

February 2023

RAAV Ravings



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Victorian towns welcome more than 150 heart starters



Twenty locations are now official [Heart Safe Communities](#) in Victoria, thanks to a program that has upskilled locals to save the life of someone having a cardiac arrest. Ambulance Victoria (AV) Manager of Operational Improvement David Shearer said that over the last two years, the Heart Safe Community program in 17 towns across Victoria, has been vital in building community resilience and improving out-

-of-hospital cardiac arrest survival rates.

The program was launched in 2019 as a pilot program with three Victorian towns selected to take part before the program expanding state-wide.

"The expansion of the Heart Safe Community program, a joint initiative between AV and the Heart Foundation, has built the confidence and skills in local communities so that they can step in and provide life-saving assistance if someone is in cardiac arrest." David said.

"The program aims to raise community awareness of cardiac arrest, promote the role of Triple Zero (000) in a cardiac emergency, teach people cardiopulmonary resuscitation (CPR) skills, how to use an automated external defibrillator (AED), identify and register existing defibrillators, install and register new defibrillators and promote and educate on the use of smart phone technologies, like [GoodSAM](#) (Smartphone Activated Medic) App."

Cardiac arrest happens when a person's heart suddenly stops beating and stops pumping blood effectively around the body; it can happen to anyone, anytime, anywhere.

"While bystanders alone will never replace an ambulance service, equipping people with skills to start the chain of survival; starting chest compressions or CPR and using an AED does save lives," David said.

"Anyone can save a life in three simple steps. [Call, Push, Shock](#): Call Triple Zero (000), Push hard and fast on the middle of the chest, and Shock using an AED."

Did you know there are 20 Heart Safe Communities across Victoria

In July 2022, 12 new communities joined the Heart Safe Community program: Bacchus Marsh, Kinglake, Coleraine, Lismore, Trentham, Hopetoun, Dunolly, Stanhope, Chiltern, Violet Town, Longwarry and Yallourn North.



Inside this issue:

Vice Presidents Report	2
New Members	2
Committee Matters	2
Birthday Greetings	3
The Back Page	4

With many apologies we acknowledge the lack of information and District Reports.

These issues are due to me having a sudden reoccurrence of a previous back injury which left me almost unable to walk any distance for several weeks prior to and during the Christmas / New Year period.

I am now well on the road to recovery and able to get most things finalised.

Also a close member of Ian Donaldson's family has suffered a very serious medical issue and is still in hospital .

This has left us with little room to move and to locate and or provide the information you expect from us.

We will endeavour to provide all the necessary Reports and other information in our next issue.

We regret that there is no report from AV CEO as there is a change over taking place this next week.

Vice President Report



Well, here we are into a New Year and I hope that 2023 is both positive and safe for you all. I am writing this message to you all as our Ian Donaldson (Our president) is currently experiencing a family crisis. I am sure we all extend to Ian our sincere thoughts and hope that there is a successful outcome for Ian and his family.

AV have had a new appointee to the position of Chief Executive Officer, we extend to her a cordial welcome and the executive of our association are hoping to arrange a meeting with the CEO. The aim of this meeting will be to establish a positive dialogue along the lines of our relationship with the previous CEO; Tony Walker.

I am really pleased to let you know that your association is continuing to develop in ever increasing ways. With the help of our members, we are exploring new and initiative ways to further support our increasing membership. East Gippsland branch has now been established and others are in the pipeline.

In order to offer further support to our members and their families, we are promoting welfare support to any member, experiencing difficulties. The committee would be grateful if you could please let the committee (Your region co-ordinator or your committee) know if you are aware of any member who would benefit from support, in order that we can extend a helping hand and or an ear to listen.

As Ambulance Officers/ Paramedics or family members we do share a particular bond and I would hope that we can help others in times of stress. The executive are working towards extending our welfare system to meet this need. In the meantime, if you are struggling and would appreciate someone wanting to listen and offer support, please contact your committee or co-ordinator. Please know that we want to ensure you are NOT alone in times of stress.

Now that region lunches are commencing again in 2023, I would hope that we can further increase numbers at these events. I know that my region (Latrobe) has increased the number of participants markedly. I find these lunches a time to meet others, some I have not had the pleasure to meet before. Their stories can be informative, entertaining, humorous, and occasionally ribald.

Finally, to all of our new members we extend to you all a hearty welcome, and please note that we hope you find support from other members. I encourage you to take the time to offer objective suggestions as to how we (the organisation) can develop further.

Greg Wood
Vice President

With sadness we record the passing of:

Don Pollard
Edward (Ed) Kay
John De Boer
Stan Madew
Michael Knight

We Honour their Service
to Ambulance
May they rest in peace



Committee Matters

Welcome to 2023 and as we look back on last year we not only realise the impact of the number of our "family" we have lost either through their passing to the big Ambulance Station or because they felt that their did not fit. I feel, in part, responsible for some of the members who have left because they were not happy with the Association.

However I can only say I tried and if any of these former Members wish to return we will welcome them as if they never left.

Despite these losses we have gained a considerable number of new Members and we look forward to their involvement within the Association as we commence the now very familiar lunches in the various Districts of the state.

Our Committee has been discussing the continued development of our Meeting bases and late last year we commenced a new District in East Gippsland based in Bairnsdale.

It is hoped that we can advance our progress to other areas within the state commencing with Echuca, Swan Hill and Shepparton for a start.

One of the objectives for this year is to ask each and every Member to encourage any former colleagues to come to any of our functions and or lunches with the idea of gaining their support and involvement within the Association as Members and supporters.

Finally we, as a Committee, are very conscious of our funding and expenditure. A special panel has been looking at the financial position and there will be more information in the future.

I, and the Committee look forward to a full and enjoyable years and hope to catch-up at a lunch soon.

Ian Cameron
Secretary

New Members

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

Stephen Moody - Anglesea
Keith Payne - Cawwarr
Dale Prentice - White Hills
Graham Fary - Maryborough
Steve Walsh - Briar Hill
Wayne Watson - Teesdale
Stephen Hollowood - Clonbinane
Hugh Dougan - Oakleigh East
Geoffrey Lamb - Narree Warren

We look forward to welcoming all of you, our new Members, to a luncheon meeting soon.

District Meeting Dates

Our next District Meetings for 2022 are:

Metro - North District - Wednesday 1st February 12noon at Darebin RSL 402 Bell Street Preston

Geelong & Surf Coast - Wednesday 8th February noon at Geelong RSL, 55 Barwon Heads Road Belmont

Central & Northern Victoria - Tuesday 14th February 12noon at Bendigo RSL 73 Havilah Road Long Gully

Wimmera & Grampians District - Thursday 16th February 12noon at White Hart Hotel, 55 Firebrace Street Horsham

Metro East District - Thursday 23rd February 12noon at Wheeler's Hill Hotel, 871 Ferntree Gully Road Wheelers Hill

North East Victoria - Saturday 25th February 12noon at Benalla Bowls Club, 25 Arundel Street Benalla

Metro - West District - Friday 3rd March at Kealba Hotel, Cnr. Sunshine Ave, & Main Rd East, Kealba

South West Victoria - Monday 6th March 12noon at Warrnambool Football Club

North West Victoria - Tuesday 7th March at Mildura RSL, 130 Madden Avenue Mildura

East Gippsland Region - Thursday 9th March 12noon Venue TBA

Central & South Gippsland Region - Thursday 16th March 12noon at Morwell Golf Club, Fairway Drive Morwell

Ballarat & Central West - Monday 20th March at the Golf House Hotel 920 Doveton St North Ballarat

Metro - South District - Tuesday 28th March Steeplies Restaurant, Cnr Racecourse and Tyabb Rds Mornington



Birthday Greetings

February:

Peter Dent 1st
 Colin Hicks 3rd
 Alfred Monk 3rd
 Bruce Hyatt 4th
 Colin Gaskell 5th
 Linton Johnstone 6th
 Lindsay Mc Coy 8th
 Peter Gregory 12th
 Danny Lumby 13th
 Terry Taylor 14th
 Neil Hall 15th
 Rhonda Oliver 16th
 Roger Vidler 16th
 Graham McRae 17th
 Ian Martin 19th
 Warren Moulton 20th
 Malcolm Zadow 20th
 Arthur Manning 21st
 Anthony O'Sullivan 21st
 Bill Briggs 22nd
 Wendy Barry 22nd
 Glenn Solomano 25th
 Les Wiles 25th
 Ian Mc Phail 27th
 Joseph Spronken 27th
 Leanne Russell-Jones 28th

Bernie Morrellini 13th
 Daniel O'Connor 15th
 Kevin Poole 15th
 Stan Sandford 18th
 Tony Davis 19th
 Howard Smith 19th
 Len Starkey 20th
 John Faulkner 23rd
 Paul Chase 23rd
 Maureen King 23rd
 Eric Schanessma 23rd
 Ray Trinham 23rd
 Jon Edwards 24th
 Ross Eastwood 25th
 Ted Giddings 25th
 Graham Ryan 25th
 Glenn Solomano 25th
 Chris Varley 25th
 John C Clancy 26th
 Robert Hood 27th
 George Hood 28th
 Jim Yandle 29th
 John Brown 30th
 David Cooper 30th
 David Gawne 30th
 Stewart Blackburn 31st

April:

March:

John Blوسفelds 1st
 Trevor Dennis 2nd
 Ian Donaldson 4th
 Stephen Mc Fadyen 6th
 Andrew Pipkorn 7th
 Stephen Hutchins 8th
 Gary Curnow 13th
 Anthony Deenen 13th

Peter Watts 2nd
 Shane Edwards 3rd
 Lindsay O'Brien 3rd
 Paul O'Toole 3rd
 Kevin Carter 4th
 Karen Young 4th
 Peter Croker 5th
 Bob Curzon-Siggers 5th
 Wayne Brooks 7th
 Ian Cameron 7th



Lisa Binns 8th
 Mal Campbell 8th
 Stephen Hall 10th
 Tim Kay 10th
 Pauline Leask 11th
 Frank Bonser 12th
 Gavin Hall 12th
 Keith Lloyd 12th
 Ted Mawby 14th
 Harry Berns 15th
 Peter Moroney 15th
 Allan Jackson 16th
 Geoffrey Lamb 16th
 Michael Mc Grath 16th
 Neil Barrett 17th

Neale Johnson 19th
 Gregory Taylor 19th
 Meryl Raft 20th
 John Allen 22nd
 Kevin Carter 22nd
 Michael Lewis 23rd
 Keith Humpfrey 24th
 Pat Kelly 24th
 Alf Greeves 27th
 Paul Lodder 28th
 Frank Abela 30th
 Laurie Campbell 30th

Members not in good health

Howard Smith

We wish all Members a speedy recovery

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.

The Back Page

Retired Ambulance Association of Victoria Inc.



Committee of Management

President: Ian Donaldson
Vice President: Greg Wood
Secretary: Ian Cameron
Assistant Secretary: Jim Ballard
Treasurer: Ben Ellis

Committee Members:

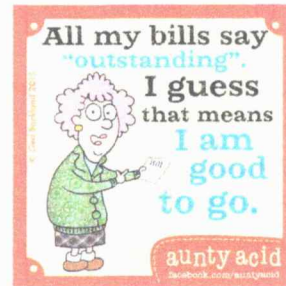
Les Wood
John Clancy
John Head
David Hadj
Graham Douglas
Julianne Casey
Andrew Wilson

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Police arrested two kids yesterday, one was drinking battery acid, the other was eating fire-works. They charged one – and let the other one off.



A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "because," he said "I can't stand chess nuts boasting in an open foyer."

Facebook: Retired Ambulance
Association of Victoria Inc.

