

November 2018

RAAV Ravings



Volume 5, Issue 4

ABN: 77 829 511 359

Registered No: A00214235

How to have a Long and Healthy Retirement

It's a time when we're supposed to find happiness, but post-work life is often associated with severe health problems. Here are some tips to help you live long and prosper.

Is retirement good for your health?

Economist James Banks of the University of Manchester says it depends on what you have come from and what you are going to. If you have had a highly paid, high-status job but little time or inclination to cultivate social activities or friends outside work, then retirement could be a negative step even if you have a huge pension pot. "You may walk all day and do sudokus all night once retired, but still miss the social and intellectual stimulation of the workplace," he says. However, if you have given up a physically demanding and hazardous manual job, or one with little control and lots of stress, then retirement may be a positive step. UK, European, US and international studies show a mixed picture; it depends on an individual's change of status when they leave the workplace. And it is possible it may not even change your life much; if you can maintain your standard of living, interactions and sense of purpose, then retire-

ment may not have an impact on your quality of life.

What about early retirement because of ill health?

Professor Deborah Schofield, of the University of Sydney, says: "Moving into a planned retirement from choice is very different from having to leave because of illness. Control over your plans – such as paying off the mortgage, building up some savings and waiting for kids to leave home – are thrown into disarray, you may have less income and also fewer plans. You can find yourself at a loose end without companionship." There is a relationship between income and reported satisfaction with life; money may not make you happy, but it helps to be able to afford the necessities of life and a few luxuries. Schofield adds that divorce can hit women particularly hard as they often have lower savings than men. And the three main causes of early retirement because of ill health – pain, arthritis and mental illness – are poorly treated and resourced compared with other conditions such as cancer. "Most conditions that take people out of the workplace are

Inside this issue:

Presidents Report	2
Message from Tony	2
District Reports	3, 4 & 5
New AV Branches	3
Birthday Greetings	5
New Members	6
Caravan Club	6
District Meeting Dates	7
Time Out	7
I D Cards	7
The Back Page	8

not really considered health care priorities; there's often no sudden and dramatic illness. Cancer that makes someone suddenly ill is an overt tragedy that strikes fear into the heart of most people. But chronic pain is a less visible, silent condition; you don't look unwell or lose your hair but you may be going home from work each day and collapsing from the toll of keeping going." She says government needs to address underfunded services for these areas, on both health and economic grounds

Three role models

Keep moving: Frenchman Robert Marchand, 105, gained the first-and only-place in his age category in 2017 by cycling 14 miles round a velodrome

in under an hour. He was a bit disappointed by his time and is waiting for a rival to egg him on. His coach, Gerard Mistler, doesn't see him stopping for the foreseeable future: "Setting goals for himself is part of his personality," he said. Marchand worked until his late 60s and only got into sport at 68, once he retired.

Try something new: Jack Reynolds made it into the Guinness World Records April 2017 by becoming the oldest person in the world to ride a rollercoaster. The 105-year-old survived the Twistosaurus ride at Flamingo Land in North Yorkshire, adding it to his previous achievements of oldest person to do the ice bucket challenge for charity at 102, followed by a tattoo ("Jacko 6.4.1912") and trip on a Tiger Moth biplane when he hit 104. Next on his

list is to race in a Formula 1 car.

Stay engaged: Another 105-year-old, immunologist Dr William Frankland, co-authored an academic paper in 2017 on burning feet syndrome – a consequence of malnutrition among soldiers held, as he was, in a Japanese POW camp in the second world war. He only retired from private practice as an allergy specialist in his 90s after a long career in which he worked in Alexander Fleming's lab and told Saddam Hussein to quit smoking so his asthma would improve. Frankland still enjoys a drink, but in moderation. At a recent lunch for a newspaper interview he turned down a glass saying: "No wine for me – I had too much to drink yesterday."

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



Thanks again for the opportunity to share some activities that are currently underway. This week I have been in Canberra launching the national re-start a heart day with our Prime Minister Scott Morrison – an important initiative encouraging and educating the broader community to learn CPR to be able to provide assistance in the event of a cardiac arrest. Ambulance services both in Australia and New Zealand are looking at improving community involvement through simplifying the resuscitation message to Call. Push. Shock. Call 000 immediately, push on the patients chest and if an AED is available, press shock. To support this initiative, AV hosted many public events across the state with Paramedics and educators teaching CPR to all members of the community, which will no doubt save lives.

Some of you may have seen either the promotion or even the first couple episodes for our new television show 'Paramedics Victoria'. The first episode aired on Channel 9 on Thursday 4th October, and it will feature weekly at 8:30pm for 10 weeks. This has been a significant piece of work with camera crews following our Paramedics for several months, to capture the work our Paramedics undertake. This involved fixed cameras in vehicles, crews wearing chest mounted cameras and even some drone footage which is incredible – how far technology has come! This is an incredibly exciting opportunity for us to showcase our work to the broader community – the good and the bad, with the narration being done by Samuel Johnson. I would encourage you to watch with your families – and have some tissues handy!

I would also like to again make mention of the Retired and Former Employee (RAFE) Peer Support Program, the pilot of which is now up and running after considerable work by many. As you would be aware, the greatest challenge we face is identifying former officers that may need some support, and I will again ask for your assistance in looking out for each other is very much appreciated. You can contact the RAFE either on mobile 0428 332 418 or by email at RAFEpeersupport@ambulance.vic.gov.au. This is a great opportunity to provide support to all former staff and I would encourage you to share the details of the program with friends and former colleagues.

Importantly, in my absence, Mick Stephenson shared with you some details around Occupational Violence, and in particular the Governments response to the outpouring of support we received following the disappointing outcome in the County court. Well I am really pleased to share that the new laws passed through state government a couple of weeks ago that will ensure tougher sentenced for anyone who assaults a paramedic, or any other emergency services worker. The changes send a strong message to the community – if you assault an emergency services worker, you are going to jail. This is an

important achievement, supported by the broader community, and we are especially grateful for their ongoing support in keeping our people safe.

Finally, last week, together with 2 colleagues, I had the honour of attending the Victorian Police memorial services for Constables Tynane and Eyra who were killed in the line of duty. This had particular meaning for us as we attended 30 years ago, and I am sure like many of you, remember this incident very clearly. A very poignant service for the fallen officers and we were very proud to represent Ambulance Victoria on this important occasion.

Thank you again, and I hope you are enjoying some spring sunshine J

Tony

Presidents Report



It is with a degree of pride that I present my first Presidents report for the remainder of 2018

A special thanks to our committee members who have given tremendous support over the past few years, in particular to Ray Loughheed and Darrell Rintoule who have stood down from there executive positions and allowed for a change of guard

I encourage all our members to take time to contribute articles to the newsletter in the future, so that we are able to continue to cover the diverse range of interests of our varied membership.

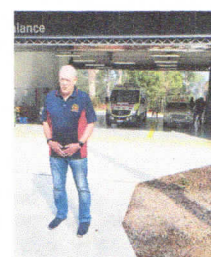
The committee has met formally on 4 occasions throughout the year and informally on many more. This year individual committee members have been given specific tasks and these have been accepted and carried out with which we are very grateful

I will endeavour to visit regional meetings in the near future and to meet as many members as possible.

Thank you for your support

Ian Donaldson
President RAAV Inc.

Ian outside the new Eltham Branch



District Reports

South West Victoria

The last meeting of the SW RAAV was held at Alexandra House Hamilton, commencing at 1200hrs, on the 3rd September.

The meeting was attended by 13 members with 8 apologies.

Unfortunately, due to unforeseen circumstances, I was not able to attend the meeting but I thank Bob Reilly for stepping up to the plate and taking charge in my absence. Thanks for the report Bob.

A discussion was held during the meeting as to where the meetings might take place next year and I hope to firm this up during

our meeting in December.

The next meeting in the SW will take place at the Warrnambool FC rooms on the 3rd December commencing at 1200hrs.

Ray Lougheed SW Convenor.

Gippsland District

Held on the 16th August at the Morwell Club Inc 136 Helen St Morwell, we were pleased to have 17 Members and guests present with apologies from 17 of our Members.,

New Branch Station for AV

It has been a very busy period over the past 3 months with a number of new Ambulance Stations being Opened.

We are very grateful for the invitations to attend these occasions from both The Honourable Jill Hennessy, Minister for Health & Ambulance Services and Ambulance Victoria.



Eltham Branch August 29th 2018



Sale Branch
September 26th 2018



these openings

Sale Branch



Traralgon Branch September 26th 2018



It was pleasing to have a number of our Members present at all

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 5XL

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.

District Reports

Business

Ian reported that the association will be paying \$10 towards the cost of each meal for both Members and Partners

This was well received by all. Some enquiries about the jackets were made and Ian said they are waiting on the manufacturers for a response

A great afternoon of socialising was enjoyed by all,

Neil Hall Co-ordinator

Ballarat & Central West

The Ballarat RAAV meeting was held at the Golf House Hotel Doveton Street Ballarat on Wednesday 29th August, commencing at 1200hrs.

The meeting was attended by 7 Members, one partner and two Members from Geelong, Ben Wright and John Bosfelds. There was an apology from Peter Skinner.

It was a beautiful day in Ballarat, the surroundings of the hotel were conducive with good conversation and all present enjoyed a tasty lunch and the chance to catch up on all the latest news from the State Committee.

The State Committee has been in search of a Coordinator for the Ballarat Region and, after this meeting, it is hoped to have a person in place for the next meeting. Stay tuned.

The meeting finished at 1400hrs and the next meeting will be on Wednesday 28th November commencing at 1200hrs.

Ray Lougheed.

South Metro District

Tuesday 21st August hosted 22 Members and guests at the Steeples Restaurant in Morning for lunch and our gathering. Following lunch we received a briefing from John Clancy about the ongoing Welfare program and our secretary, Ian, about the progress of the Association around the state. The day ended with the usual tales of many adventures within the Service and many jokes and camaraderie.

Central & Northern Victoria

With ten Members and partners attending our lunch on Tuesday 7th August we enjoyed the now familiar banter and company. We recorded several apologies due to several away on holidays and some late delivery of the notices for the gathering. Australia Post excelled in delaying some of the notices for up to 2 weeks.

North East Victoria

Saturday 25th August saw the Benalla Bowls Club almost filled with 22 members and guests attending our lunch and farewell for Jim Osmotherly who has retired from the role of Co-ordinator due to ill health. We are blessed to have Leanne Russell-Jones take over the role and look forward to the continuing success of this District.

During the proceedings we presented Jim with a bottle of red only to discover he prefers beer. We also gave Barb Osmotherly an orchid for her support to Jim over the past 4 to 5 years.

We look forward to Jims' full recovery and being able to attend all our meetings in the North East.

.We were honoured to have Steve Mullins to advise us on the Peer Support Program and how to contact our Peer Support mentors.

Geelong and Surf Coast District

Our fourth luncheon meeting for 2018 was once again held in the Geelong RSL which saw twelve hearty meals ordered and enjoyed cross table conversation.

A pleasant visitor for the meeting was Bob Gasden from Ballarat catching up with old peers and outlining history to new friends. Bob had tested out the comfort of bus travel on the day.

Members were well pleased to see Gordon O'Keeffe, Sandy Jones and Ray Neil improving well from their various health concerns – keep it up guys the car boot can hide the walking stick [I well know].

Having availability of the Board Room, the post luncheon team discussion was brought up to date by Ian Cameron outlining some of the issues Committee were working on in Doncaster, including the observed level Peer Support was at. Ian highlighted the wide support A.V. was contributing toward developing both RAAV and Peer Support.

Further discussion on the day saw need to have membership share more evenly on Branch activities.

It was nominated that Ben Wright adopt the role as Branch coordinator, giving Trevor Forfar more time for his other busy activities – thanks Trevor for holding us together over your time in the role.

Further chat saw the possible need for future Branch luncheons to be held in other venues.

With RSL patronage on the increase, group dining space was becoming more difficult to arrange; the increased noise factor too tests out those with prosthetic hearing.

Hence for local membership and potential visitors, stand by for changes – you will be notified before our next luncheon On the 17 th October.

Looking forward to seeing you and perhaps visitors then.

Regards Ben W
Co-ordinator

Annual General Meeting - Metro Central

Wednesday 13th September was the date we held our AGM at AV Headquarters, Doncaster. With 52 Members and guests in attendance and 29 Apologies President Ray Lougheed opened proceeding at 10.30am. For his last time.

Following the various reports and the dissemination of the necessary information we proceeded to discuss the proposals for change to the Constitution to ensure the Association can remain a driving force for the betterment of Retired and retiring Ambu-

District Reports

lance Staff of all operational and corporate staff. All three motions were carried, one unanimously and two by a large majority.

With all positions declared vacant Secretary Ian asked Ray Loughheed to remain as Chairman for the remainder of the meeting, this was supported by those present. As the nominations for the various positions did not exceed the number of positions available no elections were necessary.

The results are:

President - Ian Donaldson

Vice President - Vacant
Secretary - Ian Cameron
Treasurer - Nigel Longman
Committee:

Ray Loughheed
John Clancy
Bill McKnight
Les Wood
Greg Wood
Steve Mulligan

There is still the need for more members to assist with the various committee functions and these will be addressed throughout the remainder of this year.

The full minutes can be viewed on our website.



Echuca Branch Opening Saturday
13th October



Birthday Greetings

November:

Max Lee 1st
John Haines 6th
Nigel Longman 10th
Brian Shott 11th
Alan Bray 12th
John Fahey 13th
Barry Schurmann 14th
Peter Pildre 15th
Robert Spencer 15th
Greg Wood 15th
Alan White 17th
Kevin Cannon 18th
Steve Mulligan 19th
Fred Kann 22nd
Greame Williams 22nd
Gillian Evans 26th
Terry Baulch 27th
Mark Middleton 27th
Darrell Douglas 30th

December:

Alan Smith 4th
Colin Street 6th
Neil Flanigan 11th
Bill McNally 11th
Trevor Mitchell 12th



David Doering 13th
Frank Mc Neill 13th
Bob Bowman 14th
Allan Vivian 15th
Brian Kinsella 16th
Phillip Wade 18th
Charles James 19th
Laurence Timpson 19th
Bert Martin 20th
Garry Hodson 21st
Joy Mayhew 21st
Patricia Wells 22nd
Roger Hardwick 24th
Colin Saunders 24th
Laurie Henry 26th
Andrew Wilson 26th
Ray Hubbard 27th
Les Wood 27th
Noel Mirtschin 27th
Rosemary Bosse 28th
Morrie Browne 29th
Lionel Schneider 31st

January

Victor Henshaw 2nd
Peter Skinner 6th
Peter Briscoe 7th
Leo Cartwright 7th
Don Carpenter 8th
Ken Clarkson 8th
Ken Curtis 8th
Allan Cross 9th
Peter McMurtrie 11th
Tom Witte 11th
Ronald Mc Clean 12th
Brad Pike 12th
Dennis Meek 14th
Brian Mellor 14th
Athol Nicholas 18th
Allan Malone 19th
Dennis Wood 19th
Dave Tyson 20th
Pat McKenzie 21st
David Perkins 21st
Tony Veitch 21st
Ben Ellis 23rd
Ron Batten 24th
William Long 29th
Ian Johnson 30th
Geoff Quennell 30th
John De Boer 31st
Trevor Forfar 31st

February:

Peter Dent 1st
Alfred Monk 3rd
Bruce Hyatt 4th
Colin Gaskell 5th
Linton Johnstone 6th
Lindsay Mc Coy 8th
Danny Lumby 13th
Alison Campbell 14th
Terry Taylor 14th
Neil Hall 15th
Rhonda Oliver 16th
Roger Vidler 16th
Graham McRae 17th
Ian Martin 19th
Malcolm Zadow 20th
Arthur Manning 21st
Wendy Barry 22nd
Gunther Moses 23rd
Goffrey Cousins 24th
Glenn Solomano 25th
John Ellerton 26th
John Moss 27th
Joseph Spronken 27th
Leanne Russell-Jones 28th
Max Brooker 29th

Quick Quiz:

- Q 1: In what year did the first Fish & Chip shop open in London?
Q 2: Does sound travel faster in air or water?
Q 3: On what continent the country of Suriname?
Q 4: What is the only swimming stroke

not started with a dive?

Q 5: Which Australian event did Russia win in 1946?

Q 6: What can be a punctuation mark or part of the large intestine?

Q 7: Who led the 1911 to 1914 Australian Antarctic Expedition?

Q 8: What was the name of Bob Marley's backing band?

Q 9: Which Aussie Rules player was "The Flying Doormat"?

Q 10: What year did "Hey Hey Its Saturday" last air?

Q 11: Who features on the \$100 note?

Q 12: What was the name of the Addams Family's Butler?

THE GRAMPIANS – Things to Do.

Grampians National Park is a nature reserve in Victoria, Australia. It's known for its sandstone mountains, wildflowers and wildlife including echidnas and wallabies. Near the village of Halls Gap, the Brambuk Aboriginal Cultural Centre gives insight into local Aboriginal history and rock art. Trails lead to waterfalls like towering MacKenzie Falls and lookouts such as the Balconies, with views of the Victoria Range. Abseiling, Rock Climbing, Fishing are just a few of the things to do.

The Halls Gap Gardens Caravan Park is located in the heart of the Grampians. There are a number of shops, eating places and hotels in Halls Gap.

Here are just some of the things that you can do. Nothing has been organised so it is up to everyone to decide what they wish to do. Below is just a sample of the attractions that are available.

Brambuk - The National Park & Cultural Centre

Nature, aboriginal culture & bush foods

Interpretation centre for Grampians National Park & aboriginal culture, with a bush foods cafe.

Mount William

Mount William is a mountain of the Grampians Mountain Range, located within the Grampians National Park, in the Australian state of Victoria. The mountain is situated approximately 250 kilometres west-north-west of Melbourne on the eastern edge of the national park, approximately 22 kilometres drive from Halls Gap

Swimming is not permitted, but an observation deck allows for enjoyment of these popular waterfalls.

McKenzie Falls is the most visited waterfall in Grampians

National Park, Victoria in south eastern portion of Australia.

Reeds Lookout

Vista point in Zumsteins, Australia

Vista point known for its scenic panoramic views of the Victoria Valley & surrounding mountains.

Halls Gap Zoo

Halls Gap Zoo is a country 53-acre zoo located about 7 kilometres from Halls Gap. From the zoo you can see Grampians National Park. It is Victoria's largest regional zoo, holding well over 160 native and exotic species

Lake Bellfield

Lake Bellfield in the south of the Grampians is one popular tourist spot, known for its stunning panoramas and many adventurous and fun-filled activities. The dam wall of Lake Bellfield offers a fabulous "after dinner walk" of approx. 800 meters long one way with stunning views of the surrounding mountains. Lots of fishing if you are interested.

Reeds Lookout

Great views overlooking the Victoria Valley. Follow the path around the gate and along the sealed road to the summit of Reeds Lookout. From this magnificent lookout you will receive breathtaking views over Victoria Valley, Victoria Range, Serra Range, Lake Wartook and the Mt Difficult Range.

Great views can also be seen from the carpark.

Boroka Lookout

Boroka Lookout provides spectacular views of the Wonderland Range, Mt William Range, Fyans Valley, Lake Bellfield and the plains to the east of the Grampians. The lookout is located 15km from Halls Gap and is easily accessed via sealed roads.

An easy stroll through open stringybark forest along a sealed track leads to two viewing platforms. The walk to the lookout is suitable for people with limited mobility. Disabled access toilets are located adjacent to the carpark. Access is via an unsealed path with a short, steep gradient.

The Bluff Lookout

Provides sweeping views of MacKenzie Falls and the MacKenzie River from high above the gorge. The lookout provides the only opportunity to capture the multiple cascades of the MacKenzie River as it flows through the gorge, including a wonderful view of MacKenzie Falls. If you can't make it to the base of the falls, this is the best alternative.

Bluff Lookout is accessed via a gently undulating, sealed walking track that wanders through a sheltered woodland. It is suitable for wheelchairs.

For the most spectacular view approach the viewing platform from the right-hand fork of the track.

J Ward

J WARD Museum in Ararat, Victoria

J Ward was an Australian prison used to house the criminally insane, located in Ararat, Victoria, Australia. Construction of the gaol commenced in 1859 and the facility was opened in October 1861. In 1887 it was converted for use as a maximum security psychiatric ward for the criminally insane. Tours occur every day

New Members

We are pleased to welcome the following New Members to our Association.

Des Freeman - Myrtleford
Sandra Johns - Pearcedale
Neville Lloyd - Frankston
Don Tippet - Warrandyte

Ian Gedge - Warrandyte
Stanley Methner - Bonbeach
John O'Keffe - Noble Park
Michael Williams - Mornington
John Waters - Knoxfield
Julianne Casey - Langwarrin
Ian Crocos - Leopold

We look forward to seeing all our new Members at a meeting soon.

Caravan Club - October 2018

Halls Gap Gardens Caravan Park.

Date: October Friday 26th, 27th, 28th & 29th.

If you make a booking please email me so I can amend site numbers if require My email address is:

noelmir1@yahoo.com.au

Noel Mirtschin
Co-ordinator



Submission to Senate Inquiry

Our Associations' submission to the Senate Inquiry has been read by all the Senators and following the Melbourne hearings on the 5th September we have been informed that our submission will also be considered for the final report.

We are pleased that the Senate felt it necessary to allow us to contribute to this vital Inquiry and we look forward to the final report due in early December.



Payments to the Association

Please be aware that any payment made to the Association MUST have either your NAME, INVOICE NUMBER or MEMBER NUMBER for us to allocate the received amount. Failure to do so may render the sender to receive a reminder invoice which could be an embarrassment to both yourself and our accounts department.

Quick Quiz Answers

- A 1: 1864
- A 2: Water
- A 3: South America
- A 4: Backstroke
- A 5: The Melbourne Cup (Russia was a horse)
- A 6: Colon
- A 7: Sir Douglas Mawson
- A 8: The Wailers
- A 9: Bruce Doull
- A 10: 2010
- A; 11: Dame Nellie Melba & John Monash
- A 12: Lurch

Time Out

Our Secretary, Ian Cameron, is taking a short 2 week holiday to rest and recover from the 25th October to the 8th November.

Should Members require any assistance during this time our President, Ian Donaldson will be able to answer any questions.

Peer Support Co-ordinator, Steve Muligan and Welfare Officer, John Clancy will also be available if assistance is required

We wish Ian a restful time away.

ID Cards

With the continuing rollout of our ID Cards we are now looking at stage 2 whereby we will be making ID Cards available to the wives, husbands, Partners and our Honorary Members.

We still have quite a number of Members who are yet to provide a photo or have attended a meeting where we are able to take a photo.

Photos should be sent to our Secretary who will print the cards and distribute them.

Please remember to wear your ID Card when attending any functions organised by our Association.

Members not in good health

Trevor Forfar
Christine Donaldson

We wish all Members a speedy recovery

With sadness we record the passing of:

We are happy to report that none of our Members have passed away during the last 3 months.

District Meeting Dates

Our final District Meetings for the 2018 year are:

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

Gippsland Region - Thursday 15th November 12noon at Morwell Club

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

Ballarat & Central West - Wednesday 28th November 12noon at the Golf House Hotel

South West Victoria - Monday 3rd December at Warrnambool

Metro - South District - Tuesday 4th December at Steeples Restaurant,

North West Victoria - Tuesday 4th December 12noon Mildura RSL

Geelong & Surf Coast - Wednesday 5th December 12 noon at Geelong RSL Belmont

Metro (General Meeting) - Wednesday 12th December - 10.30am at AV Headquarters, Doncaster



The Back Page

Retired Ambulance Association of Victoria Inc.



Committee of Management

President: Ian Donaldson
Vice President: Vacant
Secretary: Ian Cameron
Treasurer: Nigel Longman

Committee Members:

Bill McKnight
Les Wood
John Clancy
Ray Lougheed
Steve Mulligan
Greg Wood

I wish to live for- ever:

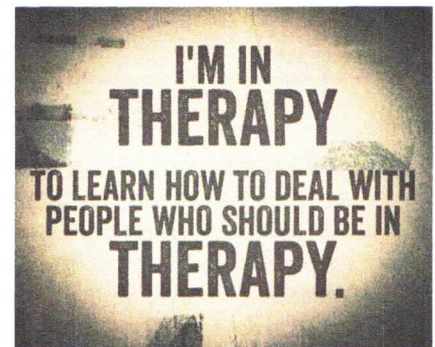
I met a magical fairy yester-
day who said she would
grant me one wish.

"I wish to live forever," I
said.

"Sorry," said the fairy, "I'm
not allowed to grant that
particular
wish."

"Right" I said, "then I want
to die the day after Parlia-
ment is filled
with honest, hard-working,
bipartisan men and wom-
en who act only in the
people's best interests"

"You crafty bastard !"
replied the fairy.



Be the reason someone smiles
today.
Or the reason they drink.
Whatever works

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

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

www.retiredambulancevictoria.org.au

**I got called 'pretty'
today!
Well actually the full
statement was
'you're pretty
annoying'
But I only focus on
positive things**

Facebook: Retired Ambulance
Association of Victoria Inc.