



Retired Ambulance Association Victoria Inc.

RAAV Wrap

June 2024 Vol. 3



President's introduction and welcome

Greetings from both the Committee and myself. Winter is now very much upon us and I'm not sure if it's my age or is it getting colder as time goes by. For those of you who are fortunate to be able to travel north at this time of year I say 'Well done'. For the others who are not so fortunate, please keep warm and as well as can be. I returned to work on a casual basis some years ago, however at this time of year I am unfortunately working almost full-time again. For those of you who are aware of my profession one could say that is not good.

The RAAV committee have forwarded our Memorandum of Understanding document (This is an annual process) to Ambulance Victoria for approval. This MOU is where we receive funding from AV. We are still waiting for a reply from AV, I think as we all may be all aware AV has serious industrial issues at the present moment. We are still hoping for a positive outcome.

To you all, once again can I say; please stay safe and should any of you be experiencing stress or any other emotional time where you feel it's getting to much, then please remember we are all there for you. If you would like an ear to listen, then reach out.

Secretary report.

As we move ever closer to winter I hope that this newsletter provides some interesting reading.

We have endowed some of our members with their Life Membership; congratulations to all and to those who's 80th birthdays are imminent. Our membership is growing and we are keen to provide the services and be the association that you want, in other words we want your feedback, especially if you have ideas which we can take forward to benefit everyone.

My wife and I have travelled to quite a few luncheons over the last 6 months, thank you for your hospitality, we are always pleased with the friendliness which is afforded to us and we encourage others to contact the local coordinator and have lunch with a new group if you're in the area.

We have been receiving positive input that our members are liking some of the changes which we have implemented, please feel free to let us know where we can improve as this too benefits all of our members.

I would like to add how much I appreciate the myriad of tasks being performed behind the scenes to make our association even better, especially remembering that we are a voluntary organisation and the vast amount of personal time spent bringing RAAV into modern business practices is truly appreciated.

Could I finish up with a thank you to David Hadj my Assistant Secretary who has resigned recently from our committee for personal reasons. Thanks David your input has been valued and we thank you for all you've done to make RAAV better. All the very best for the future.

Treasurer's Report

Over the last 6 months or so RAAV has been taking steps to streamline our administrative processes following rising costs post COVID.

One of the big items is reducing postal costs which have been increasing over the last few years.

We now have a bulk email system in place which means we can communicate with 98% of our members by email (i.e. Newsletters, Subscription Reminders etc.) at a minimal cost. The 3% of members without emails are still communicated with by post.

This year's subscription reminders have been despatched using this bulk email system.

Upon receipt of the subscription reminder, a number of you have asked to be reminded of your membership number. If you have been a member before the advent of Name Badges you will find your member number on the ID tag on the lanyard you were issued with when you joined. Also, your membership number will be on past invoices.

However, if you still cannot find your membership number to pay your subs, please email me rather than the Secretary. (treasurer@retiredambulancevictoria.org.au)

Also, the forms used by retirees to join RAAV and purchase merchandise have been updated and revamped.

As the current financial year draws to a close it is anticipated that RAAV finances will show a small surplus.

RAAV has asked AV to enter into a new MOU for our Annual Grant for the coming financial year. We hope to advise further on this matter in due course.

Ben Ellis,

RAAV Treasurer

Membership & Webmaster Report

As the old (paraphrased) adage “*the only constant is change*” goes it is certainly the case for RAAV at the moment.

The committee has been working on not only updating all RAAV documents, procedures, file storage, the RAAV website and how we communicate with all our members, we have also continued to augment services that the organisation provides to ensure membership of the organisation provides value to our members.

The Committee recently voted to close down the RAAV Facebook page due to lack of content & member use of the page.

Prior to doing that we formalised a partnership with Ted Van Dyken and the *Signal 8 Ambulance Services Victoria* Facebook page.

This is the joint announcement posted on Signal 8 April 27.....

“RAAV & Signal 8 Join Forces

Today an agreement was signed jointly between ,

the Retired Ambulance Association of Victoria, (RAAV) and
Ted Van Dyken the Administrator of Signal 8 Ambulance Services Victoria’s (private) social media Facebook platform (Signal 8)

This opportunity arose recently when the RAAV Committee chose to discontinue the RAAV Facebook page. Together, they are committed to a partnership for the mutual benefit of each organisation and their members some of whom are common to each organisation. Exclusive access is provided to Signal 8 as preferred social media platform for all RAAV news, events and activities as they arise & require publication.

Ted will now be the Social Media Advisor to the RAAV Committee a role he undertook informally as a member of RAAV.

Graham Douglas as RAAV Membership Officer & Web Maven, has been invited to be and has accepted a role as a Moderator on the Signal 8 platform.

Both organisations will work together as a supporter of Wellness & Welfare programmes not only to retired, current or former ambulance employees and their families but also to all members on Signal 8.

Each will actively promote Signal 8 & RAAV to its members.”

Another significant addition to the services offered is the recently announced “partnership” with Dispatch Discounts.

The uptake by our members in these early weeks is very pleasing.

For those of you who have not explored or confirmed your registration on the Dispatch Discounts website, the committee urges you to do so, financial savings await you.

Become involved, suggest local businesses you would like to participate in the program, encourage your friends & colleagues to join.

We have created a Frequently Asked Questions page that will explain more. [Read more here](#)

Regarding the **RAAV Website**, progress with the new site has been much slower than initially anticipated due to the designers workload with high demand commercial customers. An initial frame work has been completed, with work continuing on individual page design. I hesitate to predict a timeline at the moment.

Membership

Since the last newsletter we have:

1. Welcomed the following new members:

Date Joined		First Name	Surname
17/06/2024		Geoff	Austin
12/06/2024		Trudie	Moroney
10/06/2024		Geoffrey	Pickering
21/05/2024		Graham	Hall
22/04/2024		Jane	Bartley
17/04/2024		James	Buchanan
16/04/2024		Cherrie	Ninness
07/04/2024		Bernard	Goss
07/04/2024		Philip	Herd
01/03/2024		Thomas	Rose
06/02/2024		Denise	Montgomery

2. The Membership consists of:

292	Full Members
107	Life Members
13	Honorary Members
38	Associate Members
0	Suspended
1	Pending
0	Unknown
451	Total Members

3. Housekeeping

Please be aware that with the changes to our documentation this includes:

1. the membership application form
2. the merchandise purchase order form

Information on these forms have changed including pricing and banking & payment details.

Graham DOUGLAS
Membership

Purchasing Officer

We recently had a sale of our surplus items, the large jackets were snapped up quickly but we still have some smaller items if you'd like to give me a call or email we can discuss your needs.

Don't forget, we still have hats, shirts and especially pullovers for sale during these wintery months.

Also for those that are still using the older style lanyard ID tag, you can update to the stylish name badges for just \$18. You can find all of these items on the updated the order form at www.retiredambulancevictoria.org.au .

Les Wood.

Welfare & Wellbeing

Medscape a free online medical website that provides comprehensive clinical information across a broad range of clinical specialties. Once registered, you can select topics that best meet an individual's needs such as Emergency Medicine, Cardiology, Family Medicine etc.

Over the past 6 months or so there has been an interesting number of articles and commentary on the benefits of exercise and diets on our overall wellbeing. It is well documented that diets such as the Mediterranean diet, regarded as one of the world's healthiest dietary patterns, is abundant in vegetables, fruits, whole grains, nuts, extra virgin olive oil. Fish & poultry that red meat. Health benefits include a lower risk of heart disease, cancer, dementia & diabetes with improved mental health and longevity. (<https://dietitiansaustralia.org.au/health-advice/mediterranean-diet>).

The CSIRO Total Wellbeing Diet is considered to be Australia's No 1 rated diet. Is a scientifically proven weight loss program that includes thousands of easy to use recipes and flexible meal plans. CSIRO have published a number of diet and lifestyle books which are easy to use and follow. For more information check out the following website. <https://www.totalwellbeingdiet.com>

Dr Perry Wilson (Yale School of Medicine) points out the both The Center for Disease Control and Prevention (CDC USA) and the World Health Organisation (WHO) have similar recommendations for exercise.

Exercise	CDC Per week	WHO Per week
Moderate intensive aerobic	150 minutes	150-300 minutes
Vigorous intensity aerobic	75 minutes	72-150 minutes
Muscle strengthening	2 days	2 days

A flexible regime could be 30 minute sessions 5 times a week complimented with a couple of strength sessions

Wilson also commented on a study published on the *JAMA Internal Medicine* on a study by Ruben Lopez Bueno and colleagues titled "*Prospective Associations of Different Combinations of Aerobic and Muscle Strengthening Activity with All-Cause, Cardiovascular and Cancer Mortality*", the title alone is enough to put anyone off.

The data source was US National Health Interview Survey. 500,705 took part, answered a slew of questions, including self-reports on their exercise amounts, with a medium follow-up of 10 years looking for things like cardiovascular, cancer deaths and so on.

This study compared three different exercise groups

1. Moderate physical activity (MPA)
Breathing a bit harder than normal
6 categories based on duration from zero minutes up greater than 300 minutes
Note WHO recommend exercise duration is greater than 150 to 300 minutes per week
2. Vigorous physical activity (VPA)
Breathing hard, sweating
4 categories varied in length of time from zero minutes to greater than 150 minutes
Note WHO recommend between 75 to 150 minutes per week.
3. Muscle strengthening activity Lifting weights & calisthenics (MSA)
Up to or greater than 2 times per week. Also, a WHO recommendation.

Wilson's interpretation of the overall data or as he puts it "*getting the best bang for your bucks*" is higher in the VPA group than for MPA. Getting 2 days of MSA does have the tendency to reduce overall mortality. This tendency is consistent across all the different data groups.

All of that to get the all-important take home message.

- Clear finding being anything is better than no exercise at all.
- If you are physically able to do so, push for vigorous activity and break into a sweat.
- Add in muscle strengthening activity for additional effort.
- The target is 30 minutes of VPA for 5 days a week & 2 days of MSA.

When we play a round of golf for example, do we grab the motorised golf cart, use a golf buggy or carry the bag? The answer depends on your personal abilities, just being out on the course has its own benefits.

For me when swimming in the bay (yes, I wear a wetsuit at this time of the year) do I swim against the current or with the current? I tend to work against the current along the beach and return with the current assisting.

For the many bike riders who frequent the Arthurs Seat on the Mornington Peninsula, see them riding up and over the climb then watch "free wheel" done the other.

Importantly enjoy whatever exercise you are doing hopefully with a friend or in a group setting.

RAAV Welfare Well-being & Pastoral Care.

Beginnings of Chaplaincy

- Chaplaincy originated in 337 CE when a young soldier St Martin of Tours first cared for his fellow soldiers in the Roman Army
- From this moment on, Chaplains have always had a presence in military services across the world, and continue to this day both in times of conflict and in peace time duties
- Chaplaincy services quickly expanded to settings like healthcare, with ministers often visiting hospitals

- As an extension of the military context, chaplaincy grew across emergency services organisations, aged care, schools, industry and disaster management
- Today, you will find chaplains providing pastoral care in most emergency service organisations here in Australia and worldwide.

“The goal is to provide support that allows the affected person to re-establish their own sense of wellbeing in keeping with their cultural beliefs and values.”

Pastoral Care helps to:

- Give definition to who we are post a stressful or critical incident
- Often provides a structure for understanding the world and events that occur
- Providing a mechanism to transcend events of this life.

What Pastoral Care is NOT:

- A religious service. It is for everyone, whether you come from a faith background or not.
- Proselytising or evangelising
- Imposing a process onto a person
- Having all the answers.

Pastoral Care (Chaplaincy) is about listening and supporting a person through any issues or challenges they may be dealing with in their life.

They can provide:

- A safe space to tell their story
- A sense of emotional safety and security
- Help to navigate and normalise your experiences, thoughts and feelings
- Support your dignity and self-worth
- Re-establish a sense of hope
- Enable grief and sadness without judgement
- Provide a conduit to other support services that may be helpful

Pastoral Care has grown into the profession we know today with professional standards and codes of conduct and augments other wellbeing and support services such as social work and psychology.

The following Chaplains are RAAV Members

Gary Grant Senior AV Chaplain	
Jim Buchanan	Ballarat
Jenny McGuirk	Metro North & Metro East
Tom Rose	Metro East.

Departed Colleagues.

We pay homage to their dedication to ambulance and we send our sincere condolences to their family and friends. May they all rest in peace.

John Kelly (JK) 06/12/2023

Peter MacFarlane 06/12/2023

Dr. David Hunt	January 2024
Brian Fallows	03/02/2024
Graham Ryan	26/04/2024
Christine Sewell (Ma)	01/05/2024 Daniel (Doc) O'Connor
Judy Cannon	11/06/2024 (Wife of Kevin)
Peter Moroney (Doc)	12/06/2024.

RAAV Feedback

Members' comments, suggestions and enquiries are encouraged, please send them in to secretary@retiredambulancevictoria.org.au and we will endeavour to forward a direct reply or with permission print enquiries in the next newsletter.

What's happening around RAAV

Finally we got to catch up with Bob Gilmour to present his RAAV Life Membership in Shepparton. Bob now lives in Nagambie but will be remembered by many old ASM colleagues. Thanks to Leanne Russell-Jones for facilitating.



Peter (aka Pole) Moroney supported by his wife Trudi was finally presented with his Life Membership Certificate to RAAV.

A big thank you to John and Judy Head along with Georgina Hall who ensured that Peter received his award.

Peter was well known at "Broadie" and in the late stages of his long career, as the Equipment Officer and the South Melbourne workshops.

Known for his dry wit, there many stories that can be told about the escapades of the 2 Peter's creating mischief and just a "wee" bit of mayhem at the old Broadie Branch.

For those old colleagues who would like to catch up with Peter feel free to contact either John Head or myself on 0418 331 984



Today at the Ambulance Victoria Museum we had John Blosfeld as a special guest. He was awarded a Life Membership to the Museum. Our curator, Ralph Casey, conducted the presentation like an interview and John was able to regale us with some fascinating insights to ambulance history and his career. John joined the ambulance service in 1952 and served a total of 41 years, finishing his career in the Wimmera district. John's wife and 3 children were also present and the pride they all had in John was very evident. Congratulations John. It was a great catch up.



Ambulance Driver Training

During the 1970's, the training of ambulance officers was a crucial aspect of providing efficient and effective emergency medical services, this occurred in the regional city of Shepparton. Ambulance Service Victoria adopted the Driver Education Centre of Australia (DECA) training program to ensure that their ambulance drivers were well-prepared to respond to emergencies and transport patients safely and securely.



Driving Instructor Noel Wood (front) with some likely ambulance Characters

DECA is a renowned training organisation that specialises in providing advanced driving courses for a variety of vehicles, including emergency service vehicles such as ambulances. Ambulance Service Victoria recognised the importance of providing their 'drivers' with specialised training to navigate through the challenging and unpredictable situations they had been encountering on the road.

The DECA training program included both theoretical and practical components, ensuring that ambulance officers had a comprehensive understanding of road safety, defensive driving techniques, and emergency response protocols. At the Shepparton facility, ambulance officers would undergo intensive training sessions that simulated real-life emergency scenarios, allowing them to practice their skills in a controlled environment on road and in a controlled environment on a dedicated track which greatly aided them in the field.

One of the key benefits of the DECA training program was its focus on situational awareness and decision-making skills. Ambulance officers were taught how to assess different road conditions, anticipate potential hazards, and make split-second decisions to avoid accidents and thus ensuring the safety of their patients. This training was particularly valuable in all areas where drivers may encounter rough terrain, inclement weather, and other challenging traffic conditions.

In addition to technical skills, the DECA training program also emphasised the importance of communication and teamwork. Ambulance officers learned how to coordinate effectively with other emergency services, communicate clearly with dispatchers and medical personnel, and work together seamlessly as a team to provide the best possible care for their patients.

Overall, the Ambulance Service Victoria's partnership with DECA in Shepparton had proven to be a successful collaboration in improving the quality of ambulance driver training. By equipping their drivers with the skills, knowledge, and confidence which they may have lacked to navigate safely through any situation, Ambulance Service Victoria was able to provide timely and effective emergency medical services to the residents of Victoria and beyond.

In 1969 the then Sun newspaper had embarked on a campaign to reduce the Victorian road toll claiming “*Declare War on 1034*”. There had been 1034 road deaths that year. In fact, in 1970 the road toll spiralled to 1061 but due to concerted road safety efforts it has trended down ever since. Safety of vehicles was much closely scrutinised with the mandatory wearing of seatbelts having been introduced in 1970.



Ambulance student group in front of DECA training room Shepparton circa 1978

In 1974 a local police traffic sergeant, Eric Montgomery saw a need to improve road safety, Sgt Montgomery was tired of attending local fatalities where skill error appeared to be the main cause. This was particularly galling as most of these victims were so young. Sgt Montgomery wanted to initiate driver education initially locally, and then throughout Victoria. Sgt Montgomery’s vision was to develop a facility to educate drivers in a similar defensive driving mode which he had been taught through traffic school within the police. He saw this initially as a way to reduce local carnage but then he could take this further throughout the Victorian driving public.



Instructor Noel Wood with a student group near Myrtleford.

This was initially a tough ask and it would take some years for the DECA facility to come to fruition. As would be expected there was little interest from government for this initiative, until one day Eric was tasked with driving their local MP, Mr Peter Ross-Edwards to Melbourne as his government vehicle wasn’t available. Eric had a captive audience and after convincing Mr. Ross-Edwards of the merits of his cause the idea was presented through more appropriate channels.

The government responded with an offer to provide funding on a 2 to 1 grant provided the money could be raised for the local contingent. Eric set about forming a committee of knowledgeable locals. The government would provide \$120,00 if \$60,000 could be raised locally. This was achieved and as a local councillor was also on the committee, the council agreed to lease the former sewerage works on a 99 year lease to the future DECA.

Through the Victorian Ambulance Services Association (VASA), remembering that ambulance services were not amalgamated at that time and there was 16 different regions, there was agreement that ambulance personnel should attend the DECA driver training complex to enhance skill, reduce risk and better deliver service to the Victorian community. This was a push I'm told from Superintendent Wally Thomas who was the then Superintendent of the Goulburn Valley & District Ambulance Service.

Ambulance officers and Station officers would be required for a five day course of driver training. The course would involve the following criteria:

Day 1: Classroom; Car familiarisation and basic car control around the Shepparton area.

Day 2 Shepparton to Stanhope/Rushworth, adjustment to varying environments and road surfaces. Back through Murchison to Shepparton.

Day3 Shepparton to Myrtelford and on to Eildon. Back through Benalla to Shepparton.

Day 4 Night Drive. Shift would start at 1330 hours. Shepparton to Seymour then on around city streets of Melbourne. Practice efficient hook turns. Return to Shepparton via Lillydale and over Mt Fry.

Day 5 Final assessment. Course work homework handed in and corrected. During the course there were questionnaire's, pre-reading from booklets.

Later added to the course was a special driving course for the snow contingent, in particular ambulance officers who worked at Mt. Buller and Mt. Hotham.

In latter times more money was raised through government grants along with a lucrative sponsorship with Golden Fleece petroleum. A skid pan was added to enhance the car control theories, trucks and busses were also included as part of the safety message. This along with *Careful Cobbers* a children's pre-driver education programme and DECA became a preeminent go to driver education facility.

There is much more to say about DECA, Sergeant Eric Montgomery and it's position in the early education of ambulance personnel which time and space will not allow, but it must be said that this was a great foundation for driver safety and education which the present day Ambulance Victoria has built on. It's been much vaulted but we really do stand on the shoulders of giants. Vale Eric Montgomery. Many thanks also must go to Noel Wood who was a former educator at DECA during Eric Montgomery's rein.

Many thanks to former driving instructor DECA Noel Wood and Shepparton News for their invaluable input.

RAAV Infirmary.

We're wishing Gael Patten and Rosemary Pildre all the best with their respective illnesses.

Barbara Wood after her recent surgery

Wanted – Buy – Sell –Swap –Give Away.

Do you have that special item which you feel could be repurposed? If you answered yes, then send it in to us at secretary@retiredambulancevictoria.org.au and we'll include it in our next edition

Regional Reports.

Metro East

Hi Jim

Just a short report from Metro East lunch. Thank you for attending.

Metro East District Lunch Meeting
Thursday May 16 2024 at the Wheelers Hill Hotel

We had a good turnout of 15 people including our Secretary Jim Ballard and Chaplain Tom Rose. Good to see a couple of new members and all manner of subjects were discussed. The meal itself was excellent and I encourage others to come along and enjoy the company of colleagues from yesteryear.

Our next get together will be in August 2024. Keep an eye out for the email or announcement via Signal 8 Facebook page. If anyone has not been getting the emails could you please let me know so I can attempt to rectify the situation.

Regards and keep well

David Hadj

Metro North

The last Metro North lunch was held on Wednesday the 1st May at the Darebin RSL.

The lunch was attended by 16 Members and partners, happily including a few new members, and Chaplains Robyn Ferroff and Jenny McGuirk.

It was great to see the new members and friends, and I hope to see further increases in attendees in future, so let your colleagues know about our lunches. All Ambulance personnel, working and retired, as well as partners are welcome.

Our next lunch will be on Wednesday 7th August 2024 at 12.00 at the Darebin RSL, (Bistro), 402 Bell St Preston.

Hope to see you there.

Col Evans - Coordinator

Central Victoria District

The last Central Vic meeting was well attended by 20 members and partners. The Committee Secretary Jim Ballard and his wife Chris attended, it was nice to see that Chris is recovering well from her recent hip surgery. A good time seemed to be had by all.

Unfortunately there will be two empty seats at future meetings due to the passing of Dan (Doc) O'Conner shortly after this meeting. Dan and Aileen had attended every meeting in the past and they will be sadly missed. Our condolences go out to Aileen and family.

Peter Briscoe.

Gippsland East

We had a good number of attendees , a relaxed and social time I hope. I have attached a few photos for you, and Ann Akers is also sending a few group shots as well. Hope you have had a good day too. Cheers Steve.



Central & South Gippsland

Hi Jim.

Today was a successful luncheon I think.

A meeting of the Central & South Gippsland group was held on May 23rd. This was at the Morwell RSL where we had a quieter room, at least until everyone turned up then it was filled with talking and laughter. Attendance was at 30 and included Gary Hodson travelling down from Mildura which added to the enjoyment.

Quite a few members apologised for not being able to attend as they were travelling and 2 others apologised due to illness.

It was wonderful to see so many turn up a bit early and also many stayed and were still talking around the tables more than 2 hours later. A great time was had by all who were there and we are looking forward to the next meeting.

Neil

Metro South

Metro West

Hi Jim

Metro West met at Kealba Hotel for lunch on 7th June.

We had 26 members & partners there and everyone enjoyed catching up.

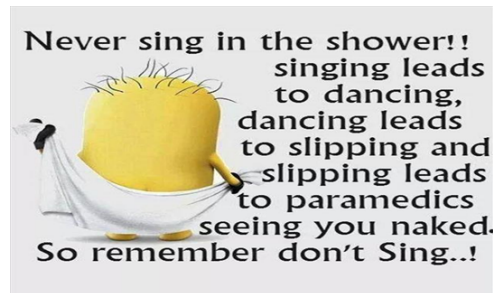
Some sad news Peter Moroney passed away recently which members on Signal 8 will have seen.

His wife and family will be organising a Memorial and they will post it on the site.

Our next lunch will be on Friday 6th September at the Kealba at midday.

Stay safe until next time.

Georgie



North East District

The NE May luncheon meeting was held at Shepparton RSL on Saturday 4/5. Brought forward in order that Dave Gawne would be there, he arranged for a few extras to attend. Secretary Jim Ballard attended with wife Chris & presented Bob Gilmour with his lifetime membership.

Due to grandparent responsibilities & illness we had quite a few apologies, but there were still 21 of us lunching. Hopefully we'll get some of the new faces to come along to Benalla and we'll work on a weekday get together, to avoid sporting duties, hopefully before the end of the year!

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.

Leanne

Wimmera & Grampians District

On the 17th May our members again retreated to the White Hart Hotel in Horsham for a healthy and enjoyable lunch with 8 attendees. Unfortunately 2 members could not attend due to illness either themselves or members of their families.

It was great to have a former Paramedic from the Horsham area attend and he most certainly enjoyed his time with us as we did with him.

We welcomed a new member as well and hope to see more joining our ranks through the rest of this year.

We were honoured to receive the presence of 2 Members of the AV Chaplaincy and their presence gained the admiration of us all.

Ian Cameron.

Ballarat & Central West District

There was 11 participants in our luncheon today. We presented Ian Lewis with his RAAV Life Membership, congratulations Ian.

Our participant level was less than usual due to the harsh weather and we are hoping for a return of some of our members at our next meeting at the Ballarat Gold House on Monday the 16th September. Despite this a good time was had by all.

John Head - Interim Convener

South West District

The last meeting of the South West RAAV was held at Rafferty's Hotel Warrnambool, on 3rd June, commencing at 1200hrs. It was attended by 8 members and 3 wives, with 11 apologies being listed. Chaplain, Lynne Carter, was also in attendance.

One of the apologies was our Coordinator, Rhonda Oliver, who has been having health tests over the past few weeks. We hope her health improves very quickly. Best wishes Rhonda.

Member Terry Baker was also an apology, due to ill health. We wish Terry a quick recovery.

The day was enjoyed by all, with good food, a few drinks, information from the executive and a lot of good conversation.

The meeting was finished shortly after 1400hrs with the next meeting to be held on Monday 2nd September at 1200hrs, at a destination to be discussed.

Ray Loughed for

Coordinator Rhonda Oliver.

From The Museum.

Ambulance Victoria.

Ambulance Victoria is a world leader in Pre-Hospital care enjoying an international reputation. Our ambulance service has been built on a strong foundation; this solid foundation began to form almost 150 years ago in 1887. VCAS came to reality in 1915/16 and has continued development to this very day. This journey has encountered low points, high points, tears, smiles, joy, and despair. However, this foundation and the building of our great service could not have taken place over the many passed decades without human resource, the essential essence of our successful journey. Just as a tree seedling begins growth and reaches its height, so has our Victorian Ambulance Service. The operational members who served back in 1915/16, forward to this moment in time, are the very history of this outstanding accomplishment. And, beside them, the magnificent wives and partners who worked in the background, taking on an unpaid ambulance role 24/7, virtually keeping country ambulance stations operating, and much, much more, together with keeping house and raising kids in a family environment.

If you have worn our uniform with pride our rich history belongs to each and every one of you! Your contribution was the integral part of this long trek, as are the women who stood behind you.1/55
Barry Street, Bayswater, VIC. 3153

Lifted from "The Bulletin" 30th Edition 2024..
Museum Bayswater. Phone: 0419 619430

Around A.V.

Remembering our friend and colleague, Ian Clifford, who was tragically killed whilst responding to an emergency in Myrtleford on 28 May 1998. Ian was much loved and respected and continues to be deeply missed

Tony Walker - Sig 8 Ambulance Services Victoria



Valé





Ambulance Victoria Museum Open Day April 2024



Our great Open Day team (Excluding Terry Brooks photographing.)

“We did it. What a successful day!”

**Approximately 380 people through on Sunday
I think a lot of people know about us now!**

Ralph Casey - Curator



The visitors beginning to arrive.

Caravan and Motorhome Club.

Hello fellow Glampers,
12 June 2024

April 15th through to the 22nd June saw a few eager caravan and cabin dwellers visit the lovely Phillip Island. Some beautiful places were visited. We visited the Nobbies for afternoon tea and a sort of "Happy Hour", even a drive pass of the site where "The Block" is being filmed and building going on. We all enjoyed a night out for dinner at the local RSL. Lots of chatting around the caravan sites even when it was getting too cold to be out. Marilyn Abela had the best darn heating system for outdoors. Not only did it dry her clothes, but the air kept her warm.

My favourite place to visit at Phillip Island would have to be the visit to Churchill Island to see all the beautiful "cuddly" Highland Cows. I was in my absolute element. Beautiful Hairy Heilan' Coo's everywhere. I have seen more of these beautiful creatures in Australia than what I have seen in all of Scotland.

Neil and I have now visited three different regions on our travels, in Bairnsdale, Ballarat, Benalla. Thank you to all these great people for the wonderful hospitality, the chance to have a meal with you and also the opportunity to be able to promote the Caravan and Motor Home group. We try to call in and have lunch at as many regions as possible, so watch out, your region may just be the next place that we visit.

The next Caravan group getaway will be at the NRMA Yarrowonga/Mulwala caravan park from the 12th September through to the 19th September, inclusive. Booking are being taken. There are still a few caravan sites available within the group area. There are plenty of other caravan sites available if all of our pre booked sites become unavailable.

Alas the one and only pet friendly cabin has been already booked by one of the group. If you do still want a cabin, you will be able to book one but without a furry friend. When booking please let the staff know that you are part of RAAV and you may have to quote my name. The deal is, stay 7 nights and pay for just 6.

The park phone number is 1800 817 570

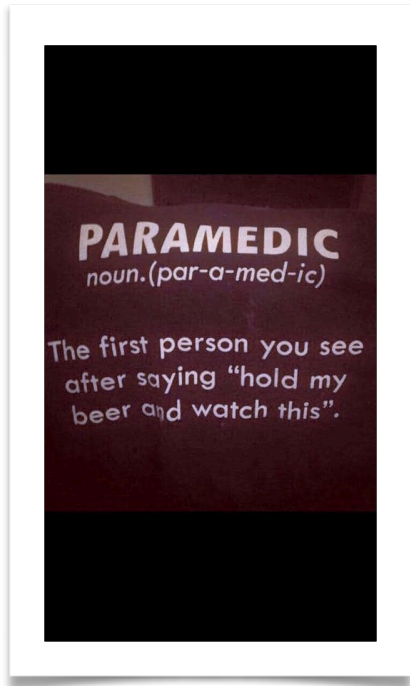
Looking forward to seeing as many of you as possible, in a warmer place than what Morwell is at the moment.

Anne Akers.

Home is where my caravan takes me.



shutterstock.com - 102546248



Humor Time



All correspondence should be addressed to the Editor

J. Ballard

10 Queen St.,

Maffra, Victoria

3860

secretary@retiredambulancevictoria.org.au