

November 2019

## RAAV Ravings



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### The new handheld ultrasound machine set to 'dramatically' alter how doctors work

It's the bold call that would end more than two centuries of medical practise: throw away the stethoscope. But Royal Melbourne Hospital cardiothoracic surgeon Alistair Royse is willing to make it.

Professor Royse believes new handheld ultrasound technology connected to mobile phones will inevitably make the tool obsolete.

The hospital, along with the University of Melbourne, has begun using the Butterfly tool, a small handheld



ultrasound device which provides images instantaneously on a connected smartphone. "Diagnosis and treatment will get quicker," Professor Royse said.

It means that in hospitals, large ultrasound machines do not need to be wheeled around or patients sent to specialist rooms for x-rays. "Ultrasound makes it more accurate, faster, and safer because it doesn't involve radiation," he said.

Professor Royse said it meant doctors and nurses could see issues straight away without having to wait for results to be returned.

"This is dramatically going to change the way medical practise is done, I genuinely think this the opportunity to throw away your stethoscope," Professor Royse told the ABC.

In the future, it could be used by GPs, who could call a specialist and discuss the images live by sharing the vision online.

**Professor Royse said he saw the potential for paramedics.**

"It's revolutionary because all of a sudden you are using cloud-based sharing and archiving, and therefore you can share in real time, like social media, as opposed to a static system in the hospital, which is connected to the physical archiving," he said.

Unlike traditional machines, the Butterfly device uses a computer chip with tiny little discs on it rather than little shafts of crystal.

#### Bedside ultrasound boosts health results

"About one third of patients have a tangible, meaningful change in their diagnosis based on the addition of ultrasound imaging at the bedside, and roughly half of those will lead to a meaningful change in the treatment," Professor Royse said.

The technology is also much cheaper, with one device costing just \$3,000.

The next-cheapest portable machine in a hospital is \$20,000.



Lung patient Clare Sendapperuma said the real-time sharing of information gave her peace of mind.

"Ms Sendapperuma said it reduced her stress levels.

Sometimes crucial decisions are made immediately and to take action," she said.

"[It's] excellent, otherwise we would have to go down to get a scan, people have to push a wheelchair or a bed, but in your own room its easy access, ease of use, that is very good," she said.

#### Potential to help regional patients

The technology has only just arrived in Australia and is being hailed a success overseas. So far, the Royal Melbourne Hospital has just two, and both were personally funded by Victorian Planning Minister Richard Wynne. Just after the 2014 state election, Professor Royse performed life-saving cardiac surgery on Mr Wynne.

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When the professor told his patient about the new technology, Mr Wynne was more than happy to open his wallet.

"This new technology is quite extraordinary," Mr Wynne said.

He said he hoped it would eventually help people in regional Victoria. "For areas that may not be not so closely linked to major public hospitals like this, to be able to access information in real time life-saving evidence."



Professor Royse with Richard Wynne MP



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



I hope everyone is well and that you are all enjoying some of the warmer weather after what feels like a long winter!

We have had a number of new initiatives

announced recently that I wanted to share with you, the first of which is Ambulance Victoria's Draft Accessibility Action Plan. This plan forms part of a series of initiatives aimed to reinforce a safe and inclusive culture at AV. It has been informed by extensive internal and external consultation process with many of our people as well as people with lived disability, carers, sector stakeholders and policy makers. The plan outlines how we can better meet the needs of people with disability who interact with our organisation, including our patients, our people and our community. I look forward to sharing the final plan broadly once we have incorporated the feedback received. We have also now implanted our new Social and Environmental Responsibility Framework and Action Plan. This plan sets out a clear sustainability path for us for the future with a focus on reducing our carbon footprint. It was developed through consultation internally and externally and sets us up to do things in a more sustainable way into the future.

Incredibly, this week marked the 20th anniversary of our Victorian Ambulance Cardiac Arrest Registry (VACAR). The Registry captures a wealth of information about Out of Hospital Cardiac Arrest. Over the past two decades it has accumulated information on more than 100,000 cardiac arrests, from pre-hospital care to hospital discharge and 12 month post survival quality of care. As they say, you can't improve what you don't measure. VACAR is considered one of the most comprehensive registries in the world and has been the engine room driving the significant improvements we have seen in cardiac arrest survival over time. Prof Karen Smith and Prof Steve Bernard have been the driving force behind it for the past 20 years and I would like to particularly acknowledge their efforts and hard work and all those that have contributed to it over time.

I also recently attended a dinner to celebrate the 125th anniversary of the Salvation Army building at 69 Bourke Street. Ambulance has a long relationship with the Salvos and have been working closely together over the past few years on various initiatives to improve the health and wellbeing of the homeless and at risk members of our community, particularly around the CBD. I love hearing about the history of our great organisation and I recently learnt that our relationship with the Salvos goes back much further than I originally thought. In 1898 they took charge of the Headquarters Ambulance Brigade, a service to the community supplementing the meagre ambulance service then operating out of Eastern Hill and Flagstaff Fire Stations and by 1915 had 5 motor ambulances and volunteer salvationist drivers servicing the City. So there you go - a partnership going back 121 years and still going strong!!

Finally, November is just around the corner and this year, we are excited to be partnering with the Movember Foundation to

help men live happier, healthier, longer lives - one Mo at a time. The Movember Foundation is a charity dedicated to tackling men's health issues, and throughout November we'll be raising awareness and funds for an issue that I am very passionate about - mental health and suicide prevention. If you would like more information on this important work, you can access the website at [www.au.movember.com](http://www.au.movember.com)

Thank you for the opportunity to share some of the work we have underway, and please stay safe

Tony

## Presidents Report



It's hard to believe we are getting to the end of the year only a few weeks to Christmas

We holding our final meeting for the year at the Ambulance Museum in Bayswater.

We have had many requests from members who would love a visit to the Museum and look around the many vintage Ambulances and collectables that have been collected over the years.

We would love to see you all at the South East Region end of year social at Bayswater please let us know if you can make it.

We would like to invite our regional members to this venue and being so close to Bayswater Train Station it would be easy for our members to pick you up at the station and convey you to the Museum.

Please let us know if you need any assistance getting there. The train you will need is the Belgrave line and the station you need to alight from is Bayswater.

The address of the Museum is 1/55 Barry Street Bayswater. The meeting will commence at 1030 and lunch will be supplied.

A special thanks to all our committee and conveners who have assisted over the last few months and a special welcome to our new committee members who have taken on their new portfolios.

I encourage all our members to take time to contribute articles to the newsletter in the future, we would love to hear your stories, holidays, news articles Ambulance stories etc.

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



District Meeting Dates

Our next District Meetings for 2019 are:

Central & Northern Victoria - Wednesday 13th November at the Bendigo RSL commencing at 12 noon. NOTE change of Day

Gippsland Region - Thursday 14th November 12noon at Bairnesdale RSL

Metro - West District - Friday 22nd November 12noon at Sunshine RSL

North East Victoria - Saturday 23rd November 12noon at Benalla Bowls Club

Ballarat & Central West - Wednesday 27th November 12noon at the Golf House Hotel

South West Victoria - Monday 2nd December 12noon at Warrnambool

North West Victoria - Tuesday 3rd December 12noon at Mildura RSL

Metro - South District - Tuesday 3rd December 12noon at Steeples Restaurant,

Geelong & Surf Coast - Wednesday 4th December 12 noon at Geelong RSL Belmont

Metro North & East - Wednesday 11th December 11am at Ambulance Historical Society, Bayswater



Birthday Greetings

November:

- Max Lee 1<sup>st</sup>
- Greg Prosser 1<sup>st</sup>
- Christopher Casey 2<sup>nd</sup>
- Michael Rienits 4<sup>th</sup>
- John Haines 6<sup>th</sup>
- Michael Knight 10<sup>th</sup>
- Nigel Longman 10<sup>th</sup>
- Brian Shott 11<sup>th</sup>
- Alan Bray 12<sup>th</sup>
- Neville Lloyd 12<sup>th</sup>
- John Fahey 13<sup>th</sup>
- Barry Schurmann 14<sup>th</sup>
- Peter Pildre 15<sup>th</sup>
- Robert Spencer 15<sup>th</sup>
- Greg Wood 15<sup>th</sup>
- Alan White 17<sup>th</sup>
- Kevin Cannon 18<sup>th</sup>
- Steve Mulligan 19<sup>th</sup>
- Phillip Cavanagh 22<sup>nd</sup>
- Greame Williams 22<sup>nd</sup>



- Gillian Evans 26<sup>th</sup>
- Terry Baulch 27<sup>th</sup>
- Mark Middleton 27<sup>th</sup>
- Darrell Douglas 30<sup>th</sup>

December:

- Alan Smith 4<sup>th</sup>
- Steve McGhie 5<sup>th</sup>
- Colin Street 6<sup>th</sup>
- Neil Flanigan 11<sup>th</sup>
- Bill McNally 11<sup>th</sup>
- Trevor Mitchell 12<sup>th</sup>
- David Doering 13<sup>th</sup>
- Frank Mc Neill 13<sup>th</sup>
- Bob Bowman 14<sup>th</sup>
- Peter Spolding 14<sup>th</sup>

- Allan Vivian 15<sup>th</sup>
- Brian Kinsella 16<sup>th</sup>
- Phillip Wade 18<sup>th</sup>
- Charles James 19<sup>th</sup>
- Laurence Timpson 19<sup>th</sup>
- Bert Martin 20<sup>th</sup>
- Garry Hodson 21<sup>st</sup>
- Joy Mayhew 21<sup>st</sup>
- Patricia Wells 22<sup>nd</sup>
- David Riddell 23<sup>rd</sup>
- Roger Hardwick 24<sup>th</sup>
- Colin Saunders 24<sup>th</sup>
- Laurie Henry 26<sup>th</sup>
- Andrew Wilson 26<sup>th</sup>
- Ray Hubbard 27<sup>th</sup>
- Les Wood 27<sup>th</sup>
- Noel Mirtschin 27<sup>th</sup>
- Rosemary Bosse 28<sup>th</sup>
- Morrie Browne 29<sup>th</sup>

January

- Victor Henshaw 2<sup>nd</sup>

- Peter Skinner 6<sup>th</sup>
- Peter Briscoe 7<sup>th</sup>
- Leo Cartwright 7<sup>th</sup>
- Don Carpenter 8<sup>th</sup>
- Ken Clarkson 8<sup>th</sup>
- Ken Curtis 8<sup>th</sup>
- Allan Cross 9<sup>th</sup>
- Peter McMurtrie 11<sup>th</sup>
- Tom Witte 11<sup>th</sup>
- Ronald Mc Clean 12<sup>th</sup>
- Brad Pike 12<sup>th</sup>
- Dennis Meek 14<sup>th</sup>
- Brian Mellor 14<sup>th</sup>
- Louis Grygierczyk 17<sup>th</sup>
- Athol Nicholas 18<sup>th</sup>
- Allan Malone 19<sup>th</sup>
- Dennis Wood 19<sup>th</sup>
- Dave Tyson 20<sup>th</sup>
- Pat McKenzie 21<sup>st</sup>
- David Perkins 21<sup>st</sup>
- Tony Veitch 21<sup>st</sup>
- Ben Ellis 23<sup>rd</sup>
- Ron Batten 24<sup>th</sup>
- Ian Johnson 30<sup>th</sup>
- Geoff Quennell 30<sup>th</sup>
- John De Boer 31<sup>st</sup>

With sadness we record the passing of:

John Perry

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.

Several payments have been made to our account with no idea who sent them To the Members who sent these payments 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 last meeting of the Association in the SW was held at the Entwined Restaurant, Henty Street Casterton and commenced at 1200hrs.

Twelve members attended and there were 10 apologies.

All members were brought up to date with the latest news from Melbourne including the fact there will be new members on the State Board and that the Metro area will be broken up into four meeting areas. This has come about due to there not being enough room at Doncaster.

Issues of Welfare and the Hearing survey were discussed and six members put up their hands to purchase new jumpers.

All together it was a good lunch, with lots of talk and eating, followed up by a visit to the local CFA Branch to view the \$750,000 Rescue Vehicle. Thank you to Geoff Elmes and Terry Baker for arranging the visit. Thanks also Terry for organising the lunch venue.

The next meeting in the SW will be our Christmas meeting which will be held at the Warrnambool Football Club rooms, commencing at 1200hrs on 2<sup>nd</sup> December.

Ray Loughheed  
Convenor

### Gippsland District

Our last meeting at Morwell was well attended with 19 Members and several apologies. The usual catch up and general banter ensued which made the event most enjoyable.

Next meeting plans are Bairnsdale RSL Thursday 14 Nov at 12 noon

Meals \$12.00 Specials or as requested from menu

Please notify me for numbers

Great to see a good turn out

Neil Hall  
Convenor

### North West Victoria

Alan Cooksey  
Convenor

### Ballarat & Central West

On a somewhat cold and rainy day we were hosted by the staff of our regular Lunch venue, Golf House Hotel, Ballarat. With 9 Members braving the weather we enjoyed great conversation and many jokes and reminiscing from times past.

We were very pleased to again have George Prolonguae attend and he was in sterling form. Our next gathering at the Golf House will be on Wednesday 27th November commencing at our usual time midday.

### South Metro District

The August 27th luncheon held at Steeles Restaurant was attended by 21 members. The numbers were down due to illnesses and those seeking warmer weather north. But those who attended were given a great insight into our hearing by Aravind Unnikrishnan Clinical Audiologist he spoke with great concern as to long exposure the siren sounds could have on our hearing.

Bryan Cass Metro – South, Convenor

### West Metro District

Friday 23rd of August found 12 Members and guests attend our gathering and lunch at the Sunshine RSL. We were honoured to have two former Paramedics attend and they both joined our Association on the day. We welcome Gavin and Georgie Hall to our ranks.

Following lunch our Secretary Ian C gave a brief overview of the progress of the association and several questions were raised with request for information on the progress of our Peer Support and Welfare programs. We look forward to our next meeting in November.

### Central & Northern Victoria

The August quarterly meeting was held at Bendigo RSL as usual and was well attended by 24 members and partners. Nothing special to report from this meet-

ing but as always, the day was enjoyed by all in attendance. The next scheduled meeting date has been altered by 1 day to enable AV management to attend in order to present yet another Life Membership.

Peter Briscoe  
Convenor

### North East Victoria

August brought a big group out with a few new faces. Welcome to our newcomers & to members who we haven't seen in a while. Considering many people are away at this time of year it was a nice gathering.

We had a conversation about life membership and what it means to surviving spouses, following an incident\*. If you have any queries like this, pop it in writing and bring it up at the meetings if it can wait, or send to Secretary Ian. \*Ian will address this matter in a separate item.

Greetings to Eric Edwards in Euroa who misses attending the meetings and I'm sure reads the newsletter avidly each quarter.

The question had been asked months ago and unfortunately the need arose to call an ambulance. After receiving an account, this matter was chased up, but anyone who is a life member of Ambulance Victoria or RAAV who does not hold a membership card should follow up with Ambulance Victoria, to avoid this matter arising for them. And changes of address & personal details must be notified to AV as soon as possible.

Leanne Russell-Jones  
Convenor

### Geelong and Surf Coast District

Our usual Geelong RSL Venue, saw twelve attendees at our October 9th. get together.

With ten apologies logged, it is evident our recent Flu Epidemic continues to require supportive G.P. time.

Cross table catch up was to hear a welcome expressed for the Branch gaining two new members.

They being Stephen McFadyen & John Clancy. The Branch Welcomes you both



## District Reports

along with your spouses.

A welcome too, was for visiting Committee President Ian Donaldson with his wife Christine.

Post luncheon catch up chats, heard Ian give reply to questions previously forwarded for Committee discussion.

Ian is to follow a few of these points up, as some were yet to make his notice.

Ian did promote an idea for a visit to the Ambulance Museum, citing their December promotion.

Many points from Ian's discussion have now been distributed among Branch membership for further group consideration.

Membership was informed our next 4th December Luncheon will see Peter Cain presented with his Life Membership Certificate.

Prior to breaking up, Members offered their supportive wishes for those among us who continue to be challenged by ill health.

Ben Wright  
Coordinator G&SC Branch.

Facebook has a confirm  
and ignore friend  
requests  
buttons.

I think it  
needs a

'Who the hell  
are you?' button!



## RAAV Caravan & Motor Home Club



On October 25th to the 28th, a number of our Members attended the Buronga Riverside Caravan park for the weekend.

We all enjoyed the pleasant weather and comradery of the park and again catching up with members from around the state.

Thanks to the Committee of RAAV we now have a flag/banner for display when we gather in various camp sites around Victoria.

A full report will be available shortly

## Committee Matters

Wednesday September 13th saw the Association conduct our Annual General Meeting at Ambulance Victoria Headquarters, Doncaster.

35 Members and guests attended the day and the meeting affirmed all the necessary requirements of an AGM.

Most importantly was the election for the new Executive and Committee to ensure the continuing success of our Association.

We are honoured to inform the Membership of the following Leadership team for the next two years, at least.

President: Ian Donaldson  
Vice President: Mike Williams  
Secretary: Ian Cameron  
Assistant Secretary: Jim Ballard  
Treasurer: Ben Ellis

With Committee Members: Les Wood, (Our Merchandise Supplier) John Clancy, (Welfare Convenor) John Head, Greg Wood and Steve Mulligan as Peer Support Co-ordinator.

Two former Members of the Committee elected not to contest re-election, these being Ray Loughed, former President and Committee Member, and Bill McKnight a long standing Committee Members approaching 12 years service. We thank both for their dedication and service to our Association and wish them well in the future.

With the Association in a sound financial position we are confident that the next years will ensure the continued growth and expansion of our Membership and activities.

Following a recommendation from the Committee it was agreed that we will no longer conduct quarterly General Meetings as with falling attendees and the problem of accommodation and parking at Ambulance Victoria Doncaster headquarters we will now focus our endeavours to establish a more informal lunch/meeting District bases in the East and North of the Metro area.

The next year we will be urging Members to stand up to take on the roles as Convenors in several Districts, being Ballarat & Central West and the Districts of Metro West, Metro East and Metro North. We look forward to gaining Members who feel they can contribute in these areas of our Association and provide the assistance our Committee requires.

Should any Member require a copy of the AMG report it is available on our website or I can supply a hard copy if preferred.

Ian Cameron, Secretary



## New Members

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

Stephen Mc Fadyen - Newtown  
Gavin Hall - Kealba  
Georgie Hall - Kealba  
Michael Knight - Shepparton  
David Riddell - Avonsleigh  
David Boyd - Wendouree  
Peter Gregory - Mill Park  
Ross Smith - Eastwood  
John C Clancy - Ocean Grove  
Peter Walker - Korumburra

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



## Retired and Former Employee Peer Support Program

*Although your direction has changed, we still share the same journey.*

The Retired and Former Employee (RAFE) Peer Support Program is a new program available to all former employees of Ambulance Victoria.

The program allows volunteers to provide confidential support to previous employees who have retired or resigned and assist in linking them into appropriate support if requiring counselling or experiencing mental health issues.

RAFE volunteers are *not* qualified counsellors and are unable to make psychological assessments, but they do have great listening and communication skills that allow them to assist those who are seeking help.

Ambulance Victoria encourages all former employees to engage with this service – which is free – if they feel they require help. To contact the AV Retired and Former Employee Peer Support Program

Email: [RAFEpeersupport@ambulance.vic.gov.au](mailto:RAFEpeersupport@ambulance.vic.gov.au)

Available 9am – 5pm daily.

Access FAQ'S [here](#)

**The RAFE Program is not a crisis service. If you are in crisis please contact Lifeline on 13 11 14 or if there is an immediate risk, dial Triple Zero (000).**

Feedback forms have been developed to collect information to assess the effectiveness and level of client satisfaction with AV's RAFE peer support services or to services you may be referred. The information you provide will be used to ensure that procedures, protocols and training are meeting the needs of previous AV employees and will help us to continue improving our services. The surveys are designed to be anonymous and individuals will not be identifiable through the responses they provide. Please select the relevant link below and tell us your latest experience with the services provided by the RAFE team OR other service you may have been referred to via RAFE peer support.

[2018/19 RAFE Peer Support Satisfaction Survey](#)

[2018/19 VACU Session Feedback Form](#)

[2018/19 Chaplaincy Satisfaction Survey](#)

**Editors Note:** The links may not work in this document - Please go to AV website or contact RAFE Co-Ordinator for assistance

## Greetings for Christmas and the New Year



On behalf of the Executive and Committee may I offer the all the very best for the Festive Season and trust you can enjoy the time with family and friends consuming as much (or as little) of the delights of the Season.

We look forward to hearing of your encounters and successes over this time.



### OH GOLLY GOSH?????

Recently we sent out reminders to Members who are yet to pay their Subscriptions.

On viewing the Bank Statements going back 3 months we note several PAYMENTS WITH NO Invoice number, Members name or Invoice number have been recorded.

With regret no one on Committee is able to MIND READ or is a CLAREVOYENT.

Any Member who has NOT received a receipt but received a reminder, [Contact with our Accounts Dept.](#) would be most helpful to resolve any misunderstanding.

We are still awaiting responses from several Members re their Subscriptions.

### Members not in good health

John Waters  
Laurie Henry  
Ray Neil

We wish all Members a speedy recovery



## Ambulance Victoria upgrades

The Victorian Government is working closely with Ambulance Victoria to modernise, rebuild and upgrade outdated ambulance stations and vehicles across the state to provide better working conditions for paramedics and faster emergency healthcare for patients.



### ADDRESS

**INITIAL FUNDING 2015**

**PLANNING / CONSTRUCTION 2016-20**

**PROJECT COMPLETION 2020**

### Scope

Modern, advanced and well-located ambulance stations mean Victorians can receive the right care at the right time, during an emergency. Upgrading and renewing high priority ambulance stations will improve response times and ensure that paramedics are supported to care for communities, now and in the future.

The Government has committed \$126.9 million since 2015 to upgrade and rebuild high priority ambulance stations at 35 locations across the state, including critical maintenance work on other stations in urgent need of repair. This funding amount also includes:

- investing in hospital emergency departments to increase the availability of beds
- providing new ambulance vehicles and equipment, including five new complex patient ambulance vehicles and new hydraulic stretchers for existing vehicles.

### Benefits

Victoria relies on the expertise, compassion and commitment of paramedics and the government recognises that they need a quality workplace and the right equipment to do their job effectively.

Investment in upgrading metropolitan, regional and rural ambulance branches gives paramedics more modern, technologically up-to-date facilities that they can be proud to call their bases.

The community benefits from an ambulance service that is well-trained, well-equipped and located where it can best meet the needs of people with complex, life threatening conditions.

### Partners

In partnership with Ambulance Victoria.

### Fast Facts

100% VEHICLES WITH HYDRAULIC STRETCHERS  
\$126.9m FUNDING SINCE 2015  
35 LOCATIONS ACROSS VICTORIA



## Life-saving program proves a success



L – R: Ambulance Victoria Tatura Team Manager Ben Johansen, Diana Hughes, David Hughes, Andrea Manners and Russell Edwards

An evaluation of the Heart Safe Community program shows it has been an outstanding success, including generating a four-fold increase in the confidence of participants to start and perform cardiopulmonary resuscitation (CPR).

One beneficiary of the program is David Hughes, who was given bystander CPR after he had a cardiac arrest in Tatura on Christmas Day 2018.

"All I can say is I am just so, so grateful because they knew exactly what to do," said David.

The CPR was performed by Andrea Manners, a skill she learned during a Heart Safe Community session.

Tatura was the first town to become a Heart Safe Community under an initiative led by Ambulance Victoria and the Heart Foundation.

In 18 months, 1055 residents – about one-quarter of the population – was trained to provide CPR and use a defibrillator.

Over the same period, the number of registered defibrillators in the town increased from three to 26, including seven that are publicly accessible 24 hours a day.

The evaluation by the University of Melbourne showed the benefits of the program, which has since expanded to Inverloch and the Bellarine Peninsula





## The Back Page

### Retired Ambulance Association of Victoria Inc.



#### Committee of Management

President: Ian Donaldson

Vice President: Mike Williams

Secretary: Ian Cameron

Assistant Secretary: Jim Ballard

Treasurer: Ben Ellis

#### Committee Members:

Les Wood

John Clancy

Steve Mulligan

Greg Wood

John Head

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

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Bentleigh East  
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Mobile: 0435 010 943  
Email: [raav.secretary@gmail.com](mailto:raav.secretary@gmail.com)

#### FIVE RULES TO REMEMBER IN LIFE:

1. Money cannot buy happiness - but it's far more comfortable to cry in a Porsche than on a bicycle.
2. Forgive your enemy - but remember the asshole's name.
3. If you help someone when they're in trouble - they will remember you when they're in trouble again.
4. Alcohol does not solve any problems - but then, neither does milk.

#### AND MY PERSONAL FAVORITE...

5. Many people are alive only because it's illegal to shoot them.

#### BONUS RULE:

Condoms do not guarantee safe sex.  
A friend of mine was wearing one when he was shot by the woman's husband.

Marriage is like a  
**deck of cards.**  
In the beginning all you  
need is **two HEARTS**  
and a **DIAMOND.**  
By the end,  
you wish  
you had a  
**CLUB** and  
a **SPADE.**



**aunty acid**

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Association of Victoria Inc.