

August 2023

RAAV Ravings



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Basic first aid saves a Sunbury toddler

Basic first aid was not so basic when it saved the life of a three-year-old boy when he fell from a first-floor window.

The parents of the Sunbury toddler who survived the terrifying fall in March are thanking paramedics for saving the life of their son Noah and raising awareness of the critical skill of basic first aid.



Noah receiving Paramedic Teddies from Chris and Sarah as mum Rachael looks on.

Noah's mother, Rachael, called Triple Zero within seconds of the accident as her first aid training kicked in – keeping

Noah alive until paramedics arrived.

Mobile Intensive Care Ambulance (MICA) and Air MICA crews provided specialist care to Noah on the way to the Royal Children's Hospital.

AV Metro Regional Director Michael Georgiou said it is crucial parents learn basic first aid.

"Knowing what to do in the first minutes of an emergency can make a massive difference to the eventual outcome," he said.

"We encourage all Victorians to contribute to improved patient outcomes by learning the skills to respond to health emergencies



Noah looks forward to driving an Ambulance one day.

Rachael said the community's support since the accident had been incredible.

"There's still a long way to go in his recovery, but he's done better than anyone would have thought," Rachael said.

"You never think that something so serious is ever going to happen to your child. I'm glad I had the first aid training to know what to do."

Just four weeks after the accident, little Noah was discharged from hospital, and his mother said he was back to being the happy, friendly and bubbly kid he always had been.



L-R: Paramedics Chris, Jamie, Steph, and Sarah, with mum Rachael with Noah, dad Stephen, brother Nate, and MICA Flight paramedic Andrew.

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Annual General Meeting

The Annual General Meeting will be held on Friday 6th October.

The location is still to be decided and will be advised as soon as a venue is finalized.

At the AGM this year will be the two yearly vote for Executive and Committee positions including those of President, Secretary and Welfare Officer plus 4 Committee Members.

With the retirement of Ian Donaldson, Ian Cameron and John Clancy we are looking for Members to fill these positions'.

Please help our Committee to succeed in the future.

President Report



Greetings to all our members and hope this newsletter finds you all happy and in good health.

As you will be aware our AGM is rapidly approaching and will be held at the Ambulance museum on Friday the 6th of October 2023 at 11am

We will be holding our election of office bearers, myself and Ian Cameron have completed our tenure and look forward to a break and allow for a change of guard (as per constitution) The AGM will again be held at the Ambulance Museum and we hope we will have a good attendance on the day.

A special thanks to all our committee members who have given tremendous support over the past five years, in particular to Ian Cameron and John Clancy who have played an integral role with running the RAAV

Look forward to seeing you all at the AGM.

Ian Donaldson
President

Funeral Benefits Scheme

With the revamp of our Welfare program and the inability to secure a Peer Support Co-ordinator in conjunction with Ambulance Victoria we have reviewed and enhanced our Funeral Benefits Plan to include a more complete package and hopefully a more Member focused document.

These changes reflect the changing environment and our desire to engage with our Members to complete this form so if and/or when the need arises we are able to assist the family and colleagues to ensure that your wishes are fully recognised this will enable your funeral to be as you would like to be remembered and that your Family and friends are completely aware of your wishes.

We have removed the word Eulogy and replaced it with Ambulance Service Tribute, we feel this a more appropriate sentiment and gives a clear idea of the meaning of your intentions.

We now ask all Members to consider readjusting their Funeral Benefits Plan if you have previously completed one or if you haven't completed one please consider finalizing a plan and sending it to the Secretary at email: raav.secretary@gmail.com or The Secretary 68 Dyer Street Rupanyup Victoria 3388.

A replacement form can be downloaded from our Website or by contacting our Secretary, mobile: 0435 010 943 or the above email, Welfare Officer, John Clancy, mobile 0425 752 071 or any of our District Welfare Officers.

You completed forms will be held by both our Secretary and our Welfare Officer. These forms will not be for general publication at any time or for any other reason.

Committee Matters

Well here we are at that stage of the year approaching the AGM and there seems to be so much to do with so little time to complete all the plans and actions I would liked to undertaken for the benefit of all Members.

However time stands not still and with the approaching AGM I have decide to stand aside from the Secretary role and all Committee duties. I am sure that you all will understand my reasons as I have been on Committee for about 20 years and either Acting Secretary or Secretary for the last 14 years.

Although I would like to continue I feel now is the time to stand aside and allow fresh blood to flow through the Association with new or invigorated ideas and the ability to hopefully complete the tasks that will ensure the continuing wellbeing of the Association.

I am not standing aside because if illness, travel times or the duties I have as Secretary. I need a rest.

I wish well to whoever takes on the task of secretary and I look forward to the continued development of the Association and the progress started by me but some not completed, particularly due to COVID and all the lost time associated with it.

I am endeavouring to attend as many District meeting as I can but most to those I have not attended from the last round of meetings.

As secretary I have to announce that at the AGM our President, Ian Donaldson and our Welfare Coordinator, John Clancy, will also be standing aside as both feel a need for a time for change as well. Therefore we are looking to you, our Members, to stand up and offer assistance in the roles as these current positions and any other positions become vacant..

I wish all of you well and next time we meet I will only be a Member and I trust the Association will benefit from these changes and continue to advance

Ian Cameron
Secretary

New Members

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

Phillip Brake - Somerville	Carolyn Cole-Sinclair - Hoddles Creek
Brian Kuchel - Horsham	Shayne Norton - Orrvale
Ramon Laidlaw - Thailand	Barry Bell - Epsom
Rick Boyd - Ouyen	Mark Wilson - Mildura
Christopher Wilton - Safety Beach	
Stephen Wood - Swan Reach	
Peter Collins - Mornington	

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

District Meeting Dates

Our next District Meetings for 2023 are:

Metro - North District - Wednesday 2nd August 12noon at Darebin RSL 402 Bell Street Preston

Geelong & Surf Coast - Wednesday 9th August noon at Geelong RSL, 55 Barwon Heads Road Belmont

Wimmera & Grampians District - Thursday 10th August 12noon at White Hart Hotel, 55 Firebrace Street Horsham

Central & Northern Victoria - Tuesday 15th August 12noon at Bendigo RSL 73 Havilah Road Long Gully

East Gippsland Region - Thursday 17th August 12noon Bairnsdale RSL 2 Forge Creek Road Bairnsdale

Metro East District - Thursday 22nd August 12noon at Wheeler's Hill Hotel, 871 Ferntree Gully Road Wheelers Hill

North East Victoria - Saturday 26th August 12noon at Benalla Bowls Club, 25 Arundel Street Benalla

Central & South Gippsland Region - Thursday 31 August at Morwell Bowling Club, 52 Hazelwood Rd, Morwell

Metro - West District - Friday 1st September at Kealba Hotel, Cnr, Sunshine Ave, & Main Rd East, Kealba

South West Victoria - Monday 4th September 12noon at Alexandra House 64 Grant Street Hamilton

North West Victoria - Tuesday 12th September at Mildura RSL, 130 Madden Avenue Mildura

Ballarat & Central West - Monday 18th September at the Golf House Hotel 920 Doveton St North Ballarat

Metro - South District - Tuesday 26th September at Steeple's Restaurant Cnr Racecourse and Tyabb Rds Mornington



Birthday Greetings

August:

Bill Harvey 1st
 Robert Rigby 3rd
 Stanley Mether 4th
 Lindsay King 5th
 John Barrie 6th
 Geoffrey Coffey 7th
 Mal Hunting 7th
 Colin Musson 7th
 John Clancy 8th
 Barry Sidebottom 8th
 Jeanette Williams 8th
 Carolyn Cole-Sinclair 10th
 Daryl Knight 13th
 John Maher 13th
 Paul Pardoe-Matthews 13th
 Darrell Rintoule 13th
 Margaret Kerr 14th
 Hugh Dougan 18th
 Stanley Paley 18th
 David Calder 19th
 Ralph Casey 19th
 Robert Henderson 22nd
 Brett Wilkins 22nd
 Neville Hettick 24th
 Bill Middleton 25th
 Graham Douglas 26th
 Phillip Matthews 26th
 Rodney Poulson 26th
 Gary Thompson 26th
 Peter Cassidy 27th
 Christopher Coucill 30th
 Don Gillies 30th
 Vaughan Murphy 30th
 Ross Robotham 30th
 Peter Walker 31st

September

Jennifer Moncur 3rd
 Charles Johnson 4th
 Mal Peters 4th
 Alan Close 7th
 Geoff Harvey 8th
 Gregory Bamford 13th
 Ilean Lewis 13th
 Robert Reilly 13th
 Don White 13th
 Bob Beggs 15th
 Warren Ashley 17th
 Sandy Jones 18th
 Neale Johnson 18th
 Bruce Slater 18th
 Peter Abery 19th
 Jim Ballard 19th
 Terry Baker 20th
 Sandy Kahn 20th
 Brian Trenerly 22nd
 Bernie Griffiths 23rd
 Mike Mc Manus 23rd
 William Sleep 23rd
 Rona Halliwell 24th
 Bill McKnight 25th
 Graham Holley 26th
 Don Rhodes 26th
 Alan Colley 27th
 Jelle Burggraaff 28th
 Dale Prentice 28th
 George Brown 29th
 David Johnson 29th
 Doug Parker 29th

October

Peter Collins 1st
 Glen Dowlan 2nd
 Terry Brooks 3rd
 Christopher Lewis 3rd
 Peter Neylon 3rd
 Russell King 4th



Graeme Williams 4th
 Ron Arbon 5th
 Peter Whittle 5th
 Ian Crocos 7th
 Michael Gleeson 7th
 Bill Jeffs 7th
 Brian Redfern 7th
 Kevin Kavanagh 8th
 Les Hotchin 9th
 Geoff Elmes 10th
 Jim Spanswick 11th
 Andrew Fowler 13th
 Ray Lougheed 13th
 John Maher 13th
 Steven West 22nd
 Richard Williams 22nd
 Brian Cass 24th

Ian Dale 25th
 Ken Atkinson 26th
 Ronald Callaway 27th
 Ken Holt 27th
 Col Evans 28th
 Stewart Cook 30th
 Ben Wright 30th
 Ron Handley 31st

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 second meeting for the year in the SW was held at Alexandra House in Hamilton, on Monday 5th June, and was attended by 12 Members with a further 11 Members apologising.

Lynn Carter, the AV Chaplain also attended as did the RAAV Secretary, Ian Cameron.

Ian addressed the Members regarding the latest news from HQ and repeated the need for Welfare Officers in each of the RAAV areas. He also explained the need for Membership price increases and the reasons these rises were necessary.

All Members enjoyed the comradery on the day and most enjoyed the meals supplied by the Club.

The low point occurred at 2pm when Bingo started next to the area where we were talking making it difficult to concentrate on conversation. Another venue will be investigated for the next meeting in Hamilton.

At the time of writing this report it had not been ascertained where the September meeting will take place but it will be on Monday 4th September commencing at 1200hrs.

Ray Loughheed - Convener

Ballarat & Central West

On Monday 19th June we hosted 12 Members and partners and our Chaplain, Jim, in attendance. As usual we were well hosted by the staff at the Golf House Hotel and lunch included the usual discussions as to next holidays and general gossip.

Our next lunch will be on Monday 18th September at Golf House Hotel 12noon.

Metro South District

The Members of the Metro South District Region enjoyed lunch at the Steeples Restaurant on the 27th June.

Our 34 Members on the day were informed by Ian Cameron on the changes made at our last AGM.

Thanks to Paul Chase who invited Chris Wilton to our Luncheon Chris is to be remembered for his many rolls he has performed firstly with Peninsular then with Metro Ambulance over many years.

Ian informed us of his decision to step down from being our Secretary which he has well deserved a rest having held that position for several years applause followed well done Ian.

Our next Luncheon at Steeples Tues. 26th. September 11-30 AM.

Bryan Cass
Coordinator

Metro West District

Our lunch on the 2nd June was lovely as always. We had 38 for lunch and it's great to see partners coming.

As always there was lots of discussions happening about the good old days. It's great to hear members talking about holidays they have been on or where they are going.

We have a great group of people coming and are happy for anyone else to pop in. Metro West would like thank Ian Cameron for all the hard work he has done over the years.

Also hoping he will still pop in for our lunches.

Our next lunch is on Friday 1st September at Kealba Hotel from 1200.

Georgie Hall
Coordinator

Central & Northern Victoria

North East Victoria

The NE May luncheon meeting was a lovely get together for the group of around 18 people. Some of us had had Covid for the first time since the last meet, giving us a different topic of conversation (& sadly less taste for our meals!)

Best wishes to our members who aren't as well as they'd like to be, and safe travels to those who are away for the winter months.

We are looking for someone to either become our Welfare Officer for our group. It's not something I can take on in place of the Convenor role as I still work "full-time".

Leanne Russell-Jones
Coordinator

Geelong and Surf Coast District

Metro East District

Today we had 14 members gather to-

gether for a very nice lunch. Once again we had Tom Rose, an AV Chaplain, amongst us and it was good to see his continuing support. Don White and his wife Brenda are stalwarts of the Metro East Luncheon and, after a recent health scare for Don, they attended with some great news in Don's recovery. We wish them well. Again many stories from the past were shared and embellished and it is always good to hear them.

If anyone knows of any members that do not attend these luncheons or, know of recent retirees who have not joined the RAAV, I commend these functions to them as they continue the fantastic camaraderie that was prevalent in the ambulance service.

Please remember if you, or anyone you know is struggling in any way, shape, or form, please let someone know so we can try to assist. RAAV have a peer support program and now also connections to the Chaplaincy.

David Hadj
Convenor

North West Victoria

Allan Cooksley

Quick Quiz:

- Q1: Tim Southee plays cricket for which country?
- Q2: Who was the frontman of Silverchair?
- Q3: What is the world's fastest growing plant?
- Q4: Kia motors was founded in which country?
- Q5: What is the longest living reptile?
- Q6: Vermilion is a shade of which colour?
- Q7: Dame Mary Gilmour is on which Aussie bank note?
- Q8: Bikram is a variety of what activity?
- Q9: In which sport would you Clamp, Check and Cradle?
- Q10: What bird is the world's fastest animal?

RAAV CARAVAN & MOTORHOME CLUB



*Club Co-Ordinator
Suzanne Hall
Ph: 0413 132 967*



Yes, the club is still alive and well after a long break due to COVID and then the devastating floods throughout Victoria, our intention was to meet at Echuca, this booking was cancelled by the caravan park due to the park being flooded.

Following this postponement of our activities Sue got busy and organised a gathering at Port Fairy Holiday Park, being pet friendly was great as I was able to go as well. The park caters for all tourist needs with powered and unpowered sites, the sites are huge one doesn't feel hemmed in, cabins appear to be very welcoming, very clean amenities and usual playing facilities for the kids.

Weather was a bit fifty - fifty, so when the sun shone we made the most of it by our usual gathering around under someone's awning for a chat about this that and nothing, park management was very supportive of us and provided a warm comfortable room for us oldies at no charge for afternoon drinks and nibbles, a huge thank you to the manager.

Our Saturday night dinner was at the Star Hotel Port-Fairy great evening, great food, great company.

Members Attending = Neil & Sue Hall Morwell M/H, Brian & Cheryl Mallor Foster Nth: M/H, David & Tracy Calder Rosebud C/Van, Neil & Anne Akers Morwell C/Van, Peter & Marilyn Raft Traralgon Cabin, Frank & Marilyn Abela Traralgon C/Van ([This article by Frank Abela F4WDA & Caravanning OZ](#))



Next outing is in October date to be set, and hopefully will attempt Echuca again. Looking forward to new members, and extend an invitation to all Ambulance staff nearing retirement, come along and join in the fun, for info: contact **Sue Hall Co-Ordinator Ph: 0413-132967**



**Ambulance
Victoria**



**Peer
Support**

Retired and Former Employee (RAFE) Peer Support Program

Ambulance Victoria (AV) are committed to improving the mental health of its people, even after they have left the organisation. Whilst working for an emergency service is rewarding, it also comes with a range of unique challenges.

In 2018, AV in collaboration with the Retired Ambulance Association of Victoria (RAAV) introduced a Peer Support Program for retired and former AV employees which provides access to:

- Peer Support (1800 626 377, option 1)
- 24/7 phone counselling line* (1800 626 377, option 2)
- Chaplaincy (1800 626 377, option 3)
- VACU clinician network appointment*
- Other services readily available in the community

**Available to former employees for the first 12 months following separation from AV*

The RAFF Peer Support team are not counsellors and do not make psychological assessments. They are trained to deliver psychological first aid and have excellent listening skills.

The RAFF program is designed to facilitate connection, opportunities for social support and access to community support services. Access to the RAFF program is free of charge and any retired or former AV employee who feels they require support is encouraged to do so.

The RAFF volunteer Peers are available to provide support seven days a week, 7am-5pm.

You can contact our RAFF volunteer Peers by emailing RAFFpeersupport@ambulance.vic.gov.au

Mornington Peninsula Paramedic honoured with Ambulance Service Medal

Congratulations to Mornington Peninsula paramedic Joanne Wilton, who has been recognised with an Ambulance Service Medal for her tireless work in community engagement.

Jo commenced service with AV in 2000 as an Advanced Life Support Paramedic and since joining the service, she has undertaken many leadership roles and made a significant contribution to the critical area of cardiac arrest.



Through strong community engagement, she has improved public training and response to potentially life-threatening cardiac events through her passion and determination in the local Mornington Peninsula area.

Jo and her team forged strong relationships with community leaders, stakeholders, and the broader community through CPR training (Call-Push-Shock) sessions, with over 600 public members taking part in the 21/22 year alone.

Further, Jo is a strong advocate for the GoodSAM initiative and spends much time at community events encouraging locals to register.

This work has played a significant role in securing the donation of over 24 additional AEDs for the district, which led the Mornington Peninsula Council to partner with AV to ensure more AEDs are located in local businesses. Jo's passion and leadership have resulted in an increase in the availability of Automated External Defibrillators (AEDs) within the community and ensured existing AEDs are registered.

During her 22-year career at Ambulance Victoria, Jo has done an incredible job supporting and encouraging her community to learn life-saving skills, and there is no doubt her leadership her efforts will result in saving countless lives and improve the resilience and capability of the community.

Congratulations from all of us at the Retired Ambulance Association.

District Reports

Coordinator

Central & South Gippsland District

On the 25th May the Central/South Gippsland group met at a very sodden Inverloch at the Inverloch Esplanade hotel. We had 18 members join us along with our Treasurer Ben Ellis and three apologies.

We all enjoyed a very pleasant get together and catch up. Jim and Ben addressed the group and filled them in on some of the current committee happenings. It was good to catch up with John Waters after his extended incapacity from an ongoing back injury, good luck with the future to John.

The luncheon concluded around 14.00 hrs. The next gathering will be back at the bowling club in Morwell on the 31st August, unfortunately Chris and I will be unable to attend as we will be overseas.

Jim Ballard
Interim Convener

Metro North District

Metro North members met on Wednesday 3rd May at the Darebin RSL. 10 Members and partners attended, along with Chaplain Robyn Ferroff.

As usual, lively reminiscence and discussion occurred along with a lovely meal. Our next meeting will be on Wednesday 1st November at 12.00 at the Darebin RSL, (Bistro), 402 Bell St Preston.

Col Evans - Coordinator

Wimmera & Grampians District

With 7 Members and partners attending our lunch at the White Hart Hotel on Thursday 11th May. We were please to welcome a new Member in Brian Kuchel and look forward to continuing to increase our Member base.

Our next lunch will be held on Thursday 10th August at The White Hart Hotel commencing at 12noon.

East Gippsland District

The report regarding the East Gippsland district luncheon 18th May We had a pleasant gathering today, meeting at the Bairnsdale RSL. There were 8 attendees and 4 apologies. With these kind of numbers we are slowly

Coordinators and Welfare Liaison

HELP PLEASE:

The current situation within the Association finds us with several Districts without a Coordinator or Welfare Liaison Officer.

We desperately need your assistance to resolve these vacant places as the Committee Members cannot be looking after Districts and Welfare whilst attempting to run the organisation efficiently.

At the current time we need Coordinators for the following Districts - Ballarat & Central West, Wimmera & Grampians, Central & South Gippsland and East Gippsland. As well as with Ray Lougheed retiring from South West Victoria in September.

Currently we have only three Members willing to give time to Welfare and we need many more to ensure that the Welfare of our Members are a top priority within the Association. Not only for Members but their partners and families as well.

Please consider how you can assist as the Association cannot continue to function without the support of you our Members.

Full support will be provided to any and all Members willing take on any of these rolls with the Committees' backing, not only with training but physical support as well.

Welfare Changes

As the Association moves forward in the ever increasing need for more and better connections we have revamped our Welfare program to include the appointment of Welfare Liaison Officers in each District.

We therefore request any Member who feels that they can contribute to this vital program to contact Secretary Ian Cameron for further details and offer their support.

Hypothetical Situation

Question:

Are you ok?

Think:

I'm ok but are you ok

Therefore this is the reason we are establishing a more advanced Welfare Program

Members not in good health

Ian Gardner
Howard Smith
Peter Gregory

We wish all Members a speedy recovery

District Reports

building an interest locally, Steve Hall came along for his first meeting and it was great to catch up after having not met for a number of years. There was pleasant banter and a good meal was had. All were understanding of the Association.

Jim Ballard
Interim Convener.

Quick Quiz Answers:

A1: New Zealand

A2: Daniel Johns

A3: Bamboo

A4: South Korea

A5: Saltwater Crocodile

A6: Red

A7: \$10

A8: Yoga

A9: Lacrosse

A10: Peregrine Falcon

The Back Page

Retired Ambulance Association of Victoria Inc.



If you feel like
you're losing everything,
remember that trees lose
their leaves every year and
they still stand tall and
wait for better days
to come.

Committee of Management

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

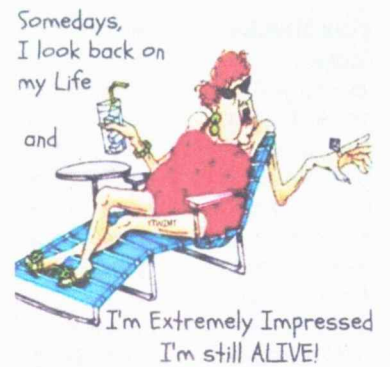
Committee Members:

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

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Facebook: Retired Ambulance
Association of Victoria Inc.

