



**RAAF Vietnam Veterans  
Association (Vic)  
and  
Air Force Association (Vic)  
Vietnam Veterans Branch**



**NEWSLETTER**

**December 2020  
(COVID "Normal" Edition)**

**[www.afavic.org.au](http://www.afavic.org.au)**



## **NEWSLETTER of RAAFVVA and Air Force Association (Vic) VV Branch**

The official journal of RAAF Vietnam Veterans Association (Vic), a Sub-Branch of the VVAA Vic Branch Incorporated  
(Reg. No. A0029247G. ABN 34 750 672 219)  
and RAAF Association (Vic Div) Vietnam Veterans Branch – (ABN 96 091 342 304)

**Patron: Air Vice Marshal E. M. Weller AM**

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Alan White (Wellbeing Advocate Level 2)	Melbourne Area	Phone (03) 9598-1007
Bill Wiltshire (Compensation Advocate Level 2)	Melton	Phone (03) 9746-9582

### **ACCREDITED ADVOCATE REGISTER (AAR) - [www.advocateregister.org.au](http://www.advocateregister.org.au)**

Nationally, there are 702 qualified Advocates, linked to ESOs, who are trained to assist in accessing services relating to wellbeing, rehabilitation, compensation and appeals. Simply type your postcode or location into the AAR website to find your nearest Advocate.

### **VETERANS' CENTRES SUPPORTED BY RAAFVVA and Air Force Association (Vic)**

Western Suburbs Veterans and Services Centre	Phone (03) 9746-9582	Fax (03) 9746-9583
Melbourne Veterans and Services Centre	Phone (03) 9282-4957	Fax (03) 9282-7089

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**EDITOR:** RAAFVVA and AFA (Vic) VV Branch Committees

**PUBLISHER:** Geoff Rose

## PRESIDENT'S REPORT

Dear Colleagues,

In many ways, 2020 is a year that the Victorian members of our Branch will be glad to put behind them with the State Government lockdown restrictions forcing us to rethink the ways we communicate with each other. The impact of COVID-19 on Branch activities was also significant with the re-arrangement of our normal gatherings on Vietnam Veterans Day as I mentioned in the last Newsletter.

Our planned visit to the National Vietnam Veterans Museum to commemorate the 50<sup>th</sup> anniversary of the loss of a 2 SQN Canberra and its crew was also impacted by the last-minute notification, from the Victorian Minister for Veterans, that permission for travel by persons living in the Melbourne Metropolitan Area to Phillip Island had not been approved. We were also notified that the planned fly-past by the Air Force Roulettes had also been cancelled for operational reasons. These unfortunate developments led to some last-minute re-arrangements and the AFA National President, Carl Schiller and four members of the Ballarat Branch of the AFA Victoria, who all live outside the metropolitan area, were able to travel to Phillip Island and kindly represented our Branch at the commemoration at the Museum.



During the year, our Branch Committee has been holding our monthly meetings using video-conferencing software which has meant that some committee members not able to "Zoom" were not able to contribute. With the further easing of restrictions on gatherings announced by the Victorian Government on 22 November, life is steadily returning to 'normal' and our Branch Committee will now be able to meet in person at the AFA (Vic) office.

Educational Bursaries sponsored by the RAAFA (Vic) Foundation together with the RAAF Vietnam Veterans Association (Vic) will again be available for next year. Details regarding the eligibility and administration of the bursaries is available in this Newsletter (and the latest issue of "Contact") and will be further publicised via an AFA email to all members.

On behalf of the committee, I take this opportunity to wish everyone a happy time with family and friends over the Christmas and New Year festive season and a safe (COVID free) and prosperous 2021.

Chris Hudnott

President RAAF VVA / AFA VV Branch

A♣ C♣  
Hold on, I'm coming.  
D♣ A♣  
Hold on, I'm coming.



A♣ C♣  
Hold on, I'm coming.  
D♣ A♣  
Hold on, I'm coming.



## NOTICE BOARD



### NOTICE OF THE RAAFFVVA/AFA (Vic) VIETNAM BRANCH 2021 ANNUAL GENERAL MEETINGS

TO BE HELD JOINTLY ON SUNDAY  
14<sup>TH</sup> FEBRUARY 2021



The Annual General Meetings of the RAAF Vietnam Veterans Association and the Air Force Association (Vic) Vietnam Branch will be held concurrently on **Sunday the 14<sup>TH</sup> February 2021 commencing at 1400 hours**. The venue for these meetings is the Air Force Association (Vic) Headquarters, 24-36 Camberwell Road, East Hawthorn, Vic.

Any financial member who wishes to raise an item of general business is requested to notify the Secretary no later than the 31<sup>st</sup> of January 2021.

All committee positions are open for nomination from any financial member of these Associations prior to 31<sup>st</sup> January 2021. Nominations for other than Executive Committee positions will be accepted up to the election of office bearers at the AGM. Members may nominate themselves without having to have another member second the nomination. Nomination Forms are available from the Secretary.

**Air Force Association (Vic) and Vietnam Veterans Bursaries will be awarded prior to commencement of the AGM. The Bursary presentations will be followed by a short interval during which afternoon tea will be provided.** On completion of the AGM there will be **free liquid refreshments** for those attending: a good opportunity to have a mini reunion.

### AGENDA

1. Opening – ODE
2. President's welcome and general announcements
3. Presentation of Air Force Association (Vic) Bursary Certificates
4. Interval for attendees to partake in afternoon refreshments before commencement of AGM
5. Attendance Register
6. Apologies
7. Acceptance of previous Minutes
8. Business arising from those Minutes
9. Financial Report for year ending 31<sup>st</sup> December 2020
10. Correspondence
11. General Business
  - Membership Report for previous year
  - Membership as at AGM
  - Donation recognition
12. President's Report and questions from the floor
13. Election of Office Bearers
14. Honours and Awards
15. Closure

Gill Coughlan  
Secretary  
RAAFVVA / AFA (Vic) VV Branch



## AIR FORCE ASSOCIATION (Vic) VIETNAM VETERANS BURSARY AND ENCOURAGEMENT AWARDS

2021



**\*CLOSING DATE FOR APPLICATIONS – Friday, 22<sup>nd</sup> January 2021\***

The Royal Australian Air Force (Vic) Foundation in conjunction with the Royal Australian Air Force Vietnam Veterans Association (Vic) has established an annual Bursary for eligible dependents.

The Bursary, administered by the RAAF Vietnam Veterans Association, represents another facet of the assistance both Associations are delivering to former and serving RAAF members and their families.

### Eligibility

The child, adopted child or grandchild (who normally resides in Victoria) of a person with operational service, or three or more years continuous fulltime service, as a member of the Royal Australian Air Force.

The stepchild or foster child is eligible, if they have resided with or been financially supported by the veteran stepparent or foster parent, for five of the last ten years.

Under the age of 25 when applying unless exceptional circumstances, related to the veteran's service, exist.

Enrolled in (or planning to enrol in) any recognised educational or training course.

Any activity or representation associated with any recognised educational or training course.

**Note:** 1. Applicants may apply separately or be nominated by any Branch member of the Air Force Association (Victorian Division).

2. When completing the Application Form, please ensure you advise the educational or training course you are undertaking (or planning to undertake).

3. Previous scholarship winners are entitled to reapply.

### Assessment

The RAAF Vietnam Veterans Association Bursary Sub-Committee will assess applications/nominations on merit.

### Administration

**Applications to be forwarded to the Secretary, RAAF Vietnam Veterans Association, by the 4th Friday in January of each year.**

The Secretary, RAAF Vietnam Veterans Association, will advise the successful applicant/applicants and the bursary amount during the second week of February each year.

The Secretary, RAAF Vietnam Veterans Association, will invite the successful applicant/applicants to attend the Annual General Meeting for presentation of the Bursary and Bursary Certificate.



The Application Form can be accessed through the AFA (Vic) website: [www.afavic.org.au](http://www.afavic.org.au) (Click on 'Branches', select Vietnam Veterans and click on 'Bursary') or, a copy is available on the next page of this Newsletter, for applicants to print and complete.

Please address your Application to Mrs Gill Coughlan, Secretary RAAFVVA, via: -

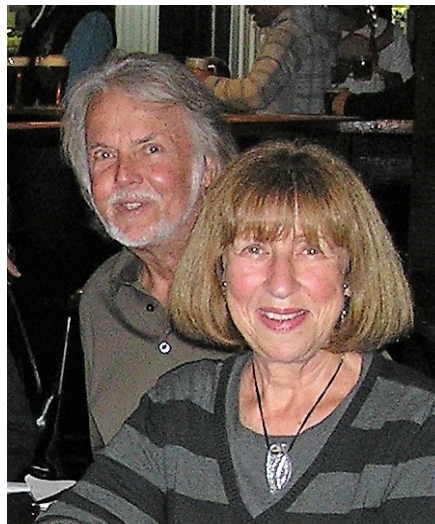
Email: [gilly4346@gmail.com](mailto:gilly4346@gmail.com) , or  
Australia Post: U10 / 42 Coral Drive  
Hampton Park Vic 3976, or  
Phone: 0408 503 986 or 8744 0646 (for any further information).

### Announcing Two Additional Awards

#### The John 'Snow' Coughlan CGM Encouragement Award



#### The Lee and Ellen Scully Encouragement Award



These two separate Awards, named in honour of our highly esteemed past members, will provide an amount of five hundred dollars to applicants deemed most worthy of such assistance.

**All applicants for the Bursary will be considered** for either the John 'Snow' Coughlan CGM Encouragement Award, or the Lee and Ellen Scully Encouragement Award, so there is no need to apply separately.

**\*CLOSING DATE FOR APPLICATIONS – FRIDAY, 22<sup>nd</sup> JANUARY 2021\***



# AIR FORCE ASSOCIATION (Vic) VIETNAM VETERANS BURSARY



## APPLICATION FORM

**Applicant's:** .....  
First/Given Names Surname/Family Name

**Date of Birth:** Day..... Month..... Year.....

**Address:** .....  
.....

**State:** ..... **Post Code:** .....

**Contacts:** Phone (home)..... Mobile.....

Fax No..... Email.....

Preferred Day Time Contact:.....

**Eligibility:** (if insufficient space, please attach separate page/pages)

Provide details (including anticipated costs) of the Educational or Training Course, Associated Activity or Representation being Undertaken or Planned for which the Bursary is to be applied:

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

**Assessment:** Provide a short (no more than one A4 page) submission outlining: "Why I deserve to be an Air Force Association Vietnam Veterans Bursary Awardee!"

### Veterans Details:

**Name of Veteran** .....

**Detail of Service** .....

**Applicant's Relationship to Veteran**.....



**Monthly Luncheon remains cancelled - until NEXT YEAR.**  
(Yes, 2020 was a 'write-off', but we will 'RISE AGAIN' in 2021!)

Due to our AGM on Sunday 14<sup>th</sup> February, the first monthly luncheon is planned for **Wednesday, 17<sup>th</sup> March 2021**, at the usual location - the Mail Exchange Hotel, 688 Bourke Street, City, corner of Bourke and Spencer Streets (directly opposite Southern Cross Station).



**NB:** Mrs Gill Coughlan, our hard-working Secretary, requests that you **please notify her by the Monday prior**, of your intention to join us for lunch at the Mail Exchange.

This will enable a more accurate number to be passed to the hotel when making the monthly booking.

**Gill's mobile: 0408 503 986**  
**Email: gilly4346@gmail.com**

Generally, our monthly luncheons are planned for the third Wednesday of each month. However, any changes will be posted on AFA (Vic) website (Vietnam Veterans Branch) and via email to members.

**Our Member, Alan White, has published an informative and educational book:**



Being diagnosed with prostate cancer once in a lifetime is enough. In 2011, Alan White was facing a second round with this life-threatening disease.

Alan's years of experience as a natural health practitioner and counsellor helped him and his wife, Fiona, to make the choice that no man really wants to make - surgical removal of the prostate gland - and to recover, physically and emotionally.

Talking about the things not usually discussed - sex after surgery, giant incontinence pads and how to wrangle your overnight urine bag - Alan shares his story and his discoveries. Fiona adds her tips for partners of men facing prostate cancer.

Alan has been the facilitator of the local Prostate Cancer Support Group in Bayside Melbourne for several years. He is also involved in ongoing research through the Peter MacCallum Cancer Centre to develop better ways of helping men make well-informed choices about their prostate cancer treatment. He continues to work as a counsellor and natural health practitioner, with a special focus on men's health and wellbeing.

*We've lost my prostate, mate!* is Alan's story about the diagnosis, the decision making, the surgery and the road to recovery. He shares the good, the bad and the ugly along the way, providing helpful tips for fellow prostate cancer sufferers. Armed with his irrepressible laughter and a very determined wife, Alan shows that there is life after losing your prostate, mate.

My website is [www.theprostatezone.com](http://www.theprostatezone.com) and people can buy the book via my website or via [www.amazon.com](http://www.amazon.com). It is also available to download as an e-book. The price via my website is \$25 plus \$5 for postage. I am happy to answer emails or take calls from anyone with any queries. Alan White on, Ph: (03) 9598 1007, Mobile: 0407 617 800 or email: [alan@theprostatezone.com](mailto:alan@theprostatezone.com)



**Do you have travel plans?** AFA VV Branch member, Dan Nebauer, offers discounts to current and ex ADF members. Dan specialises in Asian travel, but his knowledge and experience can cater for all your international and/or domestic travel needs.



## Personal. Reliable. The way travel arrangements should be

### Tailored holiday specialist

Hi, I'm Dan Nebauer - your personal travel manager!

I served in the RAAF for more than 25 years with numerous postings within Australia and overseas, including 12 months in Vietnam with 35 SQN. Since leaving the RAAF, I have travelled extensively myself and arranged holiday and travel plans for literally hundreds of very satisfied clients. Whilst specialising in Asia destinations like China, Tibet and Mongolia - Nepal, India & Sri Lanka - Vietnam, Burma, Borneo and all SE Asia - I am also able to cover the rest of the globe for you - by air, land and sea. So put my 20 years of travel industry experience to work for you!



### Dan Nebauer

To find out more, call me:

Or contact me by email:

Sign up for my newsletter at:

0413 611 541

[dan.nebauer@travelmanagers.com.au](mailto:dan.nebauer@travelmanagers.com.au)

[travelmanagers.com.au/DanNebauer](http://travelmanagers.com.au/DanNebauer)

Part of the House of Travel Group. ACN 113 085 626. Member IATA, AFTA, CLIA

# Veterans Wellness Programs

## DVA Pays

for the clinically necessary treatment

Entitled Department of Veterans' Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

**Gold Card Holders** are entitled to clinically necessary treatment covered by DVA's health care arrangements for all health conditions.

**White Card Holders** are entitled to clinically necessary treatment for an accepted disability ie: an injury or disease accepted by DVA as caused by war.

### Start today and experience the benefits...

- ✓ Increase mobility and balance
- ✓ Reduce and manage age related illness
- ✓ Assist with the management of chronic health conditions, back pain, cardiovascular disease, arthritis, diabetes and more
- ✓ Exercise Physiology, Occupational Therapy, Dietetic & Physiotherapy services available.
- ✓ Operating out of Gym & Aquatic facilities, also with the option of home visits.

**NJF**  
Exercise Physiologists



### VICTORIA

NJF operates out of numerous locations, call to find your nearest location.

**1300 890 507** or 0449 713 472

E [admin@njfwellness.com.au](mailto:admin@njfwellness.com.au)

[njfwellness.com.au](http://njfwellness.com.au)

## OUT AND ABOUT

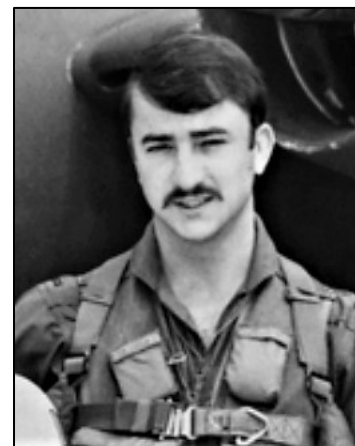
### 50<sup>th</sup> Anniversary of the loss of “Magpie 91”

Tuesday 3<sup>rd</sup> November 2020

**Flying Officer  
Michael Herbert**



**Pilot Officer  
Robert Carver**



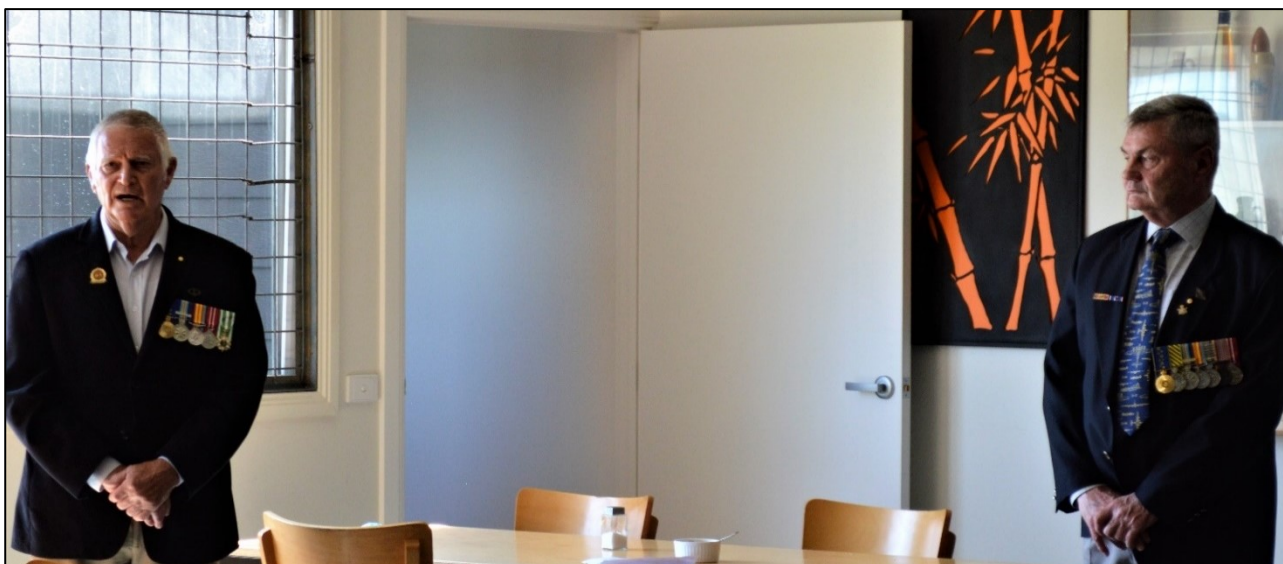
A commemoration ceremony was held on this day at the National Vietnam Veterans Museum on Phillip Island to honour and remember the crew - Flying Officer Michael Herbert and Pilot Officer Robert Carver.

Disappointingly, COVID-19 Travel Restrictions prevented many keen Melbournians from attending. However, an abbreviated service was conducted within the confines of the Museum's 'Anteroom', attended by NVVM volunteer staff and a relatively small number of residents from non-Melbourne Metropolitan Areas. A special “thank you” must go to Bob Woods, our ‘un-official NVVM RAAFie-on-the-spot’, who participated in the service and also provided photographs of the occasion.



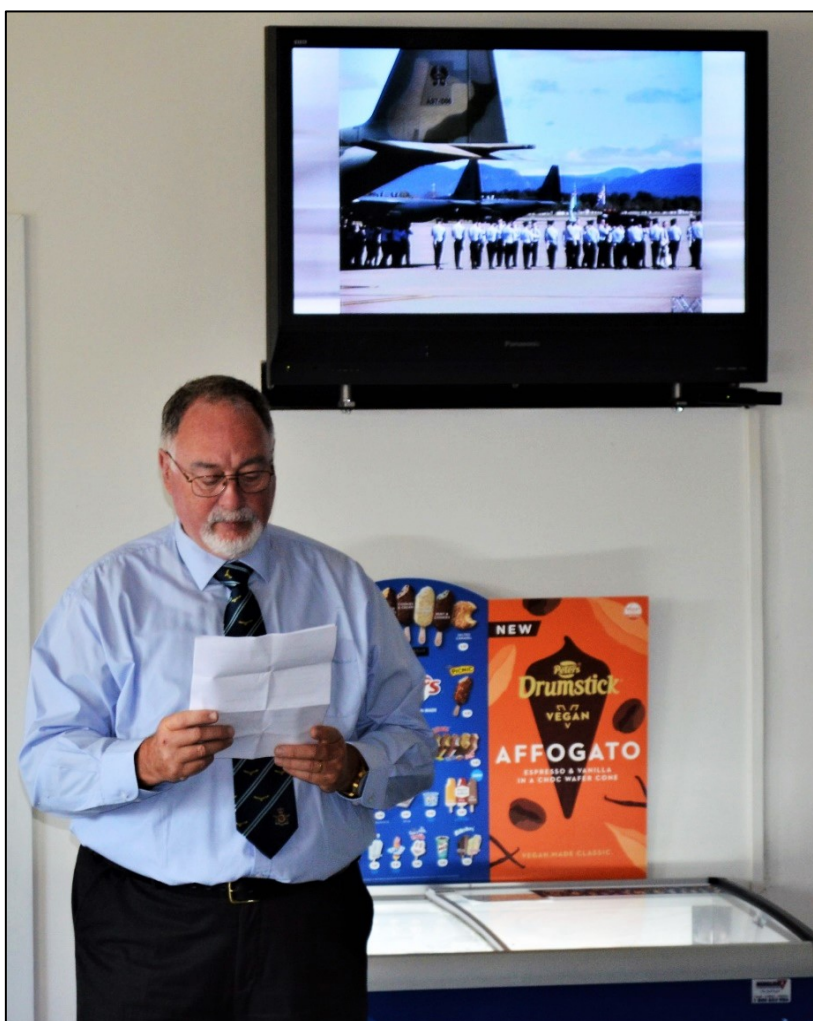
John Methven, NVVM Board Member, welcomed attendees before passing to Carl Schiller, 2 Sqn Vietnam veteran, and current AFA National President, who followed with an outline of the Squadron's operations in Vietnam. Particularly, detailing events leading to the fateful disappearance of “Magpie 91”, and the long, arduous, but miraculously successful operation to discover and confirm the wreckage. “Operation Aussies Home”, initiated by Lt Col Jim Bourke (Retd), resulted in the eventual location and repatriation of all six Australian Vietnam MIAs. Mike and Bob were the last to return.





Maintaining 'social distancing': John Methven on the left and Carl Schiller.

Bob Woods read an emotional poem written by 2 Sqn Association member, Tomas 'Paddy' Hamilton. Paddy had penned the words in Aug 2009, following the successful discovery and identification of the aircraft wreckage and in anticipation of the final return of the two crewmembers.



Screened behind Bob was the Repatriation Ceremony at RAAF Base Richmond, welcoming the final homecoming on 31<sup>st</sup> August 2009. The two caskets, accompanied by close family members and RAAF Honour Guard, were flown from Hanoi aboard a RAAF C130H.





### **In Memory of “Magpie 91” by Tomas ‘Paddy’ Hamilton**

You’ve lain within your fallen steed, for nearly forty years  
But decades cannot wipe away, the heartache and the tears  
For we tried to bring our warriors home, at the end of that long fray  
But sadly, two were to remain, for we knew not where they lay

You were not to question why, the riddles of this war  
You proudly wore the uniform, as your fathers had before  
But you were spared the painful mask, of those who had returned  
Who were to face a jeering crowd and our nation’s flag being burned

There are some who’ll say your name, at sunset and at dawn  
And some will even see your ghosts, in the mists of ANZAC morn  
Your names are found on marble walls, of heroes most long gone  
But no one ever leaves this life, while the memories live on

Through the help of former foes, your sanctuary has been revealed  
For sweat, hope and tears pushed back, what nature had concealed  
The mystery has been put aside, we finally know the truth  
And found the place where you have slept, in eternal youth

You’ll be met by your old mates, today well past their prime  
Who recall you as you were, in that distant time  
For now beneath that jungle damp, your souls no longer roam  
You will lie in native soil, our magpies have come home



## **'Closing the Bracelets' Bringing home the crew of Magpie 91**

AFA (Vic) produced a video to commemorate the 50<sup>th</sup> Anniversary and to enable a lasting history of events surrounding the disappearance, discovery, identification, recovery, and eventual repatriation of the crewmembers of Magpie 91. Included is an explanation of the 'Closing the Bracelets' ceremony, with pictures from the service at the NVVM and the coinciding Repatriation Ceremony at RAAF Base Richmond on 31<sup>st</sup> August 2009.

Co-presenters were Max McGregor, former 2 Sqn Vietnam pilot and current AFA (Vic) President and Chris Hudnott, FAC pilot Vietnam, current President RAAFVVA and AFA (Vic) VV Branch.



**The video is accessible through AFA (Vic) website: [www.afavic.org.au](http://www.afavic.org.au)**

(On the Home Page, under 'Latest News' heading, select 'Read More' to bring-up the article, and then click on the image of Mike and Bob, to play the video.)



**'The Bracelets were Closed' on 31<sup>st</sup> August 2009**



Remembrance plaques located at the National Vietnam Memorial in Canberra – Lest We Forget.



## 2020 (Almost over)

If you think this year 'didn't seem real' - there might be a reason for that. Most of our usual annual activities; ANZAC Day, Vietnam Veterans Day, Remembrance Day etc were cancelled, and replaced with a 'Virtual' Service – now that definitely was 'unreal'. Two recent examples below.



No, not going to mention the annual Pilgrimage to Point Cook (cancelled). Let's just look forward to 31<sup>st</sup> March 2021. Does that date 'ring a bell'? Yes, Centenary of the RAAF, so get ready to PARTY!



## DID YOU KNOW?

### RAAF Veterans' Resident Trust (RVRT)

The RVRT was established by the Royal Australian Air Force Veterans' Residences Act 1953. It provides residences for former members of the Air Force and their families who are in need.

The finance for the trust came from a prize given to Commonwealth Air Forces during World War II, of which the RAAF's share was \$458,000. Over the years, this has been invested to acquire 75 residences throughout Australia.

The residences are generally a one or two-bedroom unfurnished, self-contained unit and are located at:

Address	No of Apartments
29-31 Brighton Street, SANDRINGHAM, VIC	20
10 Greenbank Street, CHERMSIDE, QLD	8
32 Primrose Street, SHERWOOD, QLD	12
23 Cecil Street, ASHFIELD, NSW	11
94 Ninth Avenue, CAMPSIE, NSW	12
126 Yorktown Road, ELIZABETH PARK, SA	9
4 McRobies Road, HOBART, TAS	3

For any further information about the operation of the Trust, including eligibility and **Applications for Tenancy**, you can **contact**:

RAAF Veterans' Residences Trust  
L474 - GF - R41  
RAAF Williams  
LAVERTON VIC 3028

Email: [raaf.vrt@defence.gov.au](mailto:raaf.vrt@defence.gov.au)



#### **NB: Latest update from Alan White**

There is currently a 1-bedroom unit being renovated at 31 Brighton Street, Sandringham, Vic, and I have heard that a 2-bedroom may also become available, in the near future.

There is presently a waiting list, but if a RAAFie or immediate family member(s) require accommodation, then I'm led to believe they will go to top of the list. This would also apply to other ADF ex-members.

My wife and I have lived in a 2-bedroom unit here in Sandringham for the last 11 years, and it has been a godsend. So, if you or anyone you know is in a position to take advantage of these opportunities, please do not hesitate to contact me or RVRT direct, for any further information.

Regards,

Alan White  
Air Force Association/RAAFVVA Wellbeing advocate level 2  
Ph: 9598 1007



## **Do you Remember the Runaway Auster?**

### **An article by Kim Duncan (Fleet Air Arm Australia Association)**



On her Coronation cruise in 1953 HMAS Sydney shipped two Auster Autocar J-5G aircraft home from the UK for use as communications and training aircraft at the Royal Australian Navy Air Station at Nowra, south of Sydney. For 10-years they served variously with 723, 724 and 725 Squadrons. The Auster was a popular civilian light-aircraft, which was adopted by the military as an AOP/Artillery Spotter, among other things.

At RANAS Nowra, the Austers looked out of place among the high-powered fleet-air-arm aircraft, but they were useful. Seemingly, the main role for the Auster was to do the jobs 'real' aeroplanes didn't do. Also, pilots no longer posted to 'flying' squadrons could keep-up their flight time and 'refresh'. As such it was not unusual to see an Auster, piloted by someone 'a little rusty,' doing 'kangaroo hops' down runway 21, then flying around Nowra Hill and repeating the performance. The Auster was a sturdy, reliable little aircraft and it performed well.

Anyway, life wasn't always dull for the RAN Austers - because one was involved in a bit of excitement - along with two Hawker Sea Fury aircraft. The date in question was 30 August 1955 and the excitement was caused by a runaway civilian Auster Archer J-4, which had taken off from Bankstown airport - without anyone at the controls! Apparently the pilot had dismounted to restart the engine by hand. One flick of the propeller - and away went the Auster down the runway and into the sky.

Needless to say, the situation was causing the authorities some dismay. But one of the RAN Austers from Nowra was making its way to nearby Schofields aerodrome and the pilot, Commander J. Groves, offered to trail the runaway aircraft, which was heading across town towards Sydney CBD. After watching the errant Auster for over an hour, the RAN Auster had to break-off from the chase as it had been airborne for more than three hours.



Meanwhile, with Sydney radio stations broadcasting minute-by-minute reports on the Auster's progress, the excitement on the ground was nearing fever-pitch. In a bold stroke the authorities called the RAAF who scrambled a Wirraway from Richmond to shoot down the delinquent aircraft.

By now the pilotless Auster had managed to fly across the city to Manly, where it turned north towards Palm Beach. Flying into a steady breeze the Auster gained altitude - to around 9,000 ft. Here the air tends to be cold and as the gunner in the rear of the Wirraway was to find out - it was very cold! In fact, so cold he was unable to change magazines on his Bren gun after his initial shots failed to stop the Auster.

With the Wirraway retiring from the scene, the RAAF sent two Meteor jetfighters from Williamtown to intercept the Auster. It did not take long for the Meteors to catch up with it. However, because the Auster was only doing about 60 knots, the pilots found it difficult to position for a shot. Adding to the frustration the first Meteor's guns jammed - having fired only a few rounds. And the second didn't shoot at all.



Meanwhile, at Nowra, two Sea Fury aircraft had returned to base after firing rockets at Beecroft Range. The Sea Furies, from 805 squadron, were piloted by Lieutenants Peter McNay and John Bluett. Both of their aircraft were quickly loaded with 20mm ammunition and the pilots were told to fly to Sydney. Flying north the two RAN Sea Furies arrived on the scene shortly after the RAAF Meteors broke-off their engagement. As a precaution, to ensure the Auster Archer was empty, McNay lowered his flaps and undercarriage, slowing his prop-driven Sea Fury - to check the cabin – as a report had been received that a schoolboy might be onboard.

Ensuring it was empty; McNay positioned his Sea Fury behind the Auster, now at about 10,000 ft and some distance out to sea, he fired a short burst from his 20mm cannons - hitting the Auster and knocking it out of a turn. Bluett, in the other Sea Fury, then fired from a beam-on position, causing the Auster's cockpit to burst into flames. Badly damaged, the Auster nosed-down in a slow spiral. McNay followed with another burst from his cannons, sending the Auster crashing into the sea.

This was handy work on the part of the RAN pilots, not least because the Navy Auster was nearby when the civilian Auster took-off from Bankstown. The pilotless aircraft had been airborne since around 0830 and it was 1135 when the Sea Furies arrived. By 1142 the Auster was destroyed - hitting the ocean about five miles off the coast. The remarkable thing is the runaway Auster was airborne for over three hours - and fortunately, not involved in a major accident.





## HEALTH and WELFARE

### Findings from the study: Effects of traumatic brain injury and post-traumatic stress disorder on Alzheimer's disease in Australian war veterans.



THE UNIVERSITY OF  
MELBOURNE

We have analysed most of the data that has been provided over the course of this study, and results are being published. We have also compared our results to those of a similar study in US Vietnam Veterans, run at the same time as ours, and the results are very consistent.

In summary we have found no evidence of increased early features of Alzheimer's disease in veterans who sustained a traumatic brain injury (TBI) or developed PTSD from their time in active service. In particular there was no increase in amyloid plaques or tau tangles compared to the veterans without a TBI or PTSD. These abnormal protein clumps, that slowly build up in persons who develop Alzheimer's disease, can be detected on PET scans 15 years before symptoms appear. So this is very good news.

In those who suffered a moderate or severe TBI we did find some changes in brain white matter i.e. the connections between brain cells. We did not find this in those with a mild TBI. This finding was expected based on previous studies of TBI in humans and animals where white matter damage was found. Our study shows that some white matter damage persists into later life.

We did find that those with PTSD did not perform quite as well as the veterans without PTSD or TBI on memory tests but performance was still normal compared to the general community. Our unaffected veterans actually performed above the general community average. When we did some statistical modification to remove the effects of anxiety and depression on the test scores, we found almost no difference between the veterans with PTSD and those without.

A handwritten signature in blue ink, appearing to read "Chris Rowe".

Christopher Rowe MD FRACP  
Director Molecular Imaging Research  
Austin Health,  
Director Australian Dementia Network  
University of Melbourne.

A handwritten signature in blue ink, appearing to read "Regan Tyrell".

Regan Tyrell RN  
Study Co-ordinator  
Austin Health

## The Eyes Have It: look after them - if you wish to see into the future

### Posterior Vitreous Detachment

**Symptoms:** floating spots, cobwebs or flashing light in one or both eyes.

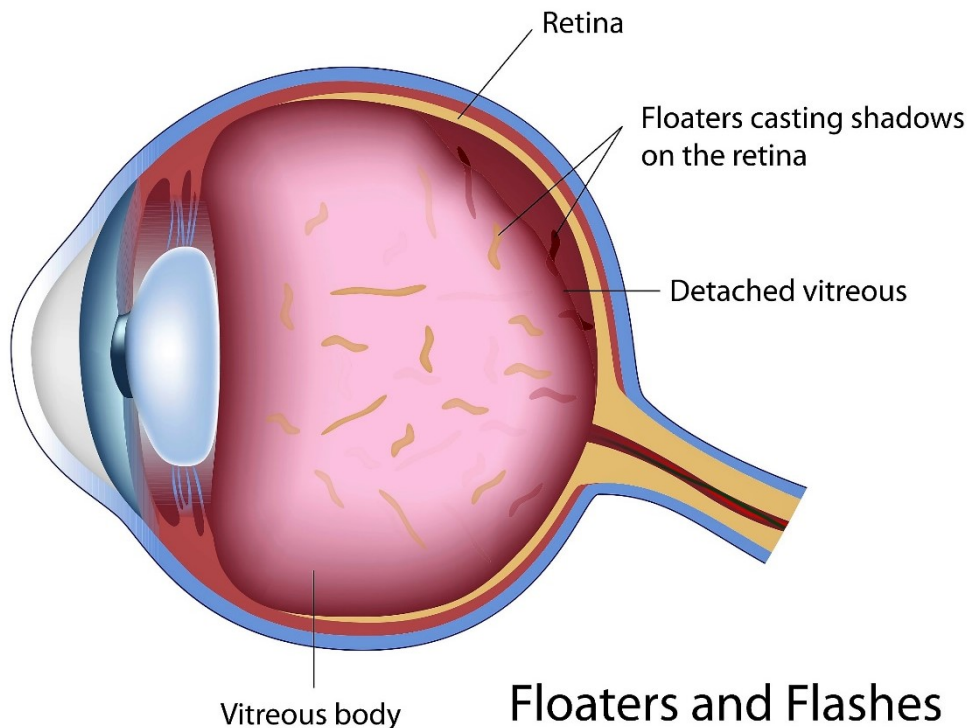
**Cause:** sudden thickening of the jelly (vitreous) which fills the eye. This is a normal change, which occurs in most people as they get older and is very common in people over 80 years. It may also occur after an injury to the eye or after a fall.

Make an appointment to visit your doctor if any of the above symptoms are experienced. In most cases, it is not serious and will not need any treatment. No eyedrops, eyeglasses or medicines will make the floating spots disappear, but they will probably become less obvious over time. Flashing lights should also disappear after a while and there may be some temporary blurring of vision.

Sometimes, as the jelly thickens it can pull a hole in the Retina, at the back of the eye. Your doctor will examine your eye for this. A small hole may be repaired in the rooms by Laser or by local freezing treatment. A large hole may cause a Retinal Detachment, which is very serious and requires surgical treatment in hospital.

After initial visit or treatment your doctor will advise if further observation is necessary. If the same symptoms recur, in either eye, you should arrange to be seen again. If there is loss of vision, a shadow or curtain-like appearance across the eye, ask to be seen urgently.

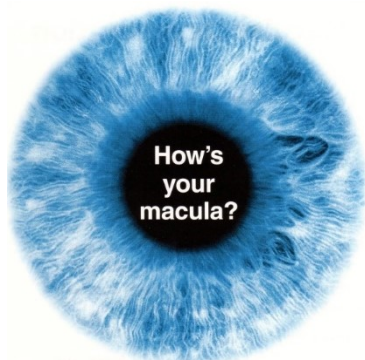
The symptoms of Posterior Vitreous Detachment are usually just a nuisance and not serious. However, if a Floater is annoying or visually disabling, it is possible to have it removed. Some can be removed by Laser Vitreolysis at the doctor's rooms, or others may need to be removed by Vitrectomy Surgery in hospital.





# Macular Degeneration

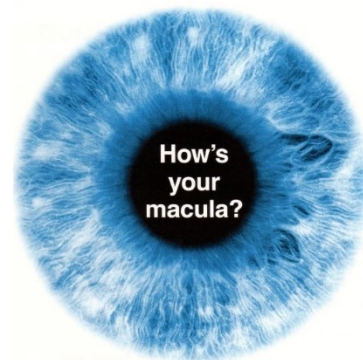
Australia's leading cause of blindness\*



Our focus is your vision

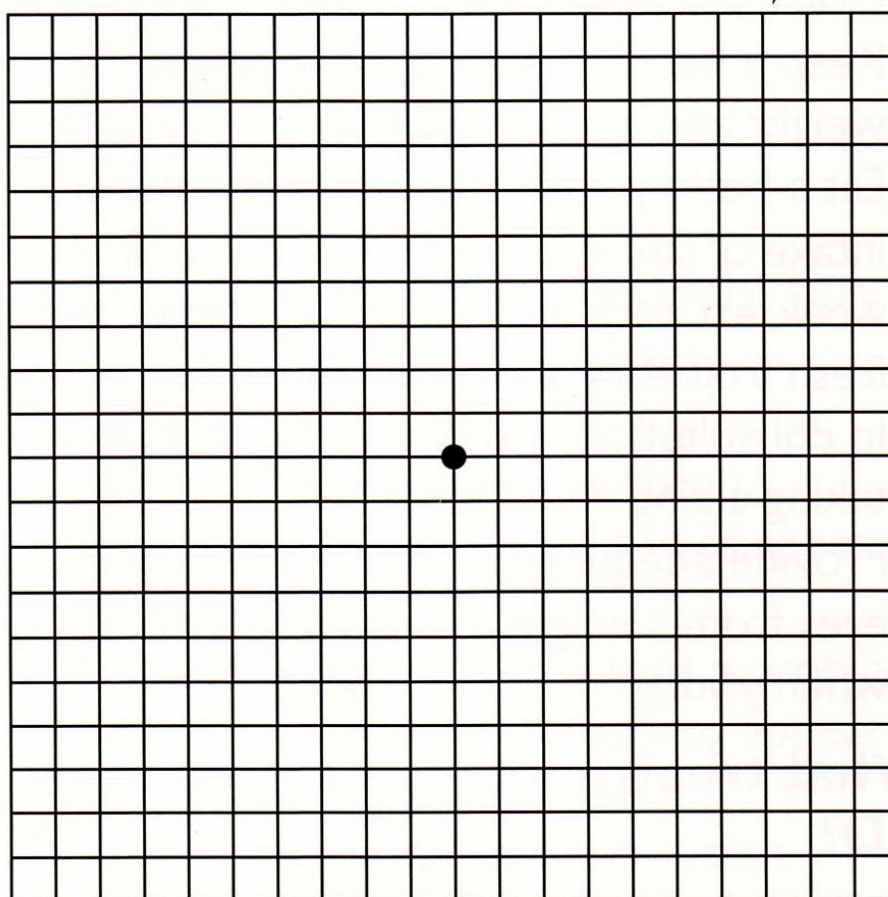
**1800 111 709**

[www.mdfoundation.com.au](http://www.mdfoundation.com.au)

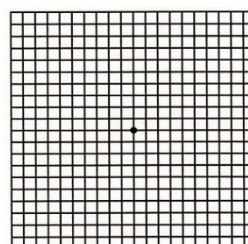


## The Amsler Grid

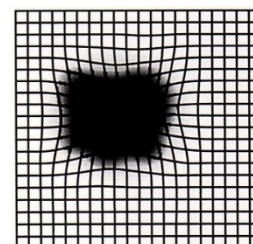
This can be used to test for symptoms of MD



1. Do not remove glasses or contact lenses you normally wear for reading.
2. Stand approximately 35 cm from the grid in a well-lit room.
3. Cover one eye with your hand and focus on the centre dot with your uncovered eye. Repeat with the other eye.
4. If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying symptoms of MD and should contact your eye care provider immediately.



Normal vision



Consult your eye doctor immediately



## Obituary

Today we mourn the passing of a beloved old friend, Common Sense, who had been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

Knowing when to come in out of the rain, why the early bird gets the worm, life isn't always fair and maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

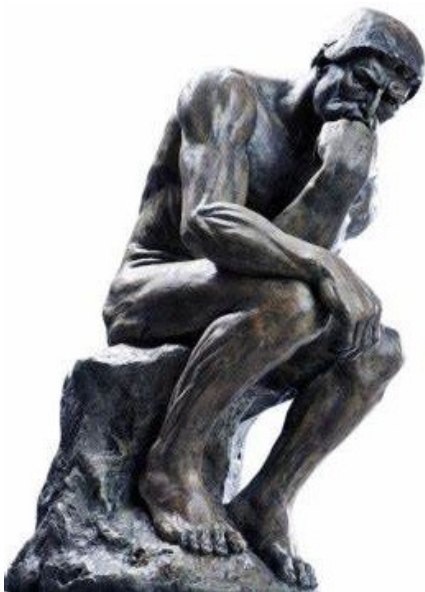
Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap and was promptly awarded a huge settlement.

Common Sense was preceded in death, by his parents - Truth and Trust, by his wife - Discretion, by his daughter - Responsibility, and by his son - Reason.

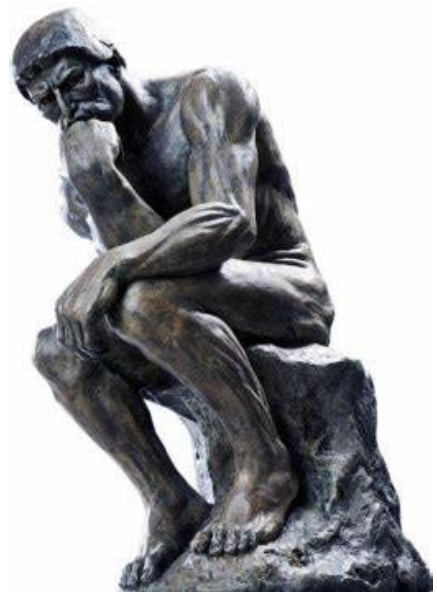
He is survived by 5 stepbrothers: I Know My Rights, I Want It Now, Someone Else Is To Blame, I'm A Victim, and Pay Me for Doing Nothing

Regrettably, not many attended his funeral because, so few realized he was gone.



*Now, that's  
worth thinking  
about.*

*Yeah - I'll  
'think' to that !*



**VALE**

**WE WILL REMEMBER THEM**



**RAAF VIETNAM VETERAN**

**Selwyn David EVANS AC DSO AFC**  
CO 2 SQN - Nov '67 to Nov '68  
02 September 2020



From SGT Pilot in 1944 to CAS on retirement  
in 1985 – a long and very distinguished career.

**LEST WE FORGET**



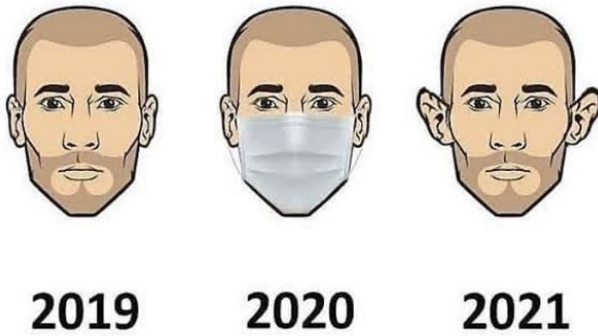
RAAF Memorial Canberra



## On the Lighter Side

### Some Covid-19 jokes

#### EVOLUTION



2019

2020

2021

Wearing your  
face mask  
like this.....



So please wear your face mask properly!

Is like you wearing  
your underwear  
like this



**Scientists have now confirmed that Women who have put on weight, during COVID-Lockdown, are now more likely to live longer than - Men who mention it !!**

Change of Subject: recently published, 'Simplified DVA Guide to Veterans' - to assist when completing Claim Application Form.







"Only expensive toys, that's the best way to stimulate the economy."



*The President and Committee Wish All Members and Their Loved Ones a Very Merry Christmas and Safe, Happy and, **HEALTHY** 2021!!*



(No, they're not the Coronavirus, just exploding fireworks - but remember, whatever happens in 2021, things could always get worse.)



**TAX DEDUCTIBLE DONATIONS TO VIETNAM VETERANS ASSOCIATION  
VICTORIAN BRANCH INC. AND AIR FORCE ASSOCIATION VICTORIA  
WELFARE PATRIOTIC FUNDS**

**DONATIONS**

Donations made by members of the RAAF VVAA Victoria Sub-Branch or the Vietnam Veterans Branch of the Air Force Association Victoria are tax deductible. Donations made to either Association Sub-Branch/Branch must indicate the gift is specifically for welfare. (Renewal membership forms allow members to note their donation is for this purpose).

Donations received on this basis must be used for the welfare and support of veterans, and receipts will be issued for all donations over \$2.00 received. All money gifted for welfare purposes is welfare/veteran support directed, with your Associations and State Government accounting requirements strictly adhered to, and subject to annual audit.

If you wish to adopt either or both Associations as your family charity, just make your cheque donation payable to the preferred Welfare Patriotic Fund. For the RAAF VVAA Sub-Branch, forward your cheque to the Sub-Branch Treasurer. For the AFA Vietnam Veterans Branch, forward the cheque direct to the Association Office Manager, PO Box 1038, Hawthorn BC, Vic 3122. Your tax-deductible receipt will then be promptly returned. Remember, even the smallest donation is appreciated.

**BEQUESTS AND LEGACIES**

Making a Will is recommended and is good asset planning. It provides you and those for whom you care with financial peace of mind, ensuring security for your family, and enables bequests to be made to Charities/Associations representing your on-going interests.

Bequests and Legacies are gifts of specified identified possessions or specified amounts of money gifted to an individual, group of people, or a charitable Organization or Association. Please consider the Vietnam Veterans Branch or Sub-Branch of your member Association as a preferred charity. Remember, it is possible that at some future time assistance sought from your Association will be for the benefit of yourself or your family.

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**OPEN ARMS - VETERANS and FAMILIES COUNSELLING**  
**(A Service Founded by Vietnam Veterans, now for all veterans)**

Normal Hours:	8640 8700
Crisis Line (after hours)	1800 011 046

**DVA VICTORIA**

Normal Hours:	133 254
Country/Regional:	1800 555 254

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**In Hospital or Convalescing at Home?**

**Like us to know about it and/or have someone to visit to assist or just chat?**

**Name:**.....

**Address:**.....

**Preferred Contact details:**.....

**Post or Email your request to the Secretary or give her a call on 040 850 3986 and we will try and arrange a visit on your behalf.**