

How to Know You Are Getting Old

Everything hurts, what doesn't hurt doesn't work.. Your children begin to look middle-aged.

You join a health club but don't go.

You look forward to a dull evening.

Your knees buckle but your belt won't

Your back goes out more than you do.

You need glasses to find your glasses.

You turn down the lights for economy not romance.

Your house is too big and your medicine chest too small.

You sink your teeth into a steak and they stay there.

Can't do it yourself?

Painting & Decorating

Ring Graham Beale on 01424 219824 Mob:- 07895008546 No job, too small. Free estimates .

Plumbing & Heating

Central heating / General Building. If you have any problems ring Paul Baker on

Mob:-078772633689

Problems with your PC?

PC running too slow?

Don't know what to do?

Need Advice?

Need help installing Hard / Software?

Ring Steve on **01424 211999** or e-mail :-**steve.bridges@sbpcs.co.uk**

Copy for next magazine to reach me by 14/08/2009 John Leahy (Editor)

The Albatross

RAFA Bexhill on Sea Branch & Club
Registered Charity No 263248

Annual Lunch and review of R.A.F.A.

The Annual Lunch at the Cooden Beach Golf Club was a great success. The food was of its usual high standard and 73 members and our guest of honour, Air Vice Marshal Grahame Jones Secretary General of RAFA attended. After lunch our guest gave a very interesting review of the future of the R.A.F.A. He said that recruitment of new members is the way forward. If each member could introduce one person to join us, it would stem the tide of our losses through natural wastage. It is also to make the public more aware of our presence and have decided to make the Wings badge our "Logo" as the Poppy is to the Royal British Legion. He emphasised that Clubs, such as ours, are the mainstay of the organisation and that without them it would be difficult to raise funds to help service Personnel in their hour of need. We have some strategies in place to help families of serving personnel who may have Marital Problems. A "talking books" for children whose Fathers are serving aboard using their fathers voice. This is besides the normal welfare tasks and the running of homes like Richard Peck House. We have resolved the problems of the past and look forward to a bright Future. A big Thank You to all who helped to make it a success.

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Regular Monthly Events Bar Opening Times

2nd Monday Aircrew Association	11.00	Mon - Sat Morning & Lunch Time.
Every Monday Keep Fit	14.30	11.00 to 14.30
Tuesday - Table Tennis	11.00	“ Evenings 19.00 to 23.00*
Friday - “ “	11.00	Sunday PM 12.00 to 14.00*
4th Tuesday Creole Jazz Night	20.00	*Closed Thursday & Sunday Evenings
1st Wednesday Coffee Morning	10.30	Meat raffles are held on Friday lunch times, tickets are available at the bar.
2nd Wednesday Welcome Group	10.30	Proceeds go to the Club to cover overheads.
4th Thursday Welcome Walk	09.30	Our Chef Heather is providing delicious meals Tuesdays to Saturdays and 2nd Monday of the month. With a full roast dinner on Wednesdays. Please support her with your custom..
Meet at Club, then drive to start of walk		
1st & 3rd Thursday WAAF/WRAF	11.00	
1st Friday Quiz Night	20.00	
1st & 3rd Sat (Usually Bingo)	20.00	
2nd & 3rd Friday Crib Night	19.45	

Check notice board for variations and details of other activities.

E111 European Health Insurance Cards

The card that replaced the paper E111 form for Health Treatment whilst abroad in EU countries, has an expiry date printed on the reverse. If you require health treatment when in these countries and the card is “out of date” it could be very expensive, as you would have to pay for the treatment you have received. If you are travel-

ling to any of the EU countries it would be a good exercise to check that the expiry date is not due during the period that you are away. You can receive health related travel advice on +44(0)20 7210 4850 Mon—Fri 9-5; UK time. Delete +44 if phoning from home. For travel outside the EU you must have Health Insurance!!

Forthcoming Events

Saturday 6th June (D-Day) There will be a musical quiz, a sing-along, followed by an American supper. Concert by the RAFA Presidents band at St Augustine’s Church Cooden Drive at 7.30 pm Tickets are available at the bar in the Club Cost £10.00.

Saturday 4th July the Air Crew Association are holding a special event for Independence Day. **Saturday 1st August 10.30-12.30 pm** Wings Gala there will be some stalls outside weather permitting. Donations for raffle will be much appreciated

Welcome Group

June 10th “Alcester Court Leet”. Medieval talk by Foster Richardson, with slides.
July & August Summer break
September 9th “Roaming The Cuckmere Valley”, with slides Michael Hoad.

Starts at 10.30 Admission £1 this includes tea/coffee & biscuit

Strawberry Tea

The branch is holding a Strawberry Tea on 9th June at 14.30 for the residents of Princess Marina House, Mais House & any ex-RAF personnel who are in care homes in Bexhill. Volunteers are needed to push wheelchairs and entertain our visitors, serve the food & wash dishes.

Upgrading of Club

As the people who use the club will be aware the decorating of the lounge area has been completed, apart from the little area where we had water coming through the roof. A repair has been made to prevent any further ingress but the Person who did the job said that we will need to have a complete overhaul which will cost about £4000. Our building fund has about a quarter of this which has been raised from donations, and profit from the events run such as Burns, St Patrick's & St Georges day. Thank you for your continued support. Thank you to all those who make it possible