

May 2019

Volume 6, Issue 2

ABN: 77 829 511 359

Registered No: A00214235



## RAAV Ravings

### MRI Scans now Bulk Billed for Prostrate Cancer Diagnosis

After his parents died of cancer, Gary Morrison knew that to defy his family's history of the disease, he had to catch it early. So, from age 45, he underwent regular tests for prostate cancer and endured three "challenging" biopsies.

While the results of these tests were good, the invasive biopsies - the main way to diagnose prostate cancer - left him sore and at risk of infections, bleeding and urinary obstruction.

When he was 50, Mr Morrison was among the lucky few who, through a clinical trial, was able to undergo a simple MRI scan, which not only revealed he had cancer, but the precise location of it in his prostate - "right at the very back".

"[My doctor] said for a regular biopsy he wouldn't have gone that far back to get tissue samples, but when he did it to confirm the MRI results, sure enough it was there," Dr Morrison, from Potts Point, said. "The MRI scan saved my life. I told him, 'just get the damn thing out'."

Prostate cancer is the third most common cause of cancer deaths in Australia, after lung

and bowel cancers, and expected to kill 3500 men and account for 13 per cent of all male deaths from cancer in 2018.

From Sunday, a new \$400 Medicare rebate will be offered for prostate MRI scans, bringing it within grasp of the 20,000 Australian men who are diagnosed each year but cannot afford the option.

The new rebate for MRI scans could save lives of men suspected to have prostate cancer. *Credit: Nicolas Walker*

The rebate means men can have an MRI scan (about \$600) first to safely and accurately rule out cancer, sparing them from painful prostate cancer biopsies (\$2400) and reducing healthcare costs.

And in good news for women, a new rebate is now available for 3D mammogram testing, which creates a three-dimensional picture of the breast using x-ray images taken from several angles.

"Many of our members have already benefited from 3D mammography, but have had to pay between \$150 to \$600 out-of-pocket in order to get one," Danielle

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Spence from Breast Cancer Network Australia said.

"This new Medicare item number will ensure that 3D mammography becomes an affordable part of routine breast cancer testing for any woman presenting with a lump that is difficult to diagnose."

#### Cancer cases

**More than 17,700 men in Australia are expected to be diagnosed with prostate cancer this year. About 18,000 women will be told they have breast cancer.**

The 3D mammography rebate is expected to benefit about 200,000 Australian women each year.

Men will be eligible for a Medicare-funded MRI scan if they have a blood test and have raised antigens in their blood for prostate cancer.

Prostate Cancer Foundation of Australia said having an MRI scan before a biopsy would slash the number of men undergoing painful prostate investigations by 27 per cent.

"With a detection sensitivity of over 85 per cent, the prostate cancer MRI detects cancer at least twice as reliable as ultrasound, elastography or the usual punch biopsy," its CEO Jane Endacott said.

Professor Shomik Sengupta, Uro-Oncology Advisory Group Leader of the Urological Society of Australia and New Zealand.

"An MRI that does not show any cancer is reliable; it is at least 90 per cent accurate in precluding cancer."

Urological Society of Australia and New Zealand Australia said it hoped

to see a reduction in the detection of indolent prostate cancers, which has led to patients being over-treated and struggling with the side effects.

"MRI can have a number of potential roles: the rebate covers its use in ongoing monitoring of men with low-risk prostate cancer who are on an active surveillance program," Professor Shomik Sengupta, head of the society's Uro-Oncology Special Advisory Group, said.

"This has the potential to improve the accuracy of follow-up and also reduce the frequency of re-biopsies needed."

Federal Health Minister Greg Hunt said the new Medicare item would transform the diagnosis and treatment of one of the most deadly cancers.

"It will save lives and protect lives," he said.



## Presidents Report



Here we are again with our RAAV Ravings for May. A special thanks to all members who attended the recent branch openings Diamond Creek and Preston. We are awaiting Mernda but I'm told the Branch has been built, but the road to the Branch hasn't been completed.

Both Ian and myself are back on deck after enjoying a few weeks away on holidays, thanks once again to our committee members for filling our roles.

Peer support is on track with the trial period evolving with good results, will keep members informed of any further updates.

We are still looking for support with any members who would help on our committee, please advise Ian or myself if interested.

I am looking forward to catching up with members with subsequent district meetings this month.

Ian Donaldson

President

## South West BBQ with AV and RAAV

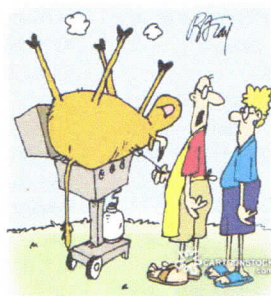
On Wednesday 15<sup>th</sup> May, at 1230hrs, a BBQ will be held at the Warrnambool Ambulance Station, which will be attended by a number of Retired Officers from the SW district.

This is the culmination of a number of talks between the Retired Ambulance Association in the SW and the Management of AV in the SW.

The BBQ will give the Retired Officers a chance to talk with current Officers about Ambulance today and for them to explain the operations of the Retired Ambulance Association.

We thank AV for the opportunity to meet and to form a better bond between the two organisations.

Ray Loughheed  
SW Convenor.



"WHAT? I GOT A DISCOUNT FOR BUYING IN BULK!"

## New Members

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

Steve McGhee - MP  
Ron Arbon - Strathfieldsaye  
Stewart Cook - Casterton

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

## RAAV Caravan & RV Club

Another fantastic club activity organized by Noel the club Co-ordinator. This time we all met at the Resthaven Caravan Park in the East Gippsland, sea side boating Mecca of Paynesville.



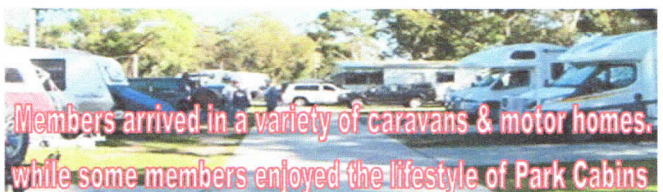
Happy hour provides a get together for a chat, nibbles and any plans for the next day.

Some members go touring / sight-seeing, others go for a stroll to a café for a coffee, or perhaps a get together under someone awning for a cuppa and a chat. Good times had by all. The club encourages current AV staff to join us in our clubs fellowship. Next club activity Mildura area Noel will confirm the activity.



### Participants

Noel & Anne Mirtschin Wonthaggi (Club Co-ordinator), pet Archie.  
Less & Barbara Wood Vermont South, pet Snowy  
Brian & Cheryl Mellor Foster  
Jim & Lyn Yandle Lake Tyers Beach, pets Bonnie & Tess  
Garry & Gael Patten Morwell, pet Harry stayed home  
Peter & Marilyn Raft Calliignee, pet Jenna  
Brett & Del Clark Frankston South  
Neil & Suzanne Hall Morwell, pet Missy  
Frank & Marilyn Abela Traralgon, pets feline Rex & Tess stayed home  
Cheers & Trek Safely  
Words & Pics: By: Frank Abela... Franks 4WD & Caravaning Adventures



Members arrived in a variety of caravans & motor homes. while some members enjoyed the lifestyle of Park Cabins

## District Meeting Dates

Our next District Meetings for 2019 are:

Central & Northern Victoria - Tuesday 7th May at the Bendigo RSL commencing at 12 noon.

Gippsland Region - Thursday 16th May 12noon at Morwell Club

Metro - West District - Friday 24th May 12noon at Sunshine RSL

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

Metro - South District - Tuesday 28th May 12noon at Steeples Restaurant,

Ballarat & Central West - Wednesday 29th May 12noon at the Golf House Hotel

South West Victoria -  
Monday 3rd June 11.15am at Warrnambool

North West Victoria - Tuesday 4th June 12noon at Mildura RSL

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

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

Geelong & Surf Coast - Wednesday 14th August 12 noon at Geelong RSL Belmont



## Birthday Greetings

### May:

Trevor Martin 1<sup>st</sup>  
Laurie Spelling 1<sup>st</sup>  
Denis Rowe 6<sup>th</sup>  
Peter Cain 7<sup>th</sup>  
Garry Cassells 8<sup>th</sup>  
Bruce Westerland 8<sup>th</sup>  
John Lacey 9<sup>th</sup>  
Trevor Greay 10<sup>th</sup>  
John Head 10<sup>th</sup>  
Allan Oakes 10<sup>th</sup>  
Kenneth Laycock 11<sup>th</sup>  
Geoffrey Williams 12<sup>th</sup>  
Bob Boucher 14<sup>th</sup>  
Greame Mant-Old 14<sup>th</sup>  
Stephen Nangle 14<sup>th</sup>  
Donald Pollard 15<sup>th</sup>  
Col Bowden 16<sup>th</sup>  
Darryl Wells 16<sup>th</sup>  
Eric Edwards 18<sup>th</sup>  
Sandra Johns 18<sup>th</sup>



Ronald Hartley 20<sup>th</sup>  
Max Beeson 21<sup>st</sup>  
Bryce Lindermann 21<sup>st</sup>  
Brian Phipps 24<sup>th</sup>  
Dave Talbot 25<sup>th</sup>  
John Waters 27<sup>th</sup>  
Norman Burville 28<sup>th</sup>  
Michael Wilson 28<sup>th</sup>  
Daryl Anderson 29<sup>th</sup>  
Peter Donovan 31<sup>st</sup>

### June:

Graham Carpenter 3<sup>rd</sup>  
Peter Butcher 9<sup>th</sup>  
Brett Ckark 12<sup>th</sup>  
Tom Reakes 12<sup>th</sup>

Robert Adams 13<sup>th</sup>  
Dale Gibbons 13<sup>th</sup>  
John Jukes 14<sup>th</sup>  
Alan Cooksley 21<sup>st</sup>  
Barb Matson 23<sup>rd</sup>  
Clive Wawn 23<sup>rd</sup>  
Ian Mc Pherson 24<sup>th</sup>  
William Van Den Akker 24<sup>th</sup>  
Bob Gilmour 25<sup>th</sup>  
Leslie John 25<sup>th</sup>  
Terry Courtney 26<sup>th</sup>  
Robert Mercer 26<sup>th</sup>  
David Shugg 26<sup>th</sup>  
Roy Ryder 27<sup>th</sup>  
Ian Rowed 28<sup>th</sup>  
Trevor Abbott 30<sup>th</sup>

### July:

Frank Gaylard 1<sup>st</sup>  
John O'Keefe 3<sup>rd</sup>  
Wayne Simmons 3<sup>rd</sup>  
Thomas Chapman 7<sup>th</sup>

Samual Hadden 7<sup>th</sup>  
Rob Phillips 7<sup>th</sup>  
John Engledow 9<sup>th</sup>  
Ian Gardner 10<sup>th</sup>  
Michael Higgins 10<sup>th</sup>  
Jock Purves 12<sup>th</sup>  
Phillip Worboys 12<sup>th</sup>  
Anna Murphy 13<sup>th</sup>  
Don Tippet 15<sup>th</sup>  
David Skinner 16<sup>th</sup>  
Ted VanDyken 16<sup>th</sup>  
Michael Williams 20<sup>th</sup>  
Peter Watson 21<sup>st</sup>  
Raymond Churches 22<sup>nd</sup>  
Peter Leek 22<sup>nd</sup>  
Neil Carolan 25<sup>th</sup>  
Darryl Tinker 25<sup>th</sup>  
Jeffrey Allan 26<sup>th</sup>  
Peter O'Meara 28<sup>th</sup>  
Ian Gedge 30<sup>th</sup>  
Colin Arscott 31<sup>st</sup>  
John Baldiston 31<sup>st</sup>

With sadness we record the passing of:

Eve Giddings (Wife of Ted)  
Mark Middleton  
Zitamae Dobson  
George Jackson

## 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.

A payment was received late March early April stating Subs and Retired Ambos, To the Member who sent this payment please contact our Secretary to ensure the correct details are recorded and you are correctly credited with the payment.



## District Reports

### South West Victoria

The first meeting for 2019 was held at the Portland RSL Bowling Club on Monday 4<sup>th</sup> March with 12 people attending and 11 apologies.

The meeting was a good chance for members in that area to attend and a chance for a few members to take a ride on the well-known Portland Cable Tram.

The meals at the Bowling Club were well received by all attending, the Members were brought up to date with the latest news from the State Executive and many stories were told of the days in the Service.

Prior to the lunch six members, Barry Schurmann, Ian Johnson, Vic Henshaw, Bob Reilly, Peter Cassady and myself, attended the Portland Tram and had a very interesting ride on the Cable Tram along the foreshore of Portland.

The next meeting in the SW will be held in Warrnambool on Monday 3<sup>rd</sup> June at Warrnambool FC commencing at 1200hrs.

Ray Lougheed

Convenor.

### Gippsland District

Held at the Morwell Club Inc  
136 Helen St Morwell

Present 15

Apologies 1

Business

Neil put forward how disappointed he was that until the day before the meeting only one member rang their apology and one rang in his confirmation. Whilst the club had renovations going in the dining room they had organized an alternative area for us including a menu board.

Ian gave a run down on some changes within the system for RAAV.

Due to the lack of notification received

from members for attendance I intend to email out the meeting dates for the rest of the year for members on my list again. Please advise approx three days prior to meeting date of your attendance or apologies.

### Meeting date for the rest of 2019

Thursday 16<sup>th</sup> May 2019

Thursday 15<sup>th</sup> August 2019

Thursday 14<sup>th</sup> November 2019

### North West Victoria

Tuesday 19th March again allowed us to enjoy the surroundings of the Mildura RSL for lunch and the usual catch-up and general banter as well as a report from our State Secretary, Ian Cameron, we were fortunate to have 7 Members present and all made for a great day.

Alan Cooksey  
Convenor

### Ballarat & Central West

With respect to Mark Middleton we have not included a report for Ballarat & Central West this time.

### South Metro District

### Central & Northern Victoria

### North East Victoria

North East February Gathering

We were welcomed at the Benalla Bowls Club again for our February get-together. We again had Ian Cameron with our large group of about 26.

The Southern Aurora 50 year Commemoration held in Violet Town over the week-end of February 7-10 was a topic of discussion. I actually saw closure for one pair of sisters whose mother had been killed, they handed on all their Sydney newspaper and magazine clippings to one of the "curates" on the day. Peter McMurtrie (Air Ambulance) was one face from my days at ASM that I saw, in addition to the guys from the museum who

had brought up some of their old ambulances of the day!

VT is my hometown and I remember (age nearly 7!) the sound of the two trains colliding clearly.

I'd like to mention our Dinner Club days, 1982-1985, when we would meet at the Frigate hotel in Lt Lonsdale Street, Melbourne, for drinks, and then make our way to a restaurant for a meal, taking in different cuisines each month. These were great times, and while there is much less alcohol consumed at our get-togethers they do remind me of the enjoyment of seeing one another out of the work environment.

Leanne Russell-Jones  
Convenor

### Geelong and Surf Coast District

The first 2019 luncheon meeting was held on the 13<sup>th</sup>. February at our usual Geelong RSL venue. From 1130hrs. on arrival members began catching up on shared events over the Festive Season. New members Ian Crocos & wife Michelle were quick to renew old acquaintances. Members on arrival were in turn "gobsmacked" at the RSL décor revamp.

Two visitors Trevor Weston representing A.V. & John Head with wife Judy. John representing Committee was present to meet members with a p/hx of working with Ian C. in the past.

Earlier information circulated, announced it was intended to present RAAV Life Membership Certificates to Sandy Jones & Ray Neil. To undertake this A.V. CEO Tony Walker had delegated Trevor Weston a senior management officer currently working within the Geelong Region, to present these Certificates.

Luncheon booked for 1200hrs. saw all sixteen of us make our choices then continue catching up on cross table recall with at times the usual "ambo" banter.

Well refreshed by 1315hrs., our team regrouped in the Board Room for the next meeting phase. This allowed Trevor Weston [who had other duties] to present the Life Membership Certificates to Sandy Jones & to Ray's wife Marion on Ray's behalf. Ray being



## District Reports

well entrenched in hospital rehab for the past few weeks. The Branch congratulates both members on their years of service.

John Head taking on his newly elected role, shared many avenues of Committee's current pathways both active & proposed, highlighting the continued consolidation with Peer Support & Welfare projects available to all retired staff. Again, we see the support of Tony Walker in many of these avenues.

John allowed for return comments assuring us he will have them presented to Committee, no doubt for us to hear results from him or Ian Cameron in the future.

From this Branch, it was viewed that as a professional body of retirees, there must be more in becoming a member than having a bi-monthly catch up. Some members do admit to being involved with Probus, Men's Sheds, Lions et-al. Visiting & several alternative suggestions were offered for future Branch consideration.

In the course of conversation, we found John & Judy had later duties in attending their son's Deakin graduation. Our Branch congratulates the Head family. I continue to seek from membership, your views on the direction the G&SC Branch might interest you – please let me know.

Until next time we are together

Our Branch luncheon meeting was held 10<sup>th</sup> April at the usual updated venue, Geelong RSL Barwon Heads Road.

Ten members attended including Bob Gosden from Ballarat.

Apologies were ill health for some & world travel for another.

We wish those with ill-health a speedy recovery & envy Paul.

John Head was our visiting Committee person who, when we made use of the Board Room brought us up to date on the pathway recent Committee workings were travelling.

John listened to Branch cross table discussions, with the acceptance he would place many in front of Committee for either interpretation or further guidance/evolution. Thank you John for your presence.

Our next get together is 5<sup>th</sup> June, breaking the usual time sequence due to Committee having their G.M. on the 12<sup>th</sup>. This change ensures a worthy Branch visit to us from a member of Committee.



Warrnambool Members  
lunch December 2018



Mildura Members enjoying  
lunch at the Mildura RSL -  
February 2019



Central and Norther Victoria Members  
at Bendigo RSL - February 2019

South Metro Members lunch - February 2019

## RAAV Caravan & Motor Home Club



Our next get away is on October 25<sup>th</sup> to the 28<sup>th</sup>. There have been a number of sites reserved by the club for members and any current AV member who wish to become part of the club.

Buronga Riverside Tourist Park  
71A Buronga NSW  
Phone: 0350233040

Internet:

[www.burongacaravanpark.com.au](http://www.burongacaravanpark.com.au)

Email:

[info@burongacaravanpark.com.au](mailto:info@burongacaravanpark.com.au)

Cost Per Night – No Seniors Card.  
\$35

Cost Per Night – Seniors Card. \$33

Cost of Cabins: No On suite. \$60

Cost of Cabin: With On suite. \$85

Dogs Allowed – Must have current immunisation, i.e. Parvovirus, Kennel Cough, Ticks etc.

Dates: October 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>

\* Please note I have been informed by the park that there are limited numbers of Cabins available for the weekend that we are going away. If you wish to book one please do so ASAP to avoid disappointment.





## Life Membership Awards

A number of our Members were elevated to Life Membership status during various meetings in March. We are honoured to acknowledge the following:



We were pleased to have Michael Georgiou, Regional Director Loddon Mallee to present Life Members Awards to Ron Calloway (Left), John Ellerton (Bottom Right) and Dan O'Connor (Top Right).

March Meeting at Central & Norther District ,Bendigo RSL  
12th February 2019

### Life Members Awards



Bernie Griffiths receiving his Life Membership from AV Representative, Bert Orr, Acting Group Manager Hume at North East Victoria Meeting at Benalla - 23rd February 2019



Sandy Jones receiving his Life Membership from Trevor Weston, Regional Manager Barwin South West  
13th February 2109



Ray Tringham, Left and Tom Chapman, right receiving their Life Members Awards from Cathryn Anderson A V Regional Manager - East Metro  
26th February



Marion Neil receiving Ray's Life Membership on his behalf due to his ill health on the day.  
Trevor Weston and John Head honouring Ray service



## An account of the friendship between George & Ray

Having recently accepted the role as Coordinator of the Geelong & Surf Coast Branch of RAAV, I decided to pay a return visit to Ballarat & Central West District Branch.

I undertook this visit due to a recent visit down our way by Bob Gosden of the Ballarat Branch.

Plus, I have a strong belief the friendship & fellowship we gained during our working lives, could well be reawakened by a once again hand shake & chat that could recall the pleasantries of yesteryear.

Attending the Golf House Hotel, I did pleasantly re-acquaint with members, some I had not seen for many years.

One member I was happy to again meet was George Prolongeau. George at this visit had achieved the age of 101 years - being well assisted to attend local meetings by John Parkinson.

John to many, will be remembered attending several AOTC venues using his skills in photography. Perhaps many RAAV members may have his work in their albums of memory.

Having met George a year prior with a group of Geelong & Surf Coast visiting members, it was highlighted he had proudly reached his Century.

My initial meeting with George was within his role as Station Officer Ballarat. Later still, to be invited to his retirement dinner in 1977.

Returning back to Geelong from this recent Ballarat visit, I was speaking to Geelong & Surf Coast member Ray Neal on just how George was supported by his peers.

He certainly was looking forward to his coming 2019 birthday highlighting the coming years past his century.

Ray found this recall reminded him of having shared the same venue in the First Ambulance Officers Training Course held in St. Margaret's Geelong in 1961.

A brief contact with Mark Middleton, the newly appointed Coordinator of Ballarat & Central West District, it was decided to arrange a once again meeting between George & Ray.

This was arranged to come together at Ballarat's next meeting 28<sup>th</sup>. November 2018.

Earlier planned support for Ray Geelong end, was curtailed by a Geelong Surgeon booking a member of my family in

for that same 28<sup>th</sup> day.

Mark had arranged for George to be in attendance, hence with the change in planning, Mark offered to make the transport both ways to Geelong specially to see this "meet" eventuate. Marion, Ray's wife hearing of the hiccup, hurriedly changed her appointments volunteered to drive Ray to Ballarat.

Attending the Geelong & Surf Coast meeting on the 5<sup>th</sup>. December, Ray happily relayed to others his uplifting time, meeting again with George plus the recall of those years long gone by.

Ray himself in his early years having followed the footsteps of his father from the age of 17 years, after finding the already commenced apprenticeship as a fitter & turner - certainly did not fill the bill. Hence the Ambo role.

Ray as many early starters in the job, rode a push bike around collecting subscriptions - he now as did his father, has a son working in the job as a Paramedic.

A last snippet was forwarded to me to add from the now sadly "Late" Mark Middleton re this trip.

We had a large turnout meeting with George and Ray swapping stories reminiscing about times past. Ray showed his photos & Certificates from his time in the Service.

We all enjoyed sharing in this once in a lifetime experience to be with not one but two Ambulance Officers from days gone by, when being an Ambulance Officer was a vocation, not just a job. Mark M.

### George & Ray



Photo courtesy John Till

Trusting this brings awareness to all, of the change in Early Ambulance History brought about once collective training and recognition of standards started in Geelong - thereafter to progress to Mayfield, AOTC East Melbourne then AOTC Lorne Street.

Ben Wright and Mark Middleton.



## The Back Page

### Retired Ambulance Association of Victoria Inc.



#### Committee of Management

President: Ian Donaldson  
Vice President: Erik Schanssema  
Secretary: Ian Cameron  
Treasurer:

#### Committee Members:

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

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

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



Opening of the new Preston Branch on the 17th March 2019



The new Diamond Creek Branch  
opening on the 5th April 2019

Both Branches were opened with Acting CEO Mick Stevenson representing Ambulance Victoria and Minister for Ambulance Services, The Hon Jenny Mikakos MP duly declaring them open with several of our Members also in attendance.

Facebook: Retired Ambulance  
Association of Victoria Inc.