

VETERANS RETREATS OF WA INC

MEENTHEENA

Address: 515 Rowley Road, Forrestdale WA 6112..
Website: www.vrwa-meentheena.org
Incorporated in Western Australia: 9th June 2010
Cert. of Inc.: A1014796U

Email: veteransretreats.wa.inc@gmail.com

ABN: 56922714007

Meentheena Newsletter May 2022



Welcome to 2022 and our May newsy letter. Thanks to the members who have sent news, photos & articles to the Office of VRWA veteransretreats.wa.inc@gmail.com

Membership subs were due on 1st January for the 2022 year. A big thank you to all the members who have renewed their membership this year. Your continued support is very much valued and appreciated.

Membership fees (\$25) per annum.

There is NO NEED FOR EXISTING MEMBERS TO FILL OUT A NEW FORM when renewing your membership for 2022.

You can direct credit using internet banking to our bank account making sure you put your name on the bank transfer:

Australian Military Bank BSB: 642170 A/C: 100269533.

Otherwise, payment can be made via a cheque to '***Veterans Retreat***'

Please forward your cheque to:

The Office of VRWA

515 Rowley Road

Forrestdale WA 6112

Please ensure a return name and address is on the reverse side of the envelope.

If members don't do internet banking, it's better to send a cheque for renewal rather than bank the renewal, at another bank except Westpac, because the bank charges Meentheena \$6.50 service fee. The other banks have stopped putting depositor's names on the transfer including Westpac, & VRWA doesn't know who has renewed!

If there is a spouse/partner or friend wishing to join, a membership form will need to be completed. It can be sent via post to the office address (as above) or via email to: veteransretreats.wa.inc@gmail.com

The new membership form can be downloaded from the website:

Our website has been updated and is up and running with a link to our Facebook page. **Meentheena Veterans Retreat of WA Inc.** Go to www.vrwa-meentheena.org or Google: Veterans Retreat Meentheena, then click on Meentheena.

We look forward to this year enjoying and promoting the retreat as most of our members know Meentheena is a retreat where anyone can go for peace and tranquillity. It's relaxing and calming atmosphere influences general wellbeing & mental health for our veterans who suffer with PTSD. Our aim has always been to create a comfortable place catering for the needs of our members. Here is a link to a video clip "You are not in the forces now". This video has been widely used since early 2000. It was always advised to watch this with at least one other person as it can be quite confronting. However, it is a valuable tool in understanding PTSD. <https://youtu.be/a2AJ4yz2Ekc>



It is important that the retreat keeps going not only for us older Vets, but as a retreat for ALL members of the public & the forces: Army, Navy, Airforce, Police, Fire, SES, Ambulance,

Doctors, Nurses etc. We would love to see some younger veterans come on board in all areas of the running of the Retreat. Please promote when and where you can.

Irish Russian War

President Putin is sitting in his office when his telephone rings.

"Hello, Mr. Putin!" a heavily accented voice said. "This is Paddy down at the Harp Pub in County Cork, Ireland. I am ringing to inform you that we are officially declaring war on you!"

"Well, Paddy," Putin replied, "This is indeed important news! How big is your army?"

"Right now," says Paddy, after a moment's calculation, "there is meself, me cousin Seán, me next door neighbour Seamus, and the entire darts team from the pub. That makes eight!"

Putin paused. "I must tell you, Paddy, that I have 1,000,000 men in my army waiting to move on my command."

"Begoora!" says Paddy. "I'll have to ring you back."

Sure enough, the next day, Paddy calls again. "Mr. Putin, the war is still on. We have managed to get us some infantry equipment!"

"And what equipment would that be Paddy?" Putin asks.

"Well, we have two combines, a bulldozer, and Murphy's farm tractor."

Putin sighs amused. "I must tell you, Paddy, that I have 60,000 tanks and 50,000 armoured personnel carriers. Also, I have increased my army to 1,500,000 since we last spoke."

"Saints preserve us!" says Paddy. "I'll have to get back to you."

Sure enough, Paddy rings again the next day. "Mr. Putin, the war is still on! We have managed to get ourselves airborne! We have modified Jackie McLaughlin's ultra-light with a couple of shotguns in the cockpit, and four boys from the Shamrock Bar have joined us as well!"

Putin was silent for a minute and then cleared his throat. "I must tell you, Paddy, that I have 1000 bombers and 2000 fighter planes. My military bases are surrounded by laser-guided, surface-to-air missile sites. And since we last spoke, I have increased my army to 2,000,000!"

"Jesus, Mary, and Joseph!" says Paddy, "I will have to ring you back."

Sure enough, Paddy calls again the next day. "Good mornin', Mr. Putin! I am sorry to inform you that we have had to call off the war."

"Really? I am sorry to hear that," says Putin. "Why the sudden change of heart?"

"Well," says Paddy, "we had a long chat over a few pints of Guinness, and we decided there is no way we can feed 2,000,000 prisoners."



Does anyone know who this old bloke is mowing the lawn outside the camp kitchen? His wife says he won't mow the lawn at home!

No-one has guessed correctly so far!

This is Peter Whyte hosting at the time with Les McGoldrick who took the photo.

Camp Hosts

Ian Armitt 15th May -4th June

Barry Wynne & Margaret Colley 4th-30th June

Peter & Barb Whyte 29th June- 9th August

Mick & Gabby Ryan 9th August-15th September

Barry Stokes & Marie Grayson 15th September-15th October

URGENT! URGENT! We are desperately in need of camp hosts from 15th October, all of November & December 1st-15th (Mark Newnham camp host 15th Dec-15th Jan'23)

If you can help us with hosting, it would really be appreciated. Contact Gary Fernihough, gary.fernihough@bigpond.com Ph. 0407776318

This year our camp hosts have been outstanding with Jarrad Tierney and Mark Newnham at the camp working during the very hot months. Mark serviced the troopy & the generator while he was there. Many thanks again to both of you for your dedication.

Peter & Lorraine Tuia took over and kept the camp in excellent condition & coped admirably with any problems that arose. A BIG thanks to them for all their efforts.

Barry Boyle, Peter Whyte & Barry Stokes have installed the new batteries for the upgrading of the solar system. These batteries (3 tons) were donated by Synergy through Ken Hunter. Barry Boyle organised to pick them up & transport them to the camp with the help of Peter & Barry. They now have the system up & running. Chris Barry from Rumble Resources who is a member & was staying at the camp pitched in to help. Many thanks to these guys for

doing this massive job. Thanks must also go to Ian Armitt who is now at the camp and monitoring the system and helping to iron out any glitches. Ian & his mate Hoffy have also been doing many minor repairs around the camp.



While there, Barry Boyle did some repairs to the tractor & vehicles, but we are still looking for someone younger with mechanical skills to takeover this job. If there is anyone who could take on this role, please offer your help and contact Barry Malbaz100@gmail.com. He is very willing to assist with consultation on any issues.

The fence around the camp area has been fixed with the electric unit operating again so the cattle can't come in & graze on the grass or knock down the trees. Barry Stokes also did a sterling job by tidying up the tool room. Chris Barry also helped with other tasks around the camp.

Best wishes to everyone

Barb Whyte