moment and then turned back toward the road and continued the way he had been going with his dog.*

*After another long walk, and at the top of another long hill, he came to through a farm gate that looked as if it had never been closed.*

*There was no fence. As he approached the gate, he saw a man inside, tree and reading a book.*

*"Excuse me!" he called to the man. "Do you have any water?"*

*"Yeah, sure, there's a pump over there, come on in."*

*"How about my friend here?" the traveller gestured to the dog.*

*"There should be a bowl by the pump," said the man.*

*They went through the gate, and sure enough, there was an old-fashioned hand pump with a bowl beside it.*

*The traveller filled the water bowl and took a long drink himself, then he gave some to the dog.*

*When they were full, he and the dog walked back toward the man who was standing by the tree.*

*"What do you call this place?" the traveller asked.*



*"This is Heaven," he answered.*

*"Well, that's confusing," the traveller said. "The man down the road said that was Heaven, too."*

*"Oh, you mean the place with the gold street and pearly gates? Nope. That's Hell."*

*"Doesn't it make you mad for them to use your name like that?"*

*"No, we're just happy that they screen out the folks who would leave their best friends behind."*



*a dirt road leading*

*leaning against a*

[www.retiredambulancevictoria.org.au](http://www.retiredambulancevictoria.org.au)

Facebook: Retired Ambulance  
Association of Victoria Inc.