



Don't forget, for more photos and to keep up to date with what's happening at RAAFA WA, check out our Facebook page

Learning to fly



Dylan goes solo

Learning to fly is something many aspire to and being able to help make that dream a reality for three deserving young people was a proud moment for RAAFA.

Receiving over 30 applications for the revitalized 2022 Swetman Aviation Education Fellowship, Division Councillor, Charles Page said, "we set out to make this a huge success to ensure the Fellowship's viability. Our aim was to inspire the younger generation, but with their deep passion, determination and resilience, they have inspired us."

The award included early-bird prizes and short list prizes of either a flight or simulator experience, which were awarded to nine enthusiastic applicants.

First prize

The first prize of \$5,000 was awarded to Dylan Wilson, an Army cadet sergeant from Busselton, with the ambition to attend ADFA and qualify as a RAAF fast jet pilot.

Dylan became interested in flying at the age of ten and has set his sights on attending ADFA, attaining a BSc

and qualifying as a pilot. He is also interested in the Space program. Meanwhile he is an active member of the Busselton Aero Club, and has passed his pre-solo flight exam, and is working towards his Restricted Private Pilot's Licence.

The Selection Panel were most impressed with the resilience and determination Dylan has shown. He has been the recipient of both the Young Carer of the Year Award and Lions Club International Children of Courage Award. His strong focus on a career in aviation, and his deep passion for flying shone through. In a very strong field of candidates, he was the unanimous choice for First Prize.

On Sunday, 14 May SQNLDR Paul Falconer-West RAAF Ret'd took Dylan on his award flight in the Pearce Flying Club Piper Cherokee Warrior II, PA28-161, VH-FES. Departing Jandakot on a route that included Fremantle, Hillarys Boat Harbour, returning to Jandakot.

With the help of the Swetman Fellowship, Dylan has recently gone solo at Busselton Aero Club. We are



Eduardo receiving his award with his family and the selection Committee



Indiana Baines with Paul Falconer-West

so happy to have helped him achieve one of his life goals.

Second prize

Second Prize of \$2,000 was awarded to Eduardo Paolucci, a 7 Wing AAFC SGT, attending an aviation course at Greenwood College.

Eduardo's love of aviation stemmed from attending air shows in Italy with his grandfather, and from the age of three, he knew he wanted to be a pilot. When asked why he was so passionate about flying, he said, "I find beauty, peace and inspiration in aviation" and went on to say, "winning the Scholarship would be a massive help and a leap forward in my dream of becoming a pilot."

He has commenced the application process for ADFA, with the aim to become a fast jet pilot on Super Hornets or F35s.

Third prize

Third Prize of \$1,000 was awarded to Indiana Baines, a young lady with a passion for flying. Originally from Broome, she is now attending an aviation course at Kent Street SHS.

Indiana's interest in aviation was sparked by a RAAF and RFDS Open Day at Broome Airport. She then decided to move to Perth so she could study aviation at Kent Street Senior High School. Her ambition is to attend ADFA, achieve a BSc, and gain her wings.

Despite attending 14 different schools, Indiana has thrived at Kent Street SHS and has joined 'Follow the Dream', and the 'Homework Club'. She has recently been accepted into the CSIRO Young Indigenous Women in STEM.

All applicants have shown a strong passion and focus for Aviation Education.

The Leadership Award 2023 for No.7 Wing - Australian Air Force Cadets is now being launched on the RAAFA WA website. The prize is \$1,000 plus two months paid work experience. There is also a bonus prize of \$1,000 for the winning cadet's squadron. Closing date is 30 August 2023.

The **McIntosh Memorial Scholarship** 2023 is due to be launched in July 2023.

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Judy Bland's service recognised

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George England isn't slowing down

PURPOSE

Pursuing excellence in care and heritage

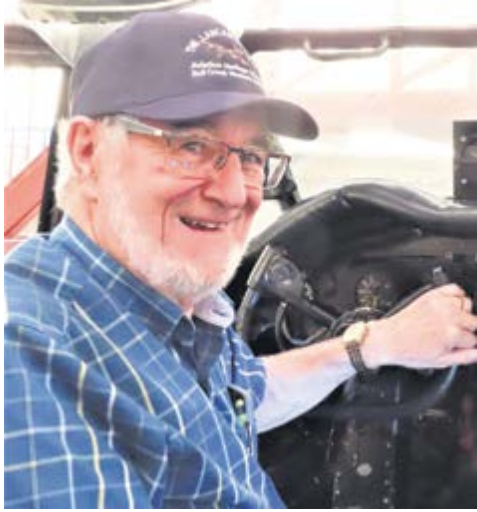
VALUES

Respect; Care; Honesty

APPROACH

Creating RAAFA communities open to all

President's view



By Clive Robartson AM

CEO farewell

With this issue of Air Mail, we reflect on a decade of growth and development that has unfolded with the outstanding leadership given to the Association by John Murray as CEO. His wise counsel and support have enabled the Division Council to reposition AFA in Western Australia in addressing the challenges of an ever-changing environment.

So, we move into a new decade well placed, and with confidence to face new challenges and capacity to create new beginnings with Michelle Fyfe at the helm.

RAAF

We also see one financial year come to an end and another begin and it has been a busy year so far. It was a great delight to have the Royal Australian Air Force (RAAF) celebrate its 102nd birthday under the Lancaster at the aviation Heritage Museum in Bull Creek on 31 March. We continue to develop a

strong relationship with the RAAF, particularly with those personnel and staff at Pearce Air Base.

The handover of the F/A-18B Hornet A21-101, that was gifted by the RAAF in April shows further recognition of our activities and the significance of the Aviation Heritage Museum in tracing the development of the Air Force since its early days as the Australian Flying Corps.

ANZAC Day

I would like to thank all of our members, villages and branches that took part in the events held on ANZAC Day. It is important that we recognize the men and women who contributed, and those who contribute today, to the safety, peace and liberty of Australia. The Association was represented at the Dawn Service in King Park, the March through the City and at the Memorial Service that followed in the Perth Concert Hall.

Korean War Memorial

I am pleased to represent the Association on the committee, established to develop a memorial in Kings Park to commemorate the war in South Korea. The memorial is now under construction and will be dedicated on the 27 July this year, the 70th anniversary of the armistice of the Korean War.

National AFA Conference

As you know from the last issue of Air Mail the National President has asked AFA WA to reinstate an Annual National Conference. This conference was scheduled for October this year, however

AFA Conference 2023



Looking Forward: Innovation, Services and Support

Save The Date

New Date: 28 - 31 May 2024

Rendezvous Hotel Scarborough
148 The Esplanade, Scarborough WA 6019

afaconference.org.au

in consultation with the National President, Carl Schiller OAM CSM, it is to be re-scheduled to May 2024.

This will allow greater time to encourage our Eastern States members planning to attend.

Condolences

As I close, I am saddened to report that over the last few months we have lost some of my most faithful RAAFA servants. Past President, Allan Stewart has passed away, his

contributions to our association is recognised with great appreciation.

We have also lost another stalwart in Jim Carruthers a long serving Secretary of the Association, always remembered for his diligence, friendly smile and humour.

And more recently Lindsay Lane who served on the Division Council.

Our condolences go out to all their family and friends. Thank you for your service to RAAFA.



Annual General Meeting 2023

Air Force Association (Western Australian Division) Inc. trading as RAAFA

By Norm Waldie,
State Secretary
Friday, 27 October 2023

Registration commences at 9.30am with the meeting commencing at 10.30am at the RAAFA Club, Bull Creek.

Division Council Elections

Available positions:

- Vice President
- Secretary
- 3 x Division Councillor

Apply using the Nomination Form, attaching a brief CV not exceeding 300 words and a current photograph for promotional purposes. Nomination Forms are available from the Secretary (state.secretary@raafawa.org.au) or www.raafawa.org.au.

Please be advised that all applicants will be required to complete applications for National Police Clearance, Directors ID and Bankruptcy Check as part of the nomination process.

Return nominations to Secretary, Central Support Office, 18 Bowman Street, South Perth 6151. Nominations close on 28 July 2023.

Candidates must be a RAAFA member entitled to vote and must carry out due diligence with the President and Chief Executive Officer prior to acceptance of nomination.

Notices of Motion

Any Notices of Motion must be in the hands of the Secretary by 28

July 2023 at Central Support Office.

Voting Procedure

Postal voting papers for any Motions and the Division Council Election will be sent to all eligible members under separate mail out.

Returning Officer

The Division Council will appoint a Returning Officer to supervise any ballots for the vacant Division Council positions and for the counting and custody of the voting papers.

Air Force Association
(WA Division) Inc.
Trading as RAAFA

18 Bowman Street, South Perth WA 6151

T (08) 9288 8400

E enquiries@raafawa.org.au

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Air Mail
Enquiries

Julie Stearne

E

airmail@raafawa.org.au

Air Mail story
deadlines

28 July for August / September
1 September for October / November
3 November for December / January

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

The 10 years that I have been with RAAFA, have been some of the most satisfying in my career in the health and aged care sectors.

After 50 years of working, I am looking forward to rediscovering who I am without a CEO badge on my chest. The team that I have had the privilege to work with has achieved many great changes to this ex-service organisation, continuing to grow the services to seniors and refocusing on the needs of veterans.

When I cast my eyes across the photos in the board room of the presidents of this organisation who have served and developed the association since 1929, I can't help but wonder what they would say today about what's been achieved over those near 100 years. All the volunteer division councillors who have worked diligently to grow an organisation with little funds would marvel at what we have today. I can't over emphasise the pleasure it has been for me to be part of the great legacy left by those who have served this country in times of war and continued to serve their comrades and community upon their return.

There have been many moments during the past 10 years, when listening to stories told by veterans at commemorations and whilst reading our part in military history, that the combined sense of loss by these veterans of their mates, combined with their own injuries and for some, the trauma of imprisonment, shows extraordinary strength of spirit.

Over 6000 veterans after WWII, joined the "Australian Army Corp and Royal Australian Air Force Association (WA Div.) Inc". Today we have 3500 members of which

around 450 members are veterans. How proud they would feel for the good they have done for humanity through the work of RAAFA.

The legacy they have left here, in WA, has not been replicated in the Eastern States. Our ongoing responsibility as custodians of this organisation is critical to RAAFA's ability to support the frailest in our society through our aged care and seniors housing programs, along with support of past and current serving veterans.

I leave the organisation in a strong financial position, with projected income of \$85M this coming year, capital reserves that will enable us to pursue our redevelopment and development strategies.

The executive team are without doubt the best I have had the pleasure to lead. Their commitment to developing the capability and capacity for now and into the future has set us up as an organisation that people want to work for.

My thanks to the 800 staff and 500 volunteers who every hour of every day provide care and support to those in most need, pursuing the "One RAAFA" philosophy whilst fulfilling our purpose "Pursuing

excellence in care and heritage" all of whom are working for the good of everyone, whilst displaying our values of "Respect, Care and Honesty".

To the division councillors, members and residents on our estates and care centres, I am enormously grateful for your support and guidance over the past 10 years.

I will on 1 of July commence another change in my life as I start the "rewirement", "reinvention" process and work on identifying the next purpose within my life. I might add the manager of the home diary is helping me with this challenge as I write, with a combination of "Grandy" duties and home maintenance initially that will keep me occupied for the next six months. This accompanied with sailing with friends at Fremantle yacht club, possibly going back to coaching children how to sail, spending time in the bush with the 4WD and camper, visiting my children in Karratha, Sydney and Busselton will fill any space not already filled in the home diary.

Thank you again for the opportunity to be part of your lives and the life of RAAFA.

Judy recognisied for many years of service

Long-term and beloved AFME resident, Judy Bland, has become a recipient of the 2023 RSL ANZAC of the Year Awards.

The nominations for the national ANZAC Awards are assessed and selected by the National RSL ANZAC Awards Committee and are awarded to individuals who exemplify the Spirit of ANZAC in the community, through their dedication and commitment to the benefit of others.

And as a recipient of the 2023 Awards, Judy was recognised for her many decades of service and support in volunteering and fundraising for veterans and, in particular, female veterans - a passion which she developed after joining the WRAAF when she was just 18 years old.

"I feel both honoured and humbled by this award that's been bestowed on little old me," laughs Judy, who was a member of the WRAAF from 1959 to 1962 and who became involved with RAAFA in 1985, when the WA Branch of WRAAF was formed.

"When I think of all the other deserving people who have served and worked so hard, I really do feel blessed to have received this



national award; my motto has always been there is no i in team, and I really do feel that everything I've done has been very much part of a group of people working for the greater good."

Judy - who has volunteered in numerous capacities for RAAFA, including over 20 years as a volunteer at the Aviation Heritage Museum - was first publicly honoured with the award during an event at Perth Concert Hall following the annual ANZAC Day march. She

was then invited on to 6PR for an interview.

"I can talk 10 to the dozen, but put a microphone in front of me and I tend to go very quiet," Judy laughs.

Greg Melick, RSL National President, congratulated all the recipients of the ANZAC of the Year Awards, on behalf of the RSL national board and all members of the RSL.

"They are exemplars of community service and an inspiration to all Australians," he said.

Male bonding

Residents from Vivian Bullwinkel Lodge enjoyed a trip to our Aviation Heritage Museum on 26 April.

The gentlemen had a wonderful time bonding with each other whilst they shared stories and knowledge during lunch in the RAAFA Club, reminiscing and honouring our ANZAC's.



A decade of outstanding service

Inclusive, fair-minded, collaborative, considered and visionary - these are just some of the words used to describe RAAFA's CEO of 10 years, John Murray, who will be greatly missed when he retires in June.

"John has a unique ability to work with people at all levels, he's a creative thinker and, under John's leadership, people always come first," says Tonia Zeeman, RAAFA's Chief Operating Officer.

"He lives our core values of Respect, Care and Honesty and is always there to support people when the going gets tough.

"What's more, John's calm and pragmatic people-focussed approach has set the tone for leadership within RAAFA, with his broad knowledge and initial background in nursing adding to his business and financial acumen."

Indeed, John's background as a Registered Nurse - which saw him start his career at Graylands Hospital, where he specialised in mental health - is a far cry from the military backgrounds which so many within the RAAFA community have experienced.



John Murray with Clive Robartson

"For someone who doesn't have a military background, John has embraced all of the attributes and the incredible commitment of the ex-service people, staff and volunteers who have built our organisation over the years, and that's a great credit to him," says RAAFA's President, Clive Robartson, who is one of three Presidents under whom John has served.

"John immediately picked up our culture, and he did a lot of work on exploring and expanding it, thereby enabling people to better understand RAAFA and what we really stand for."

RAAFA's Past State President, Graeme Bland, concurs.

"John quickly picked up our constitutional commitment to serving and former serving veterans and our first responder community, including those who have served in the police, ambulance and fire brigade, as well as our retirement village residents," says Graeme.

"From the very beginning, John's manner gained both respect from management and members alike. He sought and researched the background of the veteran community and RAAFA members more broadly, and instituted an induction for all new employees that explained the background of our organisation and where it is today.

"Ironically, this has meant that our staff are possibly more aware of RAAFA's history and heritage than many of our residents."

During his time at RAAFA, John has displayed a laser-like focus on managing risk within the organisation, and establishing the corporate systems and capability required to successfully operate a business of RAAFA's size and complexity - and to equip it for the future.

Indeed, the projects undertaken by John - and his achievements - are extensive by any measure. They include the completion of RAAFA's Orion Terraces and Cirrus Apartments, as well as the new RAAFA Club at AFME, the state-of-the-art Alice Ross-King Care Centre and the extensive Gordon Lodge refurbishment.

There was also the opening of Jasmine House (Karri and Tuart Lodge dementia-specific wings) at RAAFA Merriwa, the purchasing of RAAFA's Challenger Court village in Rockingham and the creation of

Clear Skies - a significant initiative that has succeeded in invigorating RAAFA's charitable purpose.

Further achievements include the launch of the Andrew Russell Veteran Living (ARVL) program - enabled as a result of land purchased in Cannington, moving the organisation's head office to Applecross and then to South Perth (while purchasing additional land for future development), implementing systems and infrastructure to take RAAFA into the future - including payroll, IT systems, CRM, finance, disaster recovery program, optical fibre, information and record management systems, and being instrumental in RAAFA's 90th anniversary celebrations.

Over his decade-long tenure, he has also had a strong focus on increasing RAAFA's overall corporate governance.

"During my terms of RAAFA State President and Chairman of our Governing Body (the Division Council), I found John to be especially cooperative, informative and a leader that held nothing back," adds Graeme.

"I believe we have a first rate and successful Governing Body due to the resolution of Constitutional and environment issues that John has guided us through."

At the same time as dedicating his expertise to overhauling RAAFA's organisational structure to place it in a better position to embrace future growth, John was also a significant contributor to the aged care sector more generally, where he held various director positions on the Aged Care industry associations, including as Chair of the Retirement Living Committee and Chair of ACSWA in WA, and Chair of ACSA Finance and Audit committee.

He was also the inaugural Chair of the national Human Services Skills Organisation (HSSO), whose vision it is for Australia's human services sector to be equipped with a skilled, diverse and adaptable workforce to meet current and future needs.

And all this while effortlessly developing a reputation as an incredibly approachable, personable and fair leader who also has a sense of humour.

Indeed, who could forget him each Easter distributing Cadbury's Favourites to all the staff across sites? Or getting into the festive spirit as Father Christmas?

It is perhaps partly for these reasons, as well as his commitment and dedication to his role as a leader, that John developed a reputation amongst his team as the most approachable CEO most had ever worked with.

Though concurrently, during his decade-long tenure, John was also essentially doubling the organisation's income and assets.

"When you look back to the 2013-14 year, RAAFA's income was \$42M and assets were in excess of \$600M," adds Clive.

"And in the last financial year, income was \$80M and RAAFA's assets were approaching \$1B, so under John's leadership the value of our organisation and assets has pretty much doubled.

"So, without doubt, under John's guidance, RAAFA has become one of the few successful aged care, home care and retirement living providers which is recognised for excellence Australia-wide."

No wonder he will be sorely missed by everyone at RAAFA, as well as the wider aged care sector both in WA and nationally. Leaders of John's calibre are surely hard to find.

Key milestones under John's leadership

2013-14

- Overhaul of the organisational structure, aimed to better place RAAFA in a position to embrace future growth within the aged care sector.
- Review of the organisation's business undertaken to



Graeme Bland and John Murray



Alice Ross-King Care Centre tuning of the sod

understand the perspective of the services provided (and to be provided).

- \$27M state-of-the-art 102-bed care facility - Alice Ross-King Care Centre - commenced development at AFME in Bull Creek.

2014-15

- Four strategic themes developed:
 - Operational excellence
 - Embracing the wider community
 - People, culture and knowledge
 - Development and sustainability
- Member surveys carried out in January 2015 in an effort to understand what RAAFA



Aged Care and Community Service Excellence in Care award winner

consumer expectations were and how to respond to them.

- Orion Terraces apartments completed and residents moved in.
- Orion Terraces awarded “Best Seniors/Aged Persons Multi-Unit Development by Master Builder WA.

2015-16

- Governor of Western Australia, Her Excellency the Honourable Kerry Sanderson AC, officially opened Alice Ross-King Care Centre at AFME, Bull Creek.
- Major upgrades to the aged care facilities at Vivian Bullwinkel Lodge, Karri Lodge and Gordon Lodge.
- Master planning for the redevelopment of the AFA Club at Bull Creek commenced.
- CEO initiates major transformation to the Information and Communications Technology across the Association sites - clinical care systems and Wi-Fi to clubs and residential care centres.
- Division Council creates Charitable Purpose Committee aimed to “reflect, respect and support veterans through the delivery of care, community

support, the fellowship of our clubs and representation through the museum.”

2016-17

- January 2017 sees new strategic plan with the redefining of elements of realising ‘One RAAFA’
 - Clear Skies created to provide Charitable Purpose and Advocacy.
 - Seniors Living - Retirement Living, RAAFA Connect and Residential Care.
 - Membership - Aviation Heritage Museum, RAAFA Clubs, Volunteers, AFA Cadets.
- Head Office relocated to Applecross.
- Approved Provider Status approved by Department of Veterans Affairs, to enable the expansion of RAAFA Connect.

2017-18

- Acquisition of the six-hectare site at Two Rocks for possible future development.
- Acquisition of 4000sqm site in Bowman Street, South Perth.
- Central Support Office established at 18 Bowman Street, South Perth.
- Early consideration of the replacement of old residential units at AFME, Bull Creek.
- CEO actively involved in the development of strategic objectives for RAAFA.

2018-19

- Royal Commission into Aged Care Quality and Safety impacts the sector.
- Legislation around quality compliance (Care Standards) demand a new focus.
- Five years of decreasing Government subsidy payments start to bite.
- Revised Purpose - Honour the Past, Be in the Present and Embrace the Future.
- Revised Vision - To go above and beyond, engaging and supporting our community.

2019-20

- John Murray appointed as a member of the AFA National Board, Joint Board Steering Group (JBSG), which was established to redefine and harmonise governance and membership structures across all state Divisions.
- A multifaceted program was activated to deal with the COVID-19 pandemic.
- Master Plan for the development of AFME progressed with a vision to create an inclusive, safe and connected community that enables people to live healthy, purposeful lives.



Andrew Russell Veteran Living launch

- Cirrus Apartments opened by His Excellency, Hon Kim Beazley AC, Governor of WA in October.
- Partnership with All Saints College in Battle for Australia Ceremony.
- Governor re-opens Aviation Heritage Museum after COVID-19 shutdown.
- Renewed Values - Respect, Care and Honesty.
- Introduced The RAAFA Way, making a meaningful difference in a way that reflects our original purpose, heritage and values and shows in everything we do.

2020-21

- RAAFA Club at AFME Bull Creek and 57 Cirrus Apartments commissioned.
- Planning underway for development of the Veterans' homelessness program based on the successful program developed in South Australia by RSL Care.
- Land purchased in Cannington for this development.
- A focus on the outcome and impact of the changes demanded following the Royal Commission into Aged Care.
- Stirling development project under way at AFME, replacing older housing with contemporary new apartments.
- Renewed Purpose - Pursuing Excellence in Care and Heritage.

- Renewed Approach - Creating RAAFA communities open to all.

2021-22

- Andrew Russell Veteran's Living (ARVL) program launched, with the aim to provide emergency housing for veterans at risk of homelessness and to connect them with professional support.
- RAAFA acquires Challenger Court, a 50-unit retirement village in Rockingham from the City of Rockingham.
- Rules are revised to be compliant with the ACNC and ACQSC for consideration at the 2022 AGM.
- RAF donates GR4 Tornado to the Aviation Heritage Museum.
- Consideration of options for the development of a new Aviation Heritage Museum.

2022-23

- Official handover of the GR4 Tornado from the RAF Chief of Air Staff, Sir Michael Wigston KCB, CBE, ADC.
- Demolition of AFME's Sivyer, Harris, Ingram and Fraser units to make way for new 63-apartment Stirling development.
- RAAFA becomes more environmentally friendly and sustainable with the installation of solar panels on our residential care centres.
- RAAF donates the FA18 Hornet to the Aviation Heritage Museum.



Tornado GR4 official handover

Loving where you live

Two of RAAFA's Amity Village Albany newest residents, Elaine Sunter-Smith and Len Witham, admit that they moved into the popular retirement village because of its excellent reputation in Albany.

"We knew people who were very happy living here and then when we asked around, time after time people said that RAAFA's Amity village is the place to be," says Len who, along with partner Elaine, moved into the popular village back in December 2022.

"As a result we did our research and all of the financials made sense, so Elaine and I moved in and we're both already extremely happy here."

For the couple, both of whom were born and brought up in Tambellup in the Great Southern, the 'easy living' aspects of the village were a real selling point.

"If you need any maintenance it gets done for you and, if you don't want to do your own gardening, you can organise that to be done too," adds Len.

"And another really nice aspect is that it's possible to make new friends, something that can be a bit harder as you get older."

For Elaine - who is a mum of two

and has one grandson who is a very talented musician - the newly renovated home was a big draw card as was its long driveway, which has space for two cars.

"We were also so grateful for how fantastic the estate manager Cheryl has been at helping to organise everything for us, nothing has been too much trouble and she really has made everything so easy," says Elaine.

"And on top of that, we've really noticed that there is very much a community feel here. We recently had COVID-19 and we found that so many people were looking out for us and were keen to know how we were. I feel that you wouldn't get that as much in general suburbia, and people's concern made us feel very much part of our new community."

And so, although the couple admit that downsizing and moving can



be a little daunting, both say that relocating to Amity has been a great move.

"We are starting to use the pool and gym facilities and join in with a few of the activities, including the Friday

night socials," adds Len.

"The biggest thing we struggle with though is that there is so much to do and we're finding that we just don't have time to do everything," he laughs.

Pat plays to remember

RAAFA's Amity Village Albany resident, Pat White, jovially admits that when she first started to learn the bagpipes, she sounded like a dying duck!

But fortunately for everyone concerned, Pat stuck with her post-retirement hobby and was the sole piper at Amity's ANZAC Day ceremony, gaining plaudits and praise from her fellow villagers.

"I was honoured to be asked to play and people said some very nice things, I just hope they all had their hearing aids out," laughs Pat, who moved into the village in September 2021.

"As always, it was a truly moving service and then I was also honoured to be a member of the Albany Caledonian Pipe Band which led the ANZAC march at Mount Barker a couple of hours later, and then play again with the band at the local nursing home, so the day was very special to me."

Pat explains that, after retiring, she heard an interview on the radio about Scottish country dancing, something she did when she was younger - and that interview prompted her to take up the hobby again.

"As it happens, the person I heard being interviewed was Sionade McKay, who is also a resident at Amity, although I didn't know that then," says the persistent and talented 78-year-old.

"And while I was doing the dancing someone mentioned that they were learning to play the bagpipes. I straightaway thought that could be interesting, and also a good way to keep my mind active as I've never really been musical, so I made up my mind to learn."

Pat, who was born in Katanning, moved to Albany in 1980 with her husband, where she gained a job in the police department's detective division and stayed for the next 22 years.

"I loved my job and the people were incredibly interesting and just lovely," says the mother of two and grandmother to seven.

"Interestingly, when Amity village first opened, my husband and I came to look at it, but at the time we had young grandchildren and felt it wasn't right for us.

"And then I came to look at it again when my husband passed away back in 2007, though again I didn't feel quite ready to move into a retirement village because I lived

close to my daughter and was very involved with my grandchildren.

"But a couple of years ago I realised that they were well and truly growing up or grown up and they didn't need nanny nearly as much, so I put the family home on the market and it sold very quickly. Fortunately, I was able to move straight into my new home at Amity, so it was just meant to be.

"The family now visit regularly and they are very supportive of my move, knowing that I am happy in the secure environment of Amity Village."

Still very active both inside and outside of the village, Pat says she loves all the facilities, particularly the swimming pool which she uses every morning.

"I just love everything and have also made lots of friends which has just been fabulous," she adds.

"In fact, my friends and neighbours are so wonderful that they don't even mind me practising the bagpipes in the middle of the day," she laughs.

Special thanks to everyone at Amity who participated in this year's ANZAC Day ceremony. Once again this year, it was an incredibly fitting tribute.



Celebrating 70 years

Reaching 70 years of marriage warrants not just one but several celebrations, and that's exactly what RAAFA's Amity Village Albany residents Allan and Wendy Banks got to enjoy during April.

"We had a beautiful breakfast on our anniversary which was the Tuesday, a lovely lunch on the Wednesday and a beautiful day out at a winery in Denmark on the Thursday," explains Wendy who, like her husband, was born and brought up in Collie.

"As well as spending time with our family, another thing that made it all very special was that one of our bridesmaids came down from Perth with her family to help us celebrate. She was just shy of her 16th birthday at our wedding, and now she's in her 80s."

Allan and Wendy actually attended the same schools - Collie Primary and then Collie High School - though they didn't meet until they were 16 and 17 years old respectively.

"We met when I was playing hockey and Allan and his friends came to watch. It was a Saturday, and that evening we went to a dance and that's where we really met and after that we began courting," explains Wendy.

The couple were engaged on Wendy's 19th birthday in July 1952, and married the following year, on 4 April 1953, at Collie Methodist Church.

"We lived in Collie all of our married life and only moved down to Albany three years ago to be near our two children," adds Allan, who was a

coalminer for many years before retiring from the Muja Power Station where he was a unit controller.

And as well as working and raising their family, Allan played multiple sports while Wendy was in the CWA and started the Collie gardening club. On top of that, both Allan and Wendy volunteered with their local Probus club.

And by their own admission, once they retired, this dynamic duo didn't slow down at all.

"That's when we went travelling," says Allan. "We went all over Australia, in fact the only place we didn't get to was Darwin.

"And we also went overseas too and enjoyed visiting New Zealand, Thailand, Europe and England.



"We both finished work in our 50s, so we've had a long and happy retirement together," adds Wendy.

"We've always got on well and have had a good life together, so it's been really wonderful to have so many celebrations to mark 70 very happy years."

Table tennis anyone?

There are many reasons why table tennis is a global sport and has many health and social benefits - just ask RAAFA's Amity Village Albany residents Brenda Tink and June Clark.

Both Brenda and June are regulars at the village table tennis table and say it's good fun and elicits great laughs.

"We have our regulars, although we would love a few more, and we

all really enjoy the game," explains Brenda, who can be found every Wednesday at 10.00am in the clubroom practising.

"It's amazing how it keeps you fit as you really do take quite a lot of steps, plus we miss the ball fairly often and so that's a lot of bending down," she laughs.

These are sentiments that June very much agrees with, particularly

the admission that the ball doesn't always make it to the table.

"I'm sure it keeps me really fit because it gets you moving in ways you don't usually do in day to day life," she says.

"It's definitely really good fun and we are an easy-going bunch, so newcomers are always welcome; we'd love to see a few more faces every week."



New support brings Veterans Service one step closer

We were very excited to hear the news that construction company BGC has agreed to support the building of RAAFA's Andrew Russell Veteran Living (ARVL) accommodation, through the provision of subsidised building materials.

The ARVL housing initiative, which provides transitional housing and connection to professional support services to veterans who are homeless, or at risk of homelessness, is based on a successful program in South Australia.

Ian Craig, Head of Clear Skies, said that RAAFA was committed to supporting this vulnerable group and filling a service gap that currently exists for veterans.

"Veterans experience homelessness at three times the rate of the general population and because of their complex issues they are more likely to be homeless for longer. And today there is no specialist housing response in WA to help them get back into permanent accommodation," says Ian.

"We are so grateful to BGC for contributing to this important

program, this commitment to providing materials means we can get started sooner."

Kylie Russell, widow of the late Sergeant Andrew Russell, said this year marks the 21st Anniversary of her husband's death in Afghanistan and that she hopes to see the program commence in WA during the year.

"We don't know how many veterans are without permanent housing each night, I know from experience people who serve don't always ask for help through community programs and we need to provide that help within the veteran community," she says.

"The issues experienced by some when they exit the defence force are varied and complex, it is so important that WA has a program which can support our most vulnerable veterans."

"Along with RAAFA, I'm asking the whole community to stand with us, the State government and BGC to help to fund this important program.

"We are ready and want to build the accommodation as quickly as we can, but we need help to do it," adds Ian.

BGC CEO, Daniel Cooper, says the company's commitment continues the sound relationship between BGC and RAAFA that has existed since the building of their first retirement community.

"We have worked alongside RAAFA for over 40 years, and we have always admired their strong commitment to supporting veterans," says Daniel.

"We're so proud to be a part of this new project and believe that together we can make a difference to the lives of the men and women who have given so much for our country."

Anyone who would like to make a difference for veterans through this initiative can do so via www.raafawa.org.au.



From LtoR: Danny Cooper CEO BGC Group, Hon Paul Papalia CSC MLA, Ian Craig HOCS, Professor Kylie Russell RAAFA DC Member, Duncan Bosch GM Midland Brick, David Dodds GM, BGC Construction

The Hon. Paul Papalia CSC, MLA, Minister for Police, Road Safety, Defence Industry and Veterans Issues says the Andrew Russell Veteran Living program has delivered some outstanding results in South Australia and will be exceptionally valuable to the veteran community in WA.

"The partnership with BGC is another step forward for the ARVL program and I thank BGC for their commitment," he says.

Lest we forget

For Haydn Lea, Chaplain (Squadron Leader) at RAAF Base Pearce 25 Squadron, ANZAC Day is a day for him and his colleagues to commemorate those who have gone before them, those who have served alongside them and, most importantly, those who have not returned.

"It is not a day of celebration as we are all too aware that combat and military service is not something to be celebrated or glorified," says the 33-year-old, who has two young daughters.

"Yet we recognise that when military service is necessary, the women and men who have gone into the unknown and have served Australia with pride, compassion, love and sacrifice should have their legacy honoured. And we commit ourselves to serving in a way that perpetuates that legacy.

"ANZAC Day is also a time of sombre reflection as we remember all of those, on all sides of conflict, who have lost their lives."

On ANZAC Day morning, Haydn - who joined the Air Force during an enlistment ceremony which was conducted underneath the Lancaster at RAAFA's Aviation Heritage Museum - conducted the dawn service at the Wanneroo RSL, before joining the ANZAC Day parade in Perth's city centre.

In his role as chaplain, the born and bred West Australian, who has been in the Air Force for 16 years, helps to promote the welfare and wellbeing of aviators whilst offering specialist support to Air Force members who are struggling in any way.

It is in his pastoral care role that Haydn works closely with RAAFA's Clear Skies and it's Care Fund program, which generously provides funding for positive experiences for members or their families who are 'doing it tough'.

"The RAAFA Care Fund program provides money to be able to treat our people to something that might help ease the burden, such as sending a family to a theme park,



organising for a couple to go out to a nice dinner or provide babysitting," Haydn explains.

"It's a relatively new endeavour but one which has already had a tangible impact on a number of families and has been greatly appreciated by those involved, as well as by their

commanders who have seen the effect it has had on them."

If you would like to know more about the RAAFA Care Fund program and how you can get involved, contact enquiries@raafawa.org.au.

Baldivis High School students recognise and remember

The group of RAAFA residents who attended the ANZAC Day ceremony at Baldivis Secondary College on 5 April said the event was hugely touching and incredibly special.

The service was organised by a group of students whose parents are in the services, with several giving speeches which, we have on good authority, were incredibly articulate and heartfelt.

"You could hear a pin drop during the ceremony because all of the 1400 or so students were so engrossed," says resident Marlene King, who heads up the liaison between the school and RAAFA's popular Erskine Grove village on a voluntary basis.

"From the very start everyone was incredibly absorbed."

The ceremony began with a piper and the New Zealand and Australian National anthems and then several speeches by students citing experiences of war that their relatives had passed down to them.

And following the service, the students organised a morning tea to enable people to chat further and, in the case of Erskine residents, meet the young people involved and talk directly with them.

"The event was such a success, and it was actually the first time that people have been invited from the community, something which the school tells us they want to do more of in the future for both Remembrance Day and ANZAC ceremonies," Marlene explains.

"It was a truly amazing day and the students involved were a huge credit to their school and families."



The relationship between RAAFA and Baldivis Secondary College began in June 2021, when Angela Cowgill, Defence Student Mentor, approached RAAFA with an idea to forge greater ties between the

village and students at the college with parents who are serving ADF personnel.

Meadow Springs AFA Bowling Club

Mike Lee, President | 0422 442 260

The RAAFA Challenge Cup 2023 held on 27 April was a great day for the three RAAFA bowling clubs to enjoy a little bowling rivalry. Congratulations to the winners Merriwa AFA Bowling Club who retain the trophy and Bragging Rights Winner to Bull Creek AFA Bowling Club. The 2024 challenge will tentatively be held at Bull Creek.

The Meadow Springs AFA Bowling Club plays both competitions and social games and we welcome new members. Contact Mike to find out more and how bowling can enhance your lifestyle.

Upcoming events

March to 30 August Season
Tuesdays, Mixed nominated pairs

Wednesdays, Men's social pm
Thursdays, Ladies social am
Fridays, Mixed scroungers pm
Saturdays, Mens social pm
Pennant Season 2023-24 (men and ladies), running from 24 October to mid-March, 2024.

For details and to register contact Mike.



Embracing life and its opportunities



"Like so many of my generation, I left school at 14 years old with no education," says the 82-year-old, who grew up in Springvale, just 15 miles outside Melbourne.

"I had no education and yet I feel that I've achieved a great deal in my life and that is why I would say to anyone that education is not everything, it's about applying yourself, never putting yourself down, taking the knocks in life and always accepting the challenges."

After leaving school, Chas began work in a factory where he stayed for 11 years, before joining the Citizen Military Forces (CMF), today better known as the Army Reserve.

"My first ever job in the factory was just the best thing because I worked for the most beautiful family who taught me so many fundamental life

lessons, including fairness, equality and love for everyone.

"And then after I joined the CMF, I realised that I wanted to study and better myself. I was 24 or 25 years old at the time and had previously hated the thought of going back to formal learning."

Chas rose quickly up the ranks in the CMF, seizing the opportunity to attend the Officer Cadet School as a trainee sergeant, after which he undertook an artillery training course which, by his own admission, he absolutely loved.

And then on 4 July 1965, he became a lieutenant and was sent to Puckapunyal Army Base, an army training facility located 10km west of Seymour in central Victoria, after which he was posted to Vietnam for 13 months.

"I was a half master in a unit responsible for all the logistics, including rations, water, petrol and booking convoys - basically everything needed to keep the regiment functioning at the Australian base in Vietnam known as Nui Dat," Chas explains.

"I believed in the Vietnam war then, although my feelings have very

much changed, but at that point in time I enjoyed the camaraderie and the busy nature of the work.

"My experience of Vietnam wasn't full of carnage, though I did lose five friends which still hurts, but others I met there have remained friends for years afterwards, in fact to this day."

After Vietnam, Chas was posted to Perth for two years and then to New South Wales, before being discharged around the time Gough Whitlam came to power.

Once a civilian, he held a number of jobs including in a transport company and as a buyer for Clark Rubber, before joining Myer as a State training manager, a company he stayed with for the next 21 years, before going on to start his own consultancy a few years prior to retiring.

"I achieved so much without a formal education and I'm very proud of that," adds Chas, who now enjoys writing poetry in his spare time.

"I look back and I'm proud of the 14-year-old kid that I was with no real schooling behind me. It proves that you really can do anything in life, you just need to put your mind to it and go for it."

■ If there's one lesson that Vivian Bullwinkel Lodge resident Chas Monk has for the younger generation, it's to apply yourself wholeheartedly to the task at hand and accept life's challenges.

Living a life of service

■ Tricia-Lee Pinfold, RAAFA's operational support officer, has packed a lot into her 43 years of life to date.

As a result of joining the Australian Army at 18 years old - a vocation she says offers amazing opportunities for young people - Tricia has been deployed to East Timor as an operator supply clerk, undertaken night patrols in Black Hawk helicopters and has worked as an interpreter overseas.

"I joined the army reserves in Perth and then transferred to the Australian Regular Army at the start of my career after moving to Darwin where I completed my initial training in logistics," says Tricia, who is also a keen writer and published author.

"My stepfather was conscripted for Vietnam, but never left Australian shores, and he talked openly about his experiences which had an impact on me as a young person.

"Plus, one of my grandfathers was a paratrooper and the other a mine sniper during the Suez Canal conflict, so I guess I do have a family history of military service."

A born and bred West Australian, Tricia was initially a reservist at 11/28th Infantry Battalion. And when she transferred to the regular army she was posted to 1CSSB (1st Combat

Services Battalion) in Darwin, from where she was deployed with both 1CSST under INTERFET (International Force for East Timor) and then again 4CSST under UNTAET (United Nations Transitional Administration in East Timor).

Following these stints, she was posted to 85 Transport Troop in Sydney and then DNSDC (Defence National Storage and Distribution Centre) where she helped manage radio equipment and surveillance or 'secret squirrel' business as she humorously refers to the job.

"I absolutely loved my time in the army and achieved much more than I ever expected," says Tricia, who also learnt to drive 20-ton trucks, plant vehicles and underwent expansive weapons training in preparation for her time in Timor.

"The opportunities were amazing and when I look back, I definitely experienced some of the best days of my life whilst being in the army."

After leaving the services, Tricia went to work at Garden Island's weapons torpedo facility as a civilian, before moving to the UK where she and her husband lived with their three children for just over five years.

"When I came back to Perth, working for a service-based organisation was really important to me and RAAFA



appealed because of the work the organisation undertakes to support veterans," she adds.

"I've been here just over a year and I very much enjoy the role, I think it

helps having a service background because I know that language and I feel very comfortable with the role and RAAFA's mission and values."

Not slowing down for a centenary

George England has the ageing process down to a fine art.

Despite reaching his centenary on 18 May, George still lives independently at home at AFME, after moving into his Mirage Terraces apartment when it was newly built over 10 years ago.

George was born in Moora, a small town in the Wheatbelt located around 150 km north of Perth, where his parents and also his uncle and aunt farmed together.

An only child, family legend has it that George started going to school only when he could lasso and saddle up his own horse – at around 10 years old, and prior to that he was home schooled by his doting mother.

After finishing school at 16, George began work on the railways at the Moora office. This was during the war years, and although he continued to apply to serve in the Navy, his job was considered essential, and he was denied entry for several years. His persistence ultimately paid off however, and

George joined the Air Force in late 1943, where he trained as air crew.

Following WWII ending in 1945, George was discharged from the Air Force the following February and went back to work on the railways.

But in 1950, he changed career direction and joined the Commercial Bank of Australia as a teller, after which he was transferred to Albany and then Bunbury with the bank, before being sent to Victoria.

Soon after, George met his future wife, Elizabeth, at a tennis club in South Perth, and the couple married in Nedlands on 24 April 1953, before going on to have two children - a girl and a boy.

Life continued on, and the couple moved to country Victoria and then to Melbourne, during which time the bank trained George as an accountant, and he soon became a manager and then part of the internal auditing team. By the end of his career, George was Chief Internal Auditor of Westpac Bank for NSW and Victoria and his long banking career of 40 years saw him auditing

many branches, including those in London and New Zealand.

Upon retirement, George and Elizabeth moved back to Perth and settled in Booragoon. Sadly, Elizabeth passed away in 2003 after 50 years of marriage and, after 10 years on his own in the big family home, George moved into his brand-new apartment at AFME where he continues to have many friends and an active social life.

“Dad has always been very involved in the community, he has been an active member of the Lions Club for over 60 years and has a lifetime membership and many other awards,” says daughter, Jane England.

“He also only gave up driving when he turned 99 years old and is very proud of his unblemished driving record, with no accidents or infringements.”

Today, George is the patriarch of his large family, which now includes three grandchildren and nine great-grandchildren, most of whom are set to help him celebrate his centenary.



“Every Friday night dad goes to the club for dinner and to socialise, and once a month he enjoys his whiskey sundowners with several of the couples that live on his floor,” adds Jane.

“He’s still so switched on and he’s very engaged with politics and the economy. Oh, and he loves to follow the football and his much-loved Geelong, as well as those in WA.”

“Despite his centenary, there’s certainly no sign of him slowing down and all the family agree he is a wonderful example of a person who continues to embrace life and live it to the full.”



Move it or lose it

They say ‘use it or lose it’, and the residents at RAAFA’s Challenger Court definitely fit into the former category.

That’s because the seniors have been getting into ‘chair’ yoga, which enables them to stretch whilst remaining seated - which is perfect for those who have limited mobility or are at risk of a fall.

“Chair yoga makes yoga accessible to those with physical limitations,” says class instructor and resident Joan Glengarry, who moved into the estate around a year ago and who has a background in mental health, nutrition and yoga.

“It is common for seniors who have a few aches and pains to stop exercising altogether, but chair yoga really is ideal as it enables older people to stay active and maintain their physical health for longer, plus it’s also great for mental health.”

77-year-old Joan, who hails from New Zealand, has many years’

experience within the health sector, including in remedial massage.

“I was really interested in counselling as well so I went back to uni when I was 64 years old to study a counselling qualification,” she explains.

I’ve worked at health retreats too and I became interested in chair yoga a few years ago, I found it really beneficial and wanted to pass on the benefits to others in my retirement community.”

Currently Joan takes chair yoga classes every Tuesday at 10.30am. The gentle stretching class is then followed with a cup of tea and some socialisation for 30 minutes or so, which she also explains is hugely beneficial to people’s mental health.

The classes are available to everyone in the community and attendance is by gold coin donation, which then goes to pay for a hot drink at the end of the class.

AFME’s bowling club is the place to be

It’s widely accepted that bowling clubs have evolved beyond just their sporting function to become important social hubs of the community - and nowhere is that more apparent than at RAAFA’s AFME.

“Our bowling club at Bull Creek is so much more than just a destination to play lawn bowls,” says club president Pat Love, who adds that lawn bowls is a great sport which offers excellent social interaction.

“It’s a very relaxed place and participants can have a go at barefoot bowls and social bowls as well as joining in with night socials and then of course our State-based pennants competition,” he says.

“I think it’s fair to say that friendships really blossom with our great little community, and you can get breakfast and lunch five days a week and dinner on Friday nights, plus the drinks are affordable and the club facilities are second to none.”

Currently, AFME’s bowling club has close to 70 members, though the committee is appealing for some ‘new blood’ to come on board and start enjoying the sport.

“Everyone is welcome, even if you don’t have any bowls we can happily lend you some,” adds Pat.

“Whether you want to be a competitive player or just a social bowler, all your needs are catered for. New bowlers are nurtured, coached and encouraged, while experienced bowlers find strong competition at our club.

“And then when it comes to our facilities, well they really are excellent, so if you haven’t already given bowling a try, why not come and join us for some fun and friendly competition.”

So why not try it out? You too might become hooked on the game that is currently played by over 300,000 Australians. Contact Pat, nahapajo3@bigpond.com or 0418 929 688 for more information.



Club Bites

You may be required to show your RAAFA membership card when using the facilities available to you. Non-members are required to be signed in as a guest by a current member.

MEADOW SPRINGS CLUB 9582 5375

The Beaufort Restaurant located in the RAAFA Club is open for lunch Monday, Tuesday, Wednesday and Friday, with takeaways available Monday to Friday.

All bookings for lunch or dinner can be made at the bar.

Weekly specials

Monday, Roast \$14.50

Wednesday, Lunch - hump day menu, meals from \$12.00

Wednesday, Club Night - meals from \$15.00, chase the ace, bingo and horse racing

Thursday, Happy hour, 4.00pm to 6.00pm



Events

2nd Monday, 2.00pm to 3.00pm Devonshire afternoon tea

4th Friday, Bistro night (bookings essential)

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 day \$18.00

Tuesday, Fish and chips \$18.00

Wednesday, Pie day \$16.00

1st and 3rd Thursday, Lamb shanks day \$23.00

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

Friday, Chicken parma day \$19.00

Monday and Wednesday, Happy Hour 4.00pm

A la Carte night 4th Wednesday of every month



Residents 80th birthday celebrations

CAMBRAI CLUB 9304 5400

Cambrai Club is currently closed for renovations. Please watch this space for our grand reopening.



Incoming CEO Michelle Fyfe with Cambrai residents

MERRIWA CLUB 9400 3640

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, Devonshire afternoon tea 2.00pm to 3.00pm

1st and 3rd Tuesday, Club night \$15.00 parma or pasta. Includes beverage (bookings essential)

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

3rd Saturday, Sundowner bar opens 4.00pm

New home for Hornet

In more exciting news coming out of RAAFA's Aviation Heritage Museum, an F/A-18 Hornet has recently been retired to the ever-popular visitor destination.

The Hornet - an all-weather, twin-engine, carrier-capable, multirole combat aircraft - arrived at the museum during March, along with a team from the *Boeing F/A-18 Classic Hornet Sustainment Support Program*, which unloaded it and carefully manoeuvred it through AFME to its new home under the purposely built marquee.

Museum Manager, Trent Norris, says RAAFA has been very fortunate to have been allocated the aircraft, which is only one of eight to have been reserved for historical

preservation in Australia by the Royal Australian Air Force.

"Our Hornet actually first arrived in Australia on 17 May 1985 after a record breaking 15-hour flight from the USA, and it has amassed a huge amount of history during its flying career," says Trent.

"Everyone at the museum is thrilled to have added such an incredible aircraft to our exhibits, and we can't wait for it to officially go on display in June."



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

Indoor bowls – come and join the fun

Come along and enjoy the game of indoor bowls. There is plenty of opportunity for added enjoyment in life by participating in great activities like this. You can play all year round, regardless of the weather and get to enjoy some great company whilst getting your body moving.

Tuesday and Friday mornings at 9.30am in the meeting room. Contact Suzanne if you have any questions.



Cambrai Village

Easter messages made with love

Our residents enjoyed a special Easter delivery from the children at Sagewood Montessori Child Care Joondalup with special cards made from the different age groups.

Some children at the centre do not have grandparents, nor the opportunity to socialise with seniors, so together we are creating opportunities for grandparent figures and children to socialise and get to know one another.



AFME

Mum's Cottage

Donations came from across the estate to help bring some joy during Easter for mothers and their families doing it hard and experiencing distress or domestic violence.



Meadow Springs

Demystifying aged care

We held an interesting presentation recently by Baptist Care to provide greater insight into the confusing world of Residential Aged Care and how to navigate the system.

Residents found it very useful and were able to gain greater understanding of the next or future steps they may need to take either to remain independent, living at home or transitioning to residential care.



Amity Village

Cooking for your health

This month the City of Albany hosted a series of cooking classes, focusing on quick, easy and nutritionally balanced meals.

A nutritionist from the Health Department provided an information session, and then it was time to cook up a storm in the kitchen. Residents received a recipe folder which included a range of recipes for breakfast, lunch, dinner, dessert and snacks.



Cup a job

Another new initiative took to the ground running last month. The volunteer service is for residents who may not have the means or capacity to have small, odd jobs completed.

The initiative has a twofold objective,

1. assisting with minor jobs that My Aged Care will not complete under their services or that unfortunately also do not fall under the maintenance team, such as pulling a weed, move a pot, hang a picture etc
2. is by way of payment, being a cuppa and a chat, therefore increasing social connection. A win, win for everyone involved.

