



Lest we forget

Derek Phillips OAM, spent 15 years in the Royal Australian Navy, but it is perhaps the voluntary work he undertook for various veteran causes in his later years that he found particularly rewarding.

"I have been involved in several service organisations for many years, in particular in veterans' health and suicide prevention strategies," says Derek, who lived at Erskine Grove for over 20 years, before moving to McNamara Lodge at Meadow Springs just over six months ago.

"I was honoured to be the founding secretary and treasurer of the veterans retreat we started at Marble Bar, which is today known as Meentheena Veterans Retreat, a place where veterans can go to camp, fish, spend time in nature and generally de-stress.

"I know how important good mental health is to those who have served in the Australian military forces, as well as in other peace-keeping roles like the police, fire and rescue, ambulance officers and state emergency service volunteers.

"RAAFA was extremely helpful in assisting us to set up the retreat; I've been several times and am very proud of what we achieved."

Born on 8 June 1937 in Plymouth England, Derek was just two years old when WWII began.

He was evacuated to Dartmoor with his older sister for three years during the war, in which time his father, who was a member of the British Navy, was serving in Madagascar.

After his dad returned home in 1945, the family moved to Cornwall and Derek attended grammar school in Penzance after winning a highly sought-after scholarship.

But even after doing well in his exams, 16-year-old Derek was keen to follow in his father's footsteps, joining the British Royal Navy himself at 16 years old, after which he was sent to Portsmouth and then on to Weatherby near York for training, and then on to HMS Drake Barracks in Plymouth.

"Soon after however, my parents decided to emigrate to Australia and, although I was locked into the Navy, I could apply for a transfer, which I did. I was then accepted into the Australian Navy and was sent 'down under' on a troop ship from Liverpool.

"I spent my 17th birthday on the ship as we sailed towards the southern hemisphere which took six weeks, and I ended up in Hong Kong where

I eventually was able to get on HMS Defender and sail into Sydney on 28 October 1954.

"I'll never forget entering Sydney Harbour that sunny day; I was so struck by how beautiful the city was."

Derek subsequently went on to travel all around the world with the Navy during a 15-year career, which saw him involved in the Vietnam war and the Malayan campaign, and also spend time in New Guinea and the naval base on Manus Island.

However, when his son was born with disabilities, Derek opted for a voluntary discharge, and went on to buy a restaurant in Fremantle where he built up a thriving business.

"For me personally, Remembrance Day isn't quite as significant as ANZAC Day," says Derek, who was based at Leeuwin Barracks in Fremantle for the last two years of his naval career.

"I remember the tradition of Remembrance Day quite vividly as a child in England, and I can clearly remember Plymouth being bombed during the early 1940s and being taken down to the air raid shelter with my family, where we would often have to stay throughout the night.

"Remembrance Day really does give us an opportunity to acknowledge



the courage and sacrifice of those who served their country. By remembering all who served, we can recognise the sacrifices that were made so that we can live in peace."

Like other RAAFA facilities and estates, McNamara Lodge held a Remembrance Day ceremony on 11 November, at 11.00am.

To see more photos from RAAFA's Remembrance Day commemorations, Check out our Facebook page at RAAFA WA.



AFME



RAAFA Estate Merriwa



McNamara Lodge

Page 3
Mums the word

Page 5
Love at first sight

Page 6
Laughter is the best medicine

Page 8
Another first for the Museum

Page 10
Celebrating 101

PURPOSE

Pursuing excellence in care and heritage

VALUES

Respect; Care; Honesty

APPROACH

Creating RAAFA communities open to all

President's view



By Clive Robartson AM

As the year draws to a close, like you, I'm wondering where the time has gone!

National ESO Forum

I've just returned from Canberra where I attended a National Ex-Service Organisations (ESO) Forum arranged by RSL Australia on the Australian Government Response to the Interim Report of the Royal Commission into Defence and Veteran Suicide

The forum was well attended with many ESO's present, including smaller groups such as Defence Welfare Association, Pain Australia, and Veteran Housing Australia.

The Air Force Association was represented at the National level by Dr Peter McDermott AM CSC, Vice President. It was addressed by the RSL National President, Greg Melick and facilitated by Gai Brodtmann.

The forum sought to develop a strategy that would enable a strong response by the sector to the Royal Commission. It addressed:

- Exploring emerging challenges and opportunities revealed by the Royal Commission into Defence and Veteran Suicide.
- Identifying synergies within the ESO ecosystem to enable efficient and effective service delivery, and
- The focus for the next phase of

the Royal Commission and how ESO's can come together to achieve a positive outcome for the sector.

At the end of the forum, two consistent outcomes were apparent to me.

1. The need for a body that would be the "one voice" to represent the ESO's in responding to the Interim Report and to make sure the Royal Commission recommendations are carried out.
2. The deep concern for the high level of suicide and family trauma across the veteran community.

The outcome of the Royal Commission will be very relevant to our ongoing work on our Andrew Russell Veteran's Living (ARVL) program.

National matters

Continuing with National matters, the WA Division has committed to running a National Air Force Association conference in Perth next year. Planning for this, the first conference for many years, is well in hand and will be held from 17 to 20 October 2023.

Please mark these dates in your diary. Strong support by WA members is encouraged to make this a successful event and in showcasing the outstanding activities of the WA Division.

Annual General Meeting

I would like to sincerely thank all our members who attended for your support.

I was pleased to have been returned as President and I look forward to the years ahead. Unfortunately, there were no nominations for the other position on the Division Council and action is in hand to fill the vacancy as prescribed in the Rules. We expect to have an announcement shortly.

The theme for this year's Annual Report is, Heroes Supporting Our Community, which truly reflects

what our Association in Western Australia is all about. The Annual Report was one of the most detailed reports that has been presented during my time as President, highlighting the many activities that have taken place, in a year in which we celebrated 50 years of retirement living and residential care in WA.

For me the Financial Report provided several indicators to emphasise the stability and maturity of our Association with a combined revenue of more than \$80 million and total assets of almost \$700 million. The team are to be congratulated on this outstanding achievement.

There is however no room for complacency as the current economic challenges are having multiple impacts on the operation of the organisation.

The greatest being the increased competition within the labour market for quality staff, along with the associated increasing wage pressures, making it difficult to retain and attract staff.

Special General Meeting

Thank you also to those members who were able to attend the Special General Meeting. There was overwhelming support for the changes to the Rules (Constitution) by those in attendance.

The changes emphasise the desire of the Division Council to increase our commitment to Clear Skies, our charitable purpose division.

This will enable us to expand our Rules to give scope for more benevolent activities such as our initiative to provide transitional housing for veterans at risk of homelessness and connecting them with professional support (ARVL program).

Chief Executive Officer

I announced at the AGM that our CEO, John Murray has requested we allow him to retire next year.

John has served our Association with distinction for close to ten years, during which time we have seen substantial growth and development in our Retirement Living, Residential Care and home care services and the evolution of our charitable purpose (known as Clear Skies) and the work we do preserving our heritage and supporting veterans.

John has, in my opinion, turned this Association around, stabilised our financial position, led us to unprecedented growth and created a wonderful culture for the organisation. He will be retiring at the end of June 2023.

Annual Report available online

To reduce RAAFA's environmental footprint, we are pleased to advise that this year's Annual Report is now available electronically via our website at raafawa.org.au/news.

In an effort to become a more sustainable organisation we have printed fewer copies, therefore reducing waste, transport and costs.

Those who previously provided email addresses have been emailed a copy. If you would like your copy to be emailed in future, please contact membership@raafawa.org.au.

Limited printed copies are available at your local estate office, residential care facility or at Central Support Office in South Perth, so please pop in and pick up your copy.



RAAFA Special General Meeting outcome

The Special General Meeting called by Division Council was held on Friday, 28 October 2022 at RAAFA Club, Bull Creek and was attended by 89 members, 85 who were eligible to vote.

As outlined in the previous edition, the meeting was called to consider and vote on the proposed Special Resolutions regarding the replacement of the current Rules approved in 2018 (Rules 2018).

The primary reason for the changes was to comply with current and future expectations from different regulatory bodies such as:

- The Royal Commission into Aged Care Quality and Safety
- Associations Incorporations Act
- The introduction of a new Aged Care Act
- Australian Charities and Not-for-Profits Commission (ACNC) Audits.

The changes proposed to the members have been reviewed by legal specialists in Perth, as well as the ACNC to ensure they comply with regulatory requirements and the charitable status of RAAFA.

After some discussion, the special resolutions were voted in favour by eligible members in an overwhelming majority.

The approved Rules have been

lodged with the Department of Mines, Industry Regulations and Safety and will be applied once the Department confirms acceptance.

A copy of the new Rules (Rules 2022) and / or Rules 2018, are available from your local Estate Office or by contacting Central Support Office via state.secretary@raafawa.org.au.

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Air Mail story deadlines

**6 January for February / March
10 March for April / May
5 May for June / July**

Please email articles to airmail@raafawa.org.au (preferred) or post to **Julie Stearne, 18 Bowman Street, South Perth WA 6151.**

CEO's perspective



By John Murray

I would like to share some news with you about myself and a decision I have made about my future with RAAFA.

After 10 years of service in the role of Chief Executive Officer, I have made the decision to leave RAAFA effective 30 June 2023.

This has been a difficult decision as I am proud of this organisation, what we do, our values and what we stand for, although, this decision is right for me personally, professionally and for the organisation.

The decision is driven by a number of important matters:

1. This is a personal time of change for me, I have a growing family, including my wife, 4 grown children and a growing band of grandchildren. My role as a 'Grandy' is important to me and I want to be a part of their lives as they grow up.
2. From a professional perspective, I am satisfied that I am leaving RAAFA in a much improved position to the organisation I joined, 10 years earlier.

Over the last 10 years RAAFA has grown in so many ways, including:

- Substantial growth and development in our Retirement Living, Residential Care and RAAFA Connect services.
- Development of our Charitable Purpose (known internally as Clear Skies) and the work we do preserving our heritage and supporting veterans.
- The acquisition of South Perth Offices, Challenger Court Rockingham Retirement Village and land in Two Rocks and Cannington.
- Significant growth and sophistication in our Central Support Office, now reasonably

- sized to support the needs of RAAFA.
- And a workforce to be proud of, which has grown from 425 to 800 people strong, with some of the most compassionate, talented people that I have ever had the privilege of working with.

Importantly, when we connect all of these together, collectively, we have a unique offering, our residents are safe in a well-supported environment, with services delivered by skilled and compassionate people offering an excellent quality of life to anybody who chooses RAAFA, which is the main reason RAAFA exists.

3. Our sector is going through significant change, including Residential Care and Retirement Living legislative changes, and the internal development of our Clear Skies initiatives. Change inevitably brings exciting opportunities and I believe that the next exciting chapter for RAAFA requires a leader who can commit to this organisation for the next 5-10 years.

RAAFA is a well-placed organisation that will adapt to this change, we have the right make up to continue to be 'great'.

Of course, "RAAFA" cannot happen if we don't have remarkable leaders and staff around us all, doing what we do every day, as a team, and I truly believe that I can now leave RAAFA and 'greatness' will continue. It's engrained in our DNA, in our Culture, our Values, it is strong and long lasting and on any measure - RAAFA can stand very proud.

RAAFA is an organisation that I am personally extremely proud of, having walked into RAAFA nine and a half years ago, an organisation that was founded on the efforts of veterans, and now knowing that with confidence it can successfully go into the future, respond to any change and be an innovator in the new world of aged care is extremely satisfying. I am proud to have made a dent in the history of RAAFA and privileged and humbled to have been given the opportunity to lead such an extraordinary organisation.

The Division Council has commenced the process of recruiting for the next CEO, a process that will likely take several months to complete.

Thank you all for your support over these years and I hope to catch up with as many people as possible over the next six months.

Mums the word in Mandurah

Over a dozen seniors at Erskine Grove have been rolling up their sleeves making comfort rugs and helping mums and their children in the Mandurah area through the not-for-profit organisation WA Mums Cottage.

And it comes as little surprise that there is so much support for the charity within the popular village given it was founded by one of Erskine's longest-term residents, Kaye Seeber, back in October 2016.

"It all started in 2015 when I went along to a conference in Sydney and heard from a Catholic nun about the Mums Cottage they were running in Newcastle," explains Kaye, who moved into Erskine with her husband Mike back in 2003, when the couple were both in their 50s.

"I really liked what she said and so when I got back to Mandurah I spoke to one of our local politicians, David Templeman, who agreed there was a need locally to help women and children who are victims of domestic violence and homelessness.

"David was extremely supportive and encouraging, and he directed me to a number of people who could assist, and from there we looked for a house that could serve as a drop-in centre.

"And the rest, as they say, is history."

After much searching, Kaye found an old asbestos house that could

serve as the initial location for Mandurah's first Mums Cottage.

"Everyone was extremely generous and offered furniture, cutlery, towels, linen and everything else we needed to make it into a warm and welcoming space," she explains.

"We had our official opening on 2 December 2016, and from then on we've been supported by the local community ever since."

Kaye explains that the vision for Mums Cottage is to be an open house which is always available for those struggling financially, with social or mental health issues, or those escaping from domestic violence situations - basically any local women in need of help.

"We've never really had any government funding for our operating costs, but we've received LotteryWest assistance for special projects and have around 50 active volunteers across Mandurah who support us in many ways, not least helping with our ongoing fundraisers, which are a major source of income for us," adds Kaye.

"We are certainly very grateful for any assistance we can gain as, currently, we have around 60 visits a month from women who are often living in poverty and may have insecure housing.

"For me, the work we do is very much entrenched in my faith, I call it my 'God job'. The bottom line is

that everyone is welcome at Mums Cottage."

Mums Cottage has a vibrant op shop and garden cafe at 25 Davey Street in Mandurah and this is the fundraising arm of the charity. It is open Monday to Friday from 9.30am to 2.30pm for the purchase of preloved clothes and bric-a-brac, as well as coffee, cakes, cookies and more. This means locals can

support the charity by visiting the op shop and also by enjoying some of the yummy treats on offer at the cafe.

Alternatively, if you would like to assist the wonderful and important work undertaken by Mums Cottage by becoming a volunteer, Kaye would love to hear from you. You can contact her on 0466 129 730.



New friends are just the beginning

One surprising benefit of moving into RAAFA's Merriwa Estate is making heaps of new friends, according to new resident Bill Hill.

"Everyone is just so friendly here and everyone knows everyone, but in a good way. The community is very close and there's always someone willing to help you out," says Bill who was born and raised in Queensland, just south of Brisbane.

"I've even got to know the girls at the other end of the phone when I regularly test my medical alarm once a fortnight, they know who I am now and even treat me like a long-lost friend," he laughs.

When Bill's wife of 59 years, Rose, passed away he knew that their 4 x 2 home with its sizeable yard was just too much for him to look after.

But, he and his wife had lived in Merriwa for over 20 years and he didn't want to move far from his friends and family, who all continue to live in the area.

"My daughter and her husband were fantastic; they did some research on retirement villages and at the time I'd never even thought of joining a RAAFA community," explains Bill, who lived in Karratha and worked for Hamersley Iron for over 25 years, and who now has three grandchildren of whom he is very proud.

"I just wanted my own little two-bedroom place that didn't need any renovations or upgrading, somewhere not too big and in a quiet area that also felt safe.

"And then my daughter phoned me up and said 'dad, I've found a great

retirement estate and it's only 410 metres from where you are now', so of course I was keen to take a look.

"When we arrived, we looked at a couple of units and when I walked into the home I'm in now I just knew it was where I was meant to be, it's just perfect and I love it."

Since then, Bill says he's enjoyed getting involved socially by attending quiz and parmi nights and getting to know his neighbours.

"I know my wife would have wanted me to get on with things, and I've had wonderful help from my daughter and son-in-law and all of my friends who've all stuck close to me," adds Bill.

"And now I feel so glad to have found RAAFA and have my new home. I'd recommend it without



any compunction at all, I've had a great experience since the moment I set foot in the estate and I can't recommend RAAFA highly enough."

Moving ceremony at Mokine



This year's Mokine commemoration was attended by more than 40 RAAFA representatives and included a moving service at Northam, on Sunday 9 October.

"It was a touching tribute involving a number of local dignitaries, the president of the RSL, the Northam Shire president and the air cadets, as well as numerous representatives from RAAFA," said AFME resident

and volunteer driver on the day, Ted McEvoy.

"The speeches paid tribute to those killed and, after the ceremony, wreaths were laid at the memorial. Everyone who attended was very happy to be able to pay their respects."

Held at the Avro Anson monument, the annual event commemorates four airmen who died in an aircraft crash in October 1942. The crew and aircraft were from No 68 Reserve Squadron which, at the time, was based at Geraldton.

The memorial is constructed in the form of a cairn of rocks surmounted

by polished jarrah, engraved and constructed by members of the Australian army.

Clive Robertson, RAAFA's State President, said it was important for all involved to remember the four young men who lost their lives exactly 80 years ago.

"The Northam RSL also made us incredibly welcome, and we were delighted to join their members for lunch, which included music by the Air Cadets and a display of Scottish dancing by three very accomplished young girls, which was met with great applause," said Clive.

Couple remembers

"Remembrance Day is always moving for me," says 91-year-old Ken Morrison who recently moved into Amity village with his wife of almost 60 years, Margaret.

"It's a day to remember the diggers who were killed, I always feel so much for their descendants and taking time to do so is why it's always such a special day."

Ken was only 18 years old when he joined the Citizen Military Forces (army reserve) back on 29 September 1949.

He went on to undertake several months of training, during which time he learned to drive jeeps and trucks, and also operate many weapons.

Then in November 1953, he joined the Special Reserve Army and the following year was sent to Japan and then on to Korea, before being sent back to Japan in 1956 and on to Singapore the following year.

During his service in Singapore, Ken was part of the British

Commonwealth Far East Strategic Reserve (FESR), a joint military force created in the 1950s which was based in Malaya and consisted of Australian, British and New Zealand units, which acted as a forward defence point in Southeast Asia.

"I vividly remember that whenever we crossed onto the mainland from Malaya, the only provisions we could take were bananas, as the communists would shoot us if we had any food," recalls Ken, who was also a solo side drummer in the Perth Highland Pipe Band for many years as well as the Cameron Highlanders Pipe Band, and who was also invited to the Edinburgh Tattoo.

"I have lots of memories of the years I served, and they often come flooding back around Remembrance Day. I always attended the RSL ceremony and it was a real honour to attend the Amity ceremony with my wife Margaret for the first time this year, as new residents at the estate."

For Ken's wife Margaret - who also served in the army, in the 17th National Service Training Battalion and Central Army Records Office in Melbourne - Remembrance Day is also an important tradition.

"I was in the army for over nine years as a clerk and, in fact, that's how I met Ken back in 1964. We were both in an army parade at the Swan Barracks and met in the sergeant's mess after the event," says Margaret, who went on to marry Ken at St George's Cathedral in Perth on 27 February 1965.

"Of course, back then you had to leave the army when you got married. But we went on to have two sons and a daughter, so life remained very busy.



"And in fact it's just as busy today given we've only recently moved into Amity and are settling into our new life here.

"It's a beautiful spot and the people are very professional and helpful; it's been a wonderful move for us.

"We're very much enjoying getting involved in the community and were pleased to be part of our first Remembrance Day ceremony."

A lifetime of memories

Remembrance Day means a lot to RAAFA's Merriwa Estate resident Bill Watson.

"It's a special day for me, it brings back many memories of friends who were killed in the line of duty," says 95-year-old Bill, who moved into the popular northern suburbs estate back in February.

"I was very lucky to survive myself, I've had many close shaves in my time and I'm lucky to be here."

Born in Hull in the north of England on 21 April 1927, Bill left school at the age of 14, like so many of his generation. And whilst he soon gained employment at a local greengrocer's store, when he turned up to work on his third day, there was no longer a shop for him to work in - it had been bombed overnight and there was nothing left.

"That's just what happened during the war years, in fact 95 per cent of the houses in my hometown were destroyed or badly damaged, it was just tragic," he recalls.

Undeterred on the job front however, Bill gained employment again, this time at a local factory which made ammunition and shock absorbers - the place where he would later meet his future wife.

But when he turned 18 years old, he made the decision to join the British Army, where he served for over three years.

"I have many memories of being in the army and one that really sticks in my mind is when we were undertaking grenade practice," he says.

"The chap in front of me dropped a grenade and it landed between my legs. I quickly bent down to pick it up and threw it away, and the base plug sailed under my helmet. Any nearer and it would have killed me, I was incredibly lucky."

After three and a half years of service, Bill gained employment as a fisherman, working on trawlers, which took him from his hometown in England to Spitsbergen, Norway and Murmansk in Russia. The job was dangerous, and he would spend 18 hours on, six hours off, seven days a week working for up to six weeks at a time, depending on the catch. The seas in that area were extremely rough and often boats had to endure the black ice that formed on the decks, which would freeze faster than it could be removed.

After meeting his wife, Audrey, following the end of the war, the couple decided to migrate to

Australia with their three small children. The year was 1960, and after arriving in Perth, Bill decided to join the Australian Air Force.

"I spent 21 years in the Air Force, which saw us move as a family every 18 months around the main RAAF bases," explains Bill, who now has seven grandchildren and 10 great-grandchildren.

"I was trained as a stores accountant and an auditor; my time in the Air Force was rewarding, though it did take a toll on my children who had to change schools regularly when we moved around Australia."

Despite the family's regular relocations, Audrey and Bill had a long and happy marriage which lasted over 70 years - something that Bill readily admits to being the highlight of his life, and a true accomplishment.

"When my wife became unwell I cared for her for many years, and we always had the memories of our life together we could draw upon, like our love of motorbike riding, where Audrey would sit in the sidecar that I had made myself, with one daughter on her lap and the other two sitting behind her.

"There are many happy memories in my life to counteract the very



sad ones that occurred during the war years."

Like all RAAFA estates, Merriwa held a Remembrance Day service on 11th November.

"Remembrance Day is a time to remember, not only all of my mates who disappeared and were killed while serving, but all men and women who have served their country and paid the ultimate price," Bill adds.

"It's a special day."

Love at first sight, times two

Erskine Grove couple Jim and Leslie Smith fell in love at first sight when they met during their time in the Royal Air Force, back in 1967.

"We pretty much knew immediately, and after three days had decided to get married," says Jim, who trained as a radiographer at the Royal Herbert Hospital in Woolwich, in southeast London.

"We really did fall in love immediately, but I think you could call it a fairly successful partnership given we've been together ever since," laughs Leslie, who says she always knew she wanted to go into the Air Force as a young woman, and who trained as a registered nurse at RAF Hospital Halton in Buckinghamshire.

The young couple went on to get married at Bolton Abbey on 11 May 1968. Although Leslie had left the RAF at that stage, Jim continued to be posted to various RAF hospitals throughout England, Germany and Gan in the Maldives for the next decade, resulting in the couple living in 10 different houses in 10 years.

After having their two children, Jim and Leslie decided they wanted more opportunities for their son and daughter than the North of England could offer and, after several attempts, they were successful in their bid to emigrate to Western Australia - although

they were told they would need to work in Kalgoorlie for six months - Leslie as a midwife and Jim as a radiographer.

"What we thought would be a stint of a few months lasted 20 years as we just loved Kalgoorlie and became really immersed in the community," says Leslie, who also set up the Enrolled Nursing course at Kalgoorlie's local TAFE.

"I just loved learning and went on to get my graduate diploma in adult education from the University of South Australia, and then my Master's in Education from Murdoch University by external studies.

"And that's despite being an unsuccessful student at school," Leslie laughs.

After two major health scares, the couple decided to take a sea change and moved to Esperance in 2000, where they both worked part-time and enjoyed travelling throughout the state with their caravan, often in the northwest during winter.

"We loved Esperance and were there for 20 years, but by this time our children had moved closer to Perth and we decided we wanted to be nearer access to health care, and also our grandchildren, so we started searching for another home near Mandurah," explains Jim.

"We were looking at houses when we happened to drive past RAAFA's Erskine Grove, so we parked near the admin centre just as three ladies were walking back home after using the swimming pool. One of them was Betty Burton, and she stopped us and said she'd be happy to invite us over to her house for a cuppa."

The rest, as they say, is history and once again the couple very quickly became smitten with the estate.

"I just fell in love with Erskine immediately and could see all the positives, even though it was quite a wrench leaving Esperance as we were heavily involved in the golf club, and Jim was also in the local Bridge club," explains Leslie.

"But it ticked all the boxes and so we made an appointment to see Caroline, the estate manager, and we brought our daughter along and made sure we asked lots of questions."

After being shown four houses at the estate, the couple made their choice and moved into their new home back in June 2021.

"For us, there was an increased



connection with the village because we'd both been in the Air Force, and we were really keen on having a lifestyle where we could just hitch the caravan up and go, and not worry about leaving the house or looking after our half acre garden," adds Jim.

"We really love the position of the house, the friendly neighbours, the active resident's committee and also the estate.

"We obviously have a track record of falling in love very quickly, but once again, we're very happy with our decision and have no regrets."

Laughter therapy

They say laughter is the best medicine and that's just what was delivered at RAAFA's Cambrai Village recently, thanks to the social and activities committee and, more specifically, members Mary Whittaker and Sandra Livingston.

Between them, the dynamic duo arranged a Friday night of hilarity and hijinks which was entitled Hollywood Comes to Cambrai.

The MC of the fun-for-all, movie-themed night was Pat Hassett - AKA 'Casper the friendly ghost' - who delighted the audience with her wit and humour.

She was joined on stage by 'actors' Leslie Carter, Yvonne Cotton, Maureen Doyle, Sandra Livingston, Colleen Moylan, Laurie Hassett and Len Hargrave who paraded in various costumes representative of popular movies, with the audience tasked with guessing the name of the well-known or iconic film.

"We could hear the debates along with loads of laughter as everyone tried to work out the movie," said Mary, who, along with Sandra, spent several months organising the event,

which was attended by over 100 residents.

Legendary and iconic movies, which were played throughout the evening, included Jaws, Beauty and the Beast, Priscilla Queen of the Desert, Snowwhite and the Seven Dwarfs, Edward Scissorhands and Samson and Delilah, to name just a few.

The evening included a two-course buffet dinner at special theme-decorated tables.

"It was lots of work and I've visited a large number of op shops for costumes over the past few months, but it was just a really fun night which made it all worthwhile," says Sandra.

"The feedback we've had has been fantastic. Everyone who attended loved it and we've been asked for more nights like it, so we'll have to see what we can do. After all, they do say that laughter is good for the soul."

From the audience's perspective, Cambrai resident and guest on the night Carol Wright - who attended the evening dressed as Marilyn

Monroe - said she could appreciate the tremendous effort, creativity and commitment that was invested in making the night such a huge success.

"My husband Mike, who was dressed as James Bond, and I had a fun-filled night," she says.

"All of the entertainers were both talented and hilarious in their unique performances. We particularly loved the rendition of the movie 'Born on the 4th of July' and also the enactment of 'Priscilla Queen of the Desert'.

"Our table was having such a great time that we became really focused, so much so that we won all of the



games during the evening," she laughs.

Well done to everyone involved. After all, contagious laughing is surely something that we're all happy to catch.



Fete showcases community spirit

The community spirit is most certainly alive and well at Cambrai Village, according to one of its longest-term residents, Maureen Farrell.

Maureen was one of the many organisers of the popular annual Cambrai fete, which took place in mid-October and helped to raise over \$13,000 for the Cambrai Village Branch.

"Many residents got involved with one thing or another, we had one lady who baked 16 cakes and said it was her way of contributing, and another who made over 100 jars of pickles, which just shows how much support there is for this annual fundraiser," says Maureen, who has

been involved with the event for 17 years, in a committee capacity.

"The team involved are amazing at cleaning, stacking and storing, as well as running the stalls and doing all of the other things and the staff have bent over backwards to help.

"The entire day was a great success which is so reflective of our community; RAAFA is an amazing place to live and I wouldn't want to be anywhere else."

Funds raised go directly to the Cambrai Branch of RAAFA which uses the money to subsidise trips and functions for residents, assist with the cost of bus outings and apportsions \$2000 to the library, for the purchase of new books.

Working out how to work out

Use it or lose it, so they say, and that's just one of the messages that residents at Erskine Grove learnt recently during a 'Have a Go' gym session, chaired by accredited exercise physiologist Marika Mackey.

Organised by Estate Manager, Caroline Henning, the presentation outlined the benefits of daily exercise and the importance of including strength-building training into weekly routines.

"During the session, we learnt that older people should try to accumulate at least 30 minutes of moderate intensity physical activity into most days, and preferably every day," Caroline says.

"Having said that, obviously those who have stopped physical activity for any reason, or are new to it should seek advice from a doctor before starting, and then gradually build up over time.

"It's also important to incorporate balance and flexibility exercises into regular routines, it's not just about cardio and getting out of breath."

In total, 22 residents took part in the session which was followed by a gym demonstration, during which an explanation was given on each piece of gym equipment, and how they can be linked into a wholistic program as part of an individual's tailored exercise program.

And according to Caroline, residents who attended commented that the health session was perfectly timed to encourage them to get active

again after what has seemed a long cold winter.

"Many of our participants said they were keen to get motivated now the good weather is here, and we also talked about how important activity is in terms of getting out and about more, and becoming a bit more social, which is also so good for mental health," she adds.

"I'd also remind residents that they have the spa and pool to enjoy, as well as the gym, so I'd encourage them to make the most of our facilities because they can contribute greatly to good mental and physical health.

Following the session, residents enjoyed a healthy afternoon tea followed by a fruit smoothie.

And for those who couldn't attend, another session is planned at Erskine in the near future.

"In the meantime, don't forget that we have our Wellbeing Officer Angeline Carleton, available to help put seniors in touch with the right people if they want more advice on exercise, good health and keeping mobile," adds Caroline.



'Prost!' to Oktoberfest

Cheers of 'prost' were the order of the day when residents at Vivian Bullwinkel Lodge clinked their beer steins together while celebrating Oktoberfest recently.

While the German festival is normally associated with wine and beer halls filled with traditional lederhosen, RAAFA residents turned that stereotype on its head to prove that age is no barrier when it comes to enjoying an ice-cold German beer or two.

On the day, dozens of seniors enjoyed their day of Oktoberfest celebrations, with the event quite fittingly being held in the courtyard which had been turned into an on-site beer garden so that everyone could enjoy the fresh air.

And as part of the theme, staff included sausages with mustard and tomato sauce, sauerkraut and a singalong, while Bavarian music rang through the courtyard, followed by a German-themed quiz.

Sheila Yardley, Facility Manager, said the Oktoberfest celebrations were just one of many innovative lifestyle and cultural events that are regularly held at Vivian Bullwinkel Lodge.

"Our fantastic team here at the Lodge worked hard to make sure the celebratory event was a huge success.

"Sometimes people have stereotypical views towards what kind of activities elderly people in aged care spend their time doing, but by bringing fun events such as Oktoberfest celebrations into our home, we ensure everyone continues to live enjoyable and enriched lives," she said.

"We also have a number of residents who are originally from Germany, so they had the chance to relive memories and share their own cultural experiences with others.

Resident David Berryman said "I was so impressed with all of the activities on the day; our Oktoberfest rolls and sausages were perfect and the quiz was conducted with skill, ensuring that everyone



enjoyed the afternoon."

Fellow Oktoberfest attendee Lorna Cabbage agreed with those sentiments and added: "The event was a very pleasant afternoon; the courtyard was full and nearly everyone participated, thank you so much for a wonderful afternoon.

And resident Gloria Odgden agreed. "I had a very pleasant afternoon and enjoyed my shandy; it really did make a nice change and was something quite different. Thanks to all involved."

Proud royalist remembers the Queen

Queen Elizabeth II passing was particularly poignant for Cambrai Village resident and proud royalist David Smith, who trained for many hours to participate in the Queen's Coronation in his role in the British Royal Navy.

Indeed, during his lifetime, David's

life intersected with her Majesty's on several occasions

Having entered the world on 20 August 1933, David grew up in South Wales and joined the Navy in January 1950, when he was just 16 years old.

"It was just something I always

wanted to do and my great grandparents were Navy people," says David, who joined as an apprentice artificer, the name used to describe a highly trained technical person within the armed forces who is skilled at working on electronic, electrical, electro-mechanical and mechanical devices.

"I vividly remember the King dying in 1952, it was such a great shock to everyone within the Navy. As a consequence, we soon began training for the Coronation, which saw us learning to stand to attention for three hours at a time."

David recalls the day of the Coronation vividly, as he and his naval colleagues lined the route in Edinburgh for the Queen and her entourage to drive past.

"It was a proud moment in my life, watching the Queen wave to the crowd as she was driven by," he recalls.

"I was also in the Royal Navy Gymnastic Display Team and on Coronation night we performed to a huge crowd at Arbroath in East Angus in Scotland."

After finishing his apprenticeship, which saw him qualify as an aeronautical engineer, David was posted to HMS Eagle, an audacious-class aircraft carrier which, during the Queen's world tour, was one of numerous naval ships and destroyers to escort her on the Royal yacht.

"It was while I was on HMS Eagle that my naval colleagues and I lined the flight deck, marched past her, and then stood for attention as she inspected us," recalls David, who had also reached the rank of Chief Petty Officer.

"We then sailed from Gibraltar to Malta and collected two of her Majesty's children, Charles and Anne, who we then escorted as we sailed with them to join their mother."

Following a successful and rewarding 14-year naval career, David went on to meet his wife when he was posted to West Wales.

The couple settled back in England where they went on to have two sons, before moving to Scotland. And it was there, during a charity event, that David once again was in the company of the Queen, as he and his wife attended a garden party at the Palace of Holyroodhouse, commonly referred to as Holyrood Palace, the official residence of the British monarch in Scotland.

"It was such a great privilege to serve the Queen, as it was to serve for so many years in the Royal Navy," says David.

"Her passing brought great sadness, but at the same time great respect for the impeccable service and conduct which she displayed throughout her life."



Happy in their new home

Jeff and Jackie Harry are so happy with their new home at Cambrai Village that they are adamant they can't fault the community into which they say they have felt incredibly welcomed and looked after.

"Moving into Cambrai is without doubt the best thing we've ever done," says Jackie, who moved into the popular northern-suburbs village with her husband of 40 years, back in December 2021.

"We love it so much that we've recommended it to all of our friends, and in fact one of them is now a new neighbour."

Jackie explains that the couple's family home in Hillarys had become too big to look after and maintain, with its large garden and swimming pool.

"We looked at 10 different villages before we chose Cambrai and the quality here is just unrivalled," explains Jackie, who was born and brought up in Devon, England.

"When we first arrived at the estate we just loved the wide streets and the brick and tile homes, with their own garage, and we also thought it was so peaceful.

"And from day one everything we encountered was first-class, from the efficiency of the administration team to the friendly nature of everyone who lives here, and to the staff too, who really showed us that nothing was too much trouble.

"We honestly feel like everything we need is here, we love the indoor pool where we can take the grandchildren, we have access to the gym, we can walk to the shops, we love all of the activities on offer, and we've even joined the ukulele club - and neither of us have even played a musical instrument in our lives," Jackie laughs.

When they were first shown their new home, Jeff recalls they also loved the fact that it was very roomy, with two bedrooms and a study, which meant there was some extra space for the grandkids to stay in the school holidays.

"The house felt brand-new when we moved in, with the new kitchen and bathroom, and the new paint and flooring, which was all of the highest quality," adds Jeff.

"And even though we didn't know a soul when we first arrived, we really appreciated how members of the community come to sit with us and introduced us to other people, and we do the same now to any new residents, as we know what it's like when you've just moved in and don't know anyone.

"We also really enjoy going for a sundowner at the gazebo every Thursday afternoon, and that's been a great way for us to meet so many of our neighbours.

"On top of that, there's the library, the hairdressers and access to the physio, podiatrist, beautician and a doctor, all of which are so popular because the service is great.

"And we love the numerous activities, we've particularly enjoyed Ocktoberfest, the Australia Day breakfast, Easter celebrations, the



Italian night, various coach outings and trips to the Limelight Theatre, sundowners, fundraisers and fetes - even mystery tours - there really is always something happening for everyone.

"At the end of the day, we love the lifestyle and we tell everyone how fantastic it is, it's no wonder that there's now a waiting list to get into the village. It really is the best move we've ever made."

Museum flies high with another huge hit

In yet another coup for RAAFA's Aviation Heritage Museum, the popular Perth tourist destination will take possession of an FA18 Hornet jet in the New Year - a.k.a. the plane featured in the recent Top Gun movie blockbuster.

"We're set to be the only museum in the world to have on display an FA18 Hornet as well as a Tornado GR4," says RAAFA's Ian Craig, Head of Clear Skies.

"What's more, the tail number is 101, so this plane was originally one of the very first jets of its kind to be delivered to the RAAF."

Currently, the jet is being demilitarised by Rolls Royce and the RAAF, and is set to be trucked over to Perth early in the New Year, before being assembled in place nose-to-nose with the Tornado GR4.

"Everyone involved is really excited about this new addition to our museum, which is proof of our very close and strong strategic partnership with the RAAF," adds Ian.

"We know it's going to be a huge hit in early 2023, and we can't wait to have it on display."

Stop Press: In other exciting news, the Tornado GR4 is set to have its two engines reinstalled in the coming weeks when they arrive from the UK, in turn completing the unique display which continues to be ever popular with locals and tourists alike.



Go to new heights on your next visit

Aside from boasting an impressive collection of aircraft, RAAFA's Aviation Heritage Museum offers unique and exciting tour experiences which will take your next visit to another level.

Aircraft and cockpit tours are now available for visitors to access

some of our famous aircraft. These exclusive tours are led by our knowledgeable guides who provide technical information and insights into the history of the aircraft.

So, on your next visit why not book a tour so you or your loved ones can step inside the cockpit, view

the controls and experience what it would have been like to fly these impressive aircraft.

RAAFA Members can enjoy 20% off the tour price, just quote the special discount code when purchasing your next voucher online. This exclusive offer is only available for

vouchers purchased online and before 31 December 2022.

And they make great Christmas presents for those hard to buy for people.

For more information, go to aviationmuseumwa.org.au/shop.



Gift an Unforgettable Experience this Christmas

20% OFF all Tours and Experiences purchased online only.

Use code: **AIRMAIL20** during checkout
Valid until 31 December 2022

aviationmuseumwa.org.au/shop



LtoR FGST Dannielle Lambert and WOFF-AF Fiona Grasby OAM recently enjoyed a tour of the Lancaster bomber

Diversity role model retires

According to Angela Lowe, the recently retired Facility Manager at Gordon Lodge who was known for her commitment to diversity, creating an inclusive work environment means you can celebrate each person's background, their individual differences and what's important to them.

"When you embrace diversity as a leader, you bring people together, you gain so much and you create a positive environment for everyone, whether that's residents, families or staff," says Angela who, although retiring from full-time work, is staying on as a casual with RAAFA.

"To me, diversity and inclusion in aged care is all about celebrating different cultures and our residents undoubtedly love to learn about other countries and their traditions, particularly when staff members who care for them were born and brought up there.

"It's also about displaying the Aboriginal and the Torres Strait Islander flag, and honouring the Traditional Owners of our land, and it's also about displaying the rainbow flag, and creating



Angela Carlton - centre in white

a welcoming and supportive environment for LGBTIQ+ residents, families and staff."

Janice Vickery, Quality Coordinator for RAAFA, says Angela's determination not to lose sight of the importance of promoting inclusion has always been incredibly impressive, especially over the last few years during which time there have been many challenges in aged care.

"Angela has always understood that celebrating diversity has not only been important to our residents, but

our staff too, and she has made it a priority in our everyday operations," she says.

"During her time at RAAFA she has been a role model in leadership. For her, promoting inclusion has not just been an optional extra, it's been an essential and important part of our core business and everything we do.

"Without doubt, the good work she championed in this area will be carried on into the future."

The entire team at RAAFA would like to wish Angela a very long and

The importance of diversity and inclusion in aged care, in Angela's words:

- It's about being welcoming...
- It's about being open...
- It's about bringing people together...
- It's about celebrating and valuing who people are...
- It's about building relationships...
- It's about sharing our stories...
- It's in alignment with RAAFA values - Respect, Care, Honesty...
- It's a requirement under of the Aged Care Quality Standards, in Standard 1 and Standard 8...
- It's important...

happy retirement, although we all look forward to hopefully seeing her undertaking some casual work with us in the future.



Teambuilding fun turns into a fundraiser

It's no secret that the difficulties of COVID-19 have made the aged care sector a challenging place to work over the last few years.

And recognising this, Michelle Fernandes, Facility Manager at Karri and Tuart Lodge at Merriwa estate, decided to plan a fun and somewhat frivolous staff event to say a huge thank you to everyone for their continuous dedication and commitment to residents since the pandemic started.

"I wanted to do something to thank the team, build our culture and reinforce how amazingly we've all worked together," says Michelle, who also organised to raise money for flood victims via the fundraiser Fiver for a Farmer as part of the event.

"During the evening, we organised some silly games and delicious food, including hotdogs and popcorn, and even arranged for someone to do tarot card readings to add to the fun.

"It was all in the name of having a good time and reinforce that everyone in our team is equal and has done an amazing job since 2020 when COVID-19 first hit.

"And following the event we had great feedback, the staff even banded together to gift me a bottle of wine to say thank you, which I really appreciated.

"I feel very fortunate to work with such wonderful people who are dedicated to their jobs and the residents here at Karri and Tuart Lodge."

Turning greener, with new solar plan

RAAFA is set to reduce its electrical energy consumption as well as become a more environmentally friendly and sustainable organisation in the coming months.

That's because the organisation has decided to upgrade its infrastructure and invest into electrification of its residential care facilities, by installing solar panels to - McNamara Lodge, Alice Ross-King Care Centre and Karri and Tuart Lodge.

McNamara Lodge is the first cab off the rank, with work about to finish (at the time of writing) on installing 256 solar panels to the roof, which will mean the facility generates some of its electricity from solar power to use in the day-to-day

operation of the facility.

Phil Bedford, General Manager Property and Sustainability, who is responsible for the project, says it's another giant step in the right direction for RAAFA on its journey to move towards a 'net zero' future and become less reliant on fossil fuels.

"To date, the project is going really well, with no concerns and we're all very pleased," says Phil.

"It's really positive to move towards electrification of our assets and become less reliant on the use of fossil fuels at our residential care homes, and in the short to medium term future there will be other initiatives that we will roll out with the same goals."



Learning to eat well to stay active

Veterans' Health Week is an annual health promotion initiative held every October, aimed at increasing healthy lifestyle awareness for veterans and their families.

And this year the focus was on eating well and nutrition, which inspired the organising of a culinary and educational event at AFME by David Cocks, the President of the Combined Defence Force Support Association (CDFSA), which undertakes advocacy work for all veterans, whether they're from the Navy, Army or Air Force, throughout Australia.

The event itself included a workshop on healthy eating by a local nutritionist and included a cooking demonstration by our Club and Facilities chefs, 'eating well' menu and a talk offering lots of nutritional tips and tricks, all compared by David and organised with the help of CDFSA members Helen Cooper and her husband Kim.

Both David and Helen agreed that the event was very well received and all who attended had the opportunity to learn a few new skills

and gain some great tips on healthy eating.

"Our guest speaker Zoe is a local nutritionist who is passionate about health and wellbeing and was a real hit," says Helen. "Our chefs cooked up a storm on the barbeque and everyone enjoyed the demonstration immensely, as well as the healthy lunch provided."

"It all went very well and it was great to see how much everyone enjoyed the day and the food," says David, who adds that he would like to get more members from CDFSA along to the event next year.

As part of the day, representatives from Dinnertwist - a local company which provides healthy meal boxes at reasonable prices - gave a talk about their products and their aim to provide good quality, locally sourced food.

In addition, the veterans' mental health support organisation, Open Arms, was represented, with a speaker from the organisation emphasising the importance of healthy eating habits in conjunction with good mental health.



LtoR RAAFA chefs Jean-Paul Enjolras and Timothy Rivet

"The event was excellent and it was great to see so many veterans attend," said AFME resident and veteran Ted McEvoy, who estimated there were around 80 people in the estate's function room.

"I think everyone who went along learnt lots, and I for one will be trying out some of the handy hints. For example, I never knew

how easy it was to cook quinoa, or how healthy it was, but I'm looking forward to trying it out for myself."

If you would like more information on the Combined Defence Force Support Association (CDFSA) and its services, they are now based at AFME and David can be contacted on 0417 112 100.

Celebrating more than a Centenary

RAAFA's Alice Ross-King Care Centre resident Beth Nielsen celebrated her 101st birthday on 16 October, and the team and her family made sure that she celebrated in style.

Born in North Fremantle to a family of first settlers, Beth was sent to Methodist Ladies College in Claremont for her education, something of which she was always very proud.

But despite her family owning Pearse Brothers boot factory, which manufactured footwear for West Australian troops who were deployed during WWII, after finishing school Beth began work at the bank of New South Wales as a personal assistant.

When she was in her early 20s however, the born and bred West Australian took off on a working holiday over to England where she became fast friends with four other girls. Between them, they bought a decommissioned black taxi and toured around Europe, including Scandinavia, before returning to London where Beth then moved back to Western Australia.

Defying convention again, the now-Centenarian married in later life, when she was 38 years old, to a fisherman, and the couple settled in Dongara where her husband owned several crayfishing boats.

But after her husband passed away in his early 60s, Beth's wanderlust returned and she continued to travel all over the world, often on group tours but also on her own.

"My aunt is a very confident woman who has really lived an interesting life," says her niece Sue Hales.

"She has always been a very curious and interested lady who was also a voracious reader, she would read everything and anything, she had a real quest for learning and meeting people."

Congratulations Beth on an incredible milestone, from all your friends at Alice Ross-King Care Centre and RAAFA.



WRAAF Branch WA

Gwyn Braun

(For all 'Women of the Air Force')
glb3au@hotmail.com

Over the past couple of months, we have had two successful social get-togethers including the Fish and Chip lunch where it was great to see members reconnect after a long absence.

The October Pink Picnic lunch in Kings Park to support Breast Cancer awareness month turned out to be a beautiful spring day. With donations, pink raffles and assorted pink cakes, we raised over \$370 to go to the Cancer Council in WA.

Thank you to Sue for the idea and everyone who assisted with baking and organisation.

Wishing you a merry and peaceful Christmas and a bright New Year.

Come along to some of our meetings and events, which provide the opportunity to make new friends with others who have also served in the defence of our wonderful country.

Upcoming events

Tuesday, 6 December, 12noon, Christmas sit down lunch, Meg Olive Room.

January, no meeting.

Tuesday, 7 February, 1.00pm General Meeting, Meg Olive Room.

Club Bites



MEADOW SPRINGS CLUB 9582 5375

The Beaufort Restaurant located in the RAAFA Club is a relaxing space to enjoy lunch with family and friends or groups.
All bookings for lunch or dinner can be made at the bar.

Weekly specials

Monday, Roast \$14.50

Tuesday, Morning tea and chat, 10.30am

Wednesday, Hump day menu, from \$10.00

Wednesday, Club night - meal \$15.00, games night including bingo

Thursday, Movie afternoon on the big screen, includes tea, coffee and movie treat 2.00pm

Thursday, Happy hour, 4.00pm to 6.00pm

Friday, Sundown bar open until late, casual dining

Events

Friday, 23 December, Christmas 3 course lunch (bookings essential)

Wednesday, 28 December and Friday, 30 December, lunch and bar open until 3.00pm

Thursday, 29 December, Bar open from 12noon, Happy hour 4.00pm to 6.00pm

Christmas trading

Closed 24 to 27 December and 31 December to 4 January.



Ready for the Melbourne Cup event

MERRIWA CLUB

Blue Gum Café

Pop down for one of our daily specials or sample something off the menu. Now open Wednesday 11.00am to 2.00pm and Thursday 10.00am to 2.00pm.

Weekly specials

Wednesday, Roast lunch \$15.00

Wednesday, Happy hour 4.00pm

Thursday, Morning tea from 10.00am

Thursday, lunch specials \$15.00

Events

2nd Monday, afternoon tea scones jam and cream, 2.00pm to 3.00pm.

1st and 3rd Tuesday, Club night \$15.00 parmi or pasta (includes beverage)

2nd and 4th Friday, Bistro night (bookings essential)

Christmas trading

Closed 23 December to 3 January inclusive.



Merriwa Sundowner

CAMBRAI CLUB

9304 5400 or if unattended
0417 922 658

Weekly specials

Tuesday and Wednesday, Happy hour 4.00pm

2nd Tuesday, Chicken Parmi \$14.00, 6.00pm to 7.00pm Picardy Restaurant (bookings essential by 12noon Friday prior)

Wednesday, 2 course roast dinner \$23.00, 6.00pm Picardy Restaurant (bookings essential by 12noon Tuesday)

Wednesday, Morning tea, 10.00am to 11.00am

Friday, Bar/Bistro lunch, 12noon with offal option 2nd Friday (bookings essential)

Friday, Happy hour, 5.00pm (when function on)

Events (check Club for details)

1st and 3rd Fridays - generally sundowner or function, 5.00pm

Christmas trading

Closed 22 December to 9 January inclusive.



Hollywood night - The Three Musketeers

BULL CREEK CLUB 9311 4460

Open for light breakfast and lunch Monday to Friday and dinner every Friday. Check Club for details.

Weekly specials

Monday to Friday, light breakfast 9.00am to 10.00am

Monday, Roast \$17.00

Monday and Wednesday, Happy hour 4.00pm

Tuesday, Fish and chips \$17.00

1st and 3rd Thursday, Lamb shanks \$22.00

2nd and 4th Thursday, Lambs fry and bacon \$17.00

Christmas trading

Closed 24 December to 2 January inclusive.



Club Manager, Simon Elton-Bott celebrated 20 years with RAAFA



Short Stay Accommodation

Do you have family or friends coming to visit but you just don't have the room? Why not stay in our fully equipped short stay accommodation units at our three popular locations. Available at Meadow Springs, Bull Creek and Merriwa. For information and bookings contact the Estate offices, and Club at Meadow Springs.

RAAFA Wellbeing Team

CAMBRAI VILLAGE

Vanessa Priestley
9304 5280

RAAFA ESTATE MERRIWA

Suzanne Free
9400 3778

AFME

Jo Oliver
9311 4562

ERSKINE GROVE

Angeline Carleton
9586 4309

RAAFA ESTATE MEADOW SPRINGS

Mischa Matthews
9582 5369

RAAFA AMITY VILLAGE ALBANY

Ceridwen Fitzpatrick
9841 8311

Merriwa Estate

Cuppa Club special birthday celebration

Clubbers had the pleasure of sharing a very special occasion together as we had our first 100th birthday celebration within the club. We all enjoyed the opportunity to help the wonderful Margaret O'Malley continue her birthday celebrations, which occurred over many days, as you only turn 100 once after all!



Margaret is such a shining example of how to live well, staying active and remaining social. Margaret laughs often and keeps us all

laughing too, making the most of everyday, and all that's on offer at Merriwa Estate to help keep her young at heart.

Meadow Springs

Fashion parade

Kings Park fashion visited the estate with residents enjoying a fashion parade, afternoon tea and the opportunity to update their summer wardrobes.

The stars of the parade were four of our very own residents who enjoyed modelling the outfits for the afternoon.



Friendly competition

Meadow Springs and Erskine Grove residents welcomed their Challenger Court neighbours for a friendly competition of carpet bowls.



Cambrai Village

Furniture options

Rest Care, visited Cambrai Village in October to showcase their range of stylish custom designed furniture that assists people to remain living independently.

Residents and family from both Cambrai Village and Merriwa Estate were invited, with a delicious morning tea along with the chance to win an amazing hamper. Pattie Samata, from Cambrai was the lucky winner.

To find out more about the Furniture Options range, contact Lynn Stellar on 9228 4878.



Erskine Grove

Introducing Charlie cat and Deefer dog

Earlier in the year one of our residents purchased a 'joy for all companion pet' and I was amazed at just how interactive it was. I was so impressed I set about purchasing a silver cat, which our Maverick group has named Charlie, in memory of one of our much-loved members.

Our Residents Branch kindly donated money from a plant sale to purchase our dog which has been named Deefer.

The cat and dog are very interactive and when they're not out visiting, they are in the office getting lots of attention from residents.



LtoR Angus and John with our new pets

AFME

Palliative Care WA

Residents gathered for an informative and supported discussion on end-of-life planning, palliative care, grief and loss.

The workshop explored holistic quality-of-life care and possible, medical treatment, pain relief, complementary therapies, home support, counselling and grief support, and support for emotional, social and spiritual concerns.

Contact Jo for more information or resources.



Amity Village

Meet and greet

The Social Group's meet and greet was a great opportunity for old and new residents to catch up and meet each other in a relaxed social atmosphere.

