

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



NEWSLETTER

June 2020
(COVID-19 Edition)

www.raafvva.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)

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EDITOR: RAAFVVA and RAAFA (Vic Div) VV Branch Committees

PUBLISHER: Geoff Rose

PRESIDENT'S REPORT

Dear Colleagues,

Our last Newsletter (March 2020) summarised our major activities during for the preceding 12 months and highlighted coverage of our AGM held on 16 February. Who would have thought that within just a few short weeks, our lives would be so affected by the COVID 19 pandemic? To use the military metaphor, we were to be confined to barracks for an extended period and to exercise life-changing practices in how we related to others in the very few activities we were permitted outside our homes.

I, like many of us, either had to dust-off or purchase web-cameras that we had never used and become familiar with the various video-conferencing programmes to keep connected with friends and family. To some extent, participation in video committee meetings quickly became much more disciplined and efficient and although larger gatherings such as our Anzac Day March and lunch were not possible, we were able, through the technology of "Zoom", to remember the RAAF personnel who lost their lives on operations and to honour all who served in Vietnam. We were also privileged to hear AVM Alan Reed recite the poem he had written specifically for "Anzac Day 2020".



Many of us had earlier in the day responded to the invitation of the Victorian RSL to stand in our driveways with a candle at dawn for a one minute reflection as the Last Post was broadcast and perhaps take a "selfie" of the occasion. Our Branch was also keen to participate in the "telephone tree" initiated by AFA (Vic) President Max McGregor and several members of our committee made calls to Branch members just to touch base and keep the lines of communication open.

The Coronavirus lockdown restrictions are gradually being lifted and we are hoping that our next commemorative event on Vietnam Veterans Day will proceed as normal. The Vietnam Veterans Association of Australia will be planning for this shortly and we'll keep everyone posted on arrangements.

In the meantime, please don't hesitate to get in touch with me or a committee member if you are having any concerns or issues during these challenging times.

Stay well and don't forget to keep up the social distancing as we come out the other side of the lockdown.

Take care and stay well.

Chris Hudnott

President

Special Coronavirus Edition



NOTICE BOARD

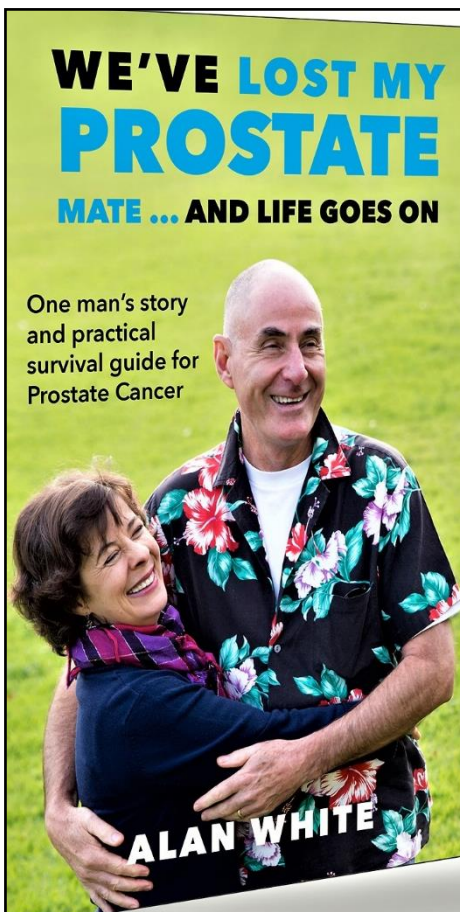
Monthly Luncheon – CANCELLED – until further notice



We are in the 'high risk group' for contracting Coronavirus, so in the interest of members' health, (to reduce public transport use, avoid public contact – and public bars) we have decided 'it is better to stay safe, than sorry'. Reluctantly - probably until after winter – our monthly luncheons are cancelled.

Any changes will be posted on AFA website (Vietnam Veterans Branch) and by email to members

Our Member, Alan White, has published a very 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 and people can buy the book via my website or via 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

Going overseas (sometime in the future)? 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!



Travel
Managers
As individual
as you are

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

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.

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E admin@njfwellness.com.au

njfwellness.com.au

OUT AND ABOUT



Sadly, Covid-19 isolation and lockdown requirements forced the cancellation of traditional ANZAC Day services throughout Australia. However, not to be defeated, President Chris Hudnott suggested we overcome these restrictions by taking advantage of the latest internet technology (of which we are all completely 'up-to-speed') and conduct our own, 'virtual', RAAF Vietnam ANZAC Day Remembrance Service, through magic of the 'Zoom Online Meeting App'.

Members were notified of the plan and invited to advise whether they intended to participate. At precisely 1115 hours on Saturday 25th April, Asst Secretary Neil Boulton emailed the required link to those who had responded positively. Twenty-four managed to click the right buttons!

President Chris began by welcoming participants to the unprecedented 'virtual' ANZAC Day Commemoration. He then recited the Ode, followed by one minute's silence. Chris also called for remembrance of all RAAF personnel who served in the Vietnam War, especially those who lost their lives during, or since their service. He continued, by reading names of the six AFA Vietnam Veteran Branch members who had passed-away since ANZAC Day 2019. They were: Rev George G Ashworth OAM RFD, Owen Preece, Malcom Walker, David Grover, Ronald Clinch and Robin Wright. Chris then named another five ex RAAF Vietnam personnel who had also died during that time: Roger Bateson, Richard Lovett, Terrence Mansbridge, Peter Hadjuk and Kenneth Fulton.

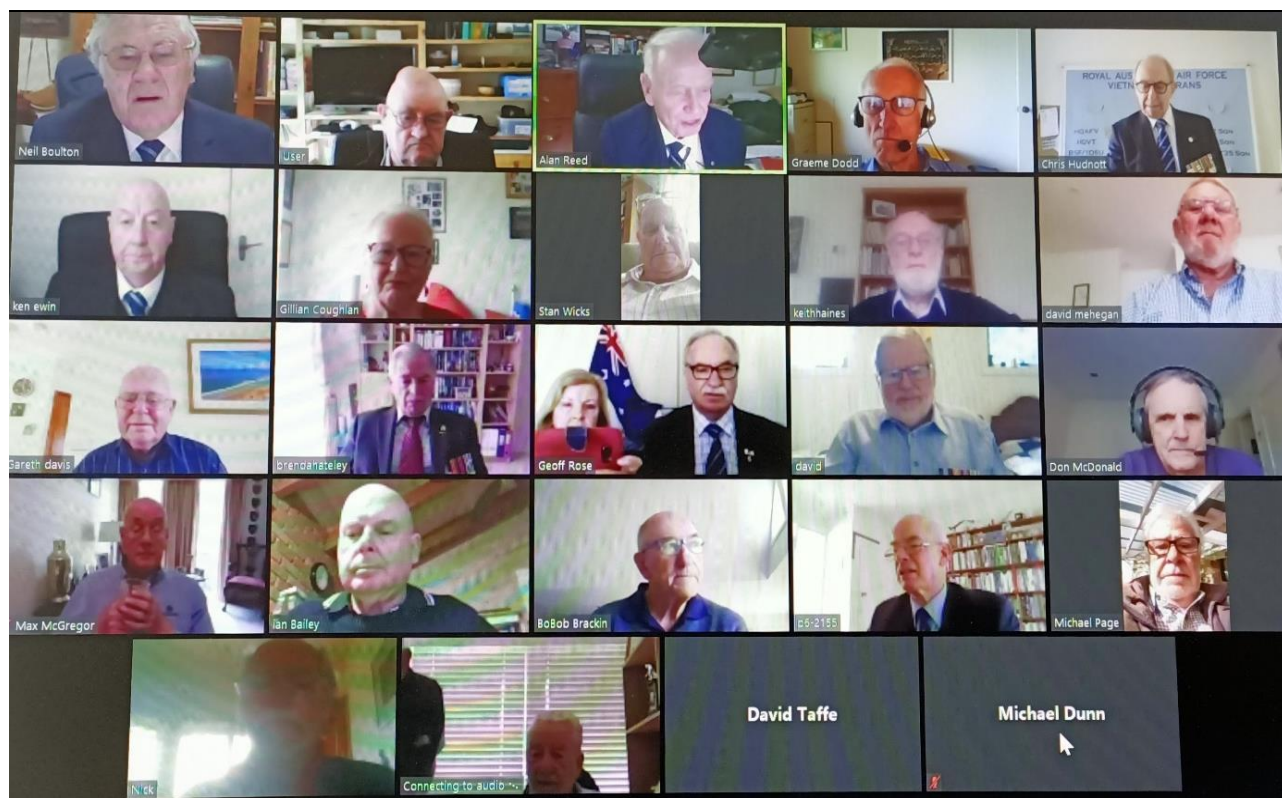


Photo of 'Zoom' Service, courtesy of John Elliott.

Esteemed AFA VV Branch member, AVM Alan Reed AO (Retd), took advantage of forced isolation to pause, ponder, and perfectly pen a profoundly poignant poem; proficiently portraying a personal perspective of present pandemic's preposterous impact on protocols and procedures, particularly pertaining to past public ANZAC Day processions. (Privately: personally, this pandemic-produced predicament, proverbially and positively, peeves me.) Please pardon my profanity. Now proceeding.

Alan recited his poem to the small gathering at his local Dawn Service, and again when he generously volunteered to read it as part of our 'virtual' RAAF Vietnam commemoration. Thank you very much Alan for such moving words, you truly captured the feelings of this uncertain time.

ANZAC DAY 2020

SO, IT'S ANZAC DAY IN MELBOURNE, A VERY FANCY TOWN
BUT THE YEAR IS TWENTY TWENTY AND THE CITY IS SHUT DOWN
IT'S THE VIRUS DON'T YOU KNOW IT, WE'RE IN A CHANGING WORLD
SO, WHAT HAS REALLY HAPPENED, WHAT HAS THIS WORLD UNFURLED?
IT'S A NASTY LITTLE MONSTER, SMALLER THAN THE SMALLEST THING
YOU WILL NEVER SEE IT BITE YOU BUT YOU MAY FEEL ITS BITTER STING
IF YOU'RE OLDER OR WITH PROBLEMS, KEEP YOUR DISTANCE FROM THE CROWD
YOUR CHANCES REALLY AREN'T SO GOOD IF, WITH AGE YOU ARE ENDOWED

SO, ANZAC TWENTY TWENTY, IS A VERY DIFFERENT TIME,
NO MARCHES THROUGH THE CITY, TO OUR AMAZING SHRINE
NO FOOTY IN THE AFTERNOON, TO ADD TO ANZAC DAY
NO COLLINGWOOD OR ESSENDON, IN THEIR MARVELLOUS DISPLAY
BUT THERE'S MOVEMENT IN THE CITY, AS THE WORD WAS PASSED AROUND
WE'LL LIGHT A TALLOW CANDLE AND PUT IT ON THE GROUND
THE LIGHT WILL SHINE AND LIFT OUR THOUGHTS, TO THOSE WHO BUILT OUR NATION
THEIR LIFE THEY DID NOT GIVE FOR NOUGHT, THEIR LIFE WAS OUR SALVATION

WE'LL ATTEND OUR OWN DAWN SERVICE, THAT SYMBOL WON'T BE BROKEN
WITH MEDALS ON AND THOUGHTS OF MATES, IT'S REALLY NOT A TOKEN
WE WILL LISTEN TO THE BUGLER, AS HE REACHES THE LAST POST
AND THEN WILL COME REVEILLE, THE TUNE WE LIKE THE MOST
AND LATER WE WILL SIT ALONE, IN OUR QUIET ROOM
AND SHARE OUR THOUGHTS, OUR REVERANCE BY COURTESY OF ZOOM

FROM WARS WHICH RIPPED OUR WORLD APART, THOSE AUSSIE BLOKES WERE THERE
THEY GAVE THEIR HEART, THEIR LIFE, THEIR ALL AND WITH THEM WE MUST SHARE
WE PRAISE THEM WITH OUR HEARTFELT THANKS, FOR THINGS UNKNOWN THEY'VE DONE
THEY DID THEIR VERY BEST, TO MAKE OUR NATION ONE.

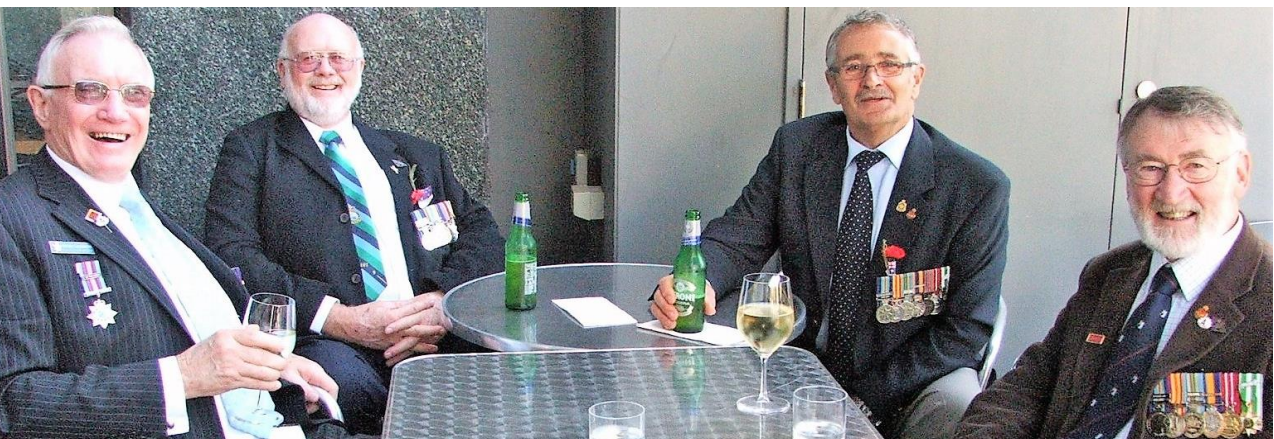
TO OUR AUSSIE MATES NOW FALLEN, IT'S THEM WE NOW RESPECT
THEY'RE ALWAYS IN OUR MEMORIES, DESPITE SUCH PAST NEGLECT
SO, IT'S ANZAC DAY IN MELBOURNE AND HERE WE ARE WITH FRIENDS
WE KEEP OUR SOCIAL DISTANCE BUT OUR RESPECT IT NEVER ENDS
WE ARE HERE TODAY TO THANK YOU, TO OUR HEROES GONE BEFORE
HOW HUMBLE WE MUST FEEL NOW AND FEEL FOREVER MORE
THEIR LIGHTS ARE SHINING FULL AND BRIGHT, AS WE GATHER HERE TODAY
WE REMEMBER THEM FOREVER, THAT IS THE AUSSIE WAY.

AR April 2020

Alan was right! ANZAC Day 2020 was different: no march down St Kilda Road to the Shrine, no social gathering for lunch and refreshments at Seasons Hotel. So, how about some ANZAC Day memories - some pictures from the past decade. Starting from 2010.



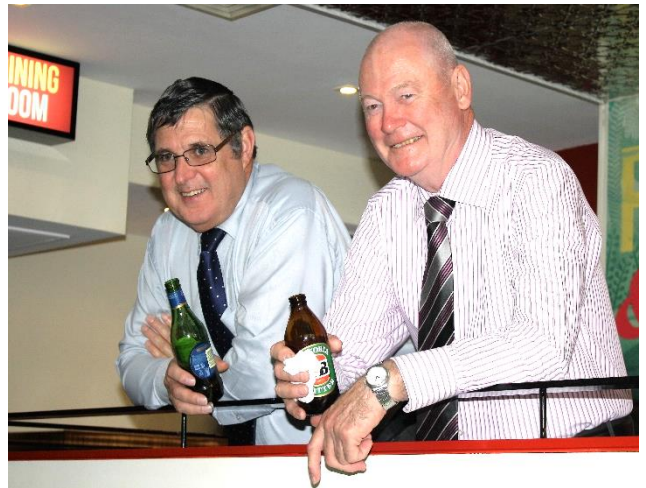
2011



2012



2013



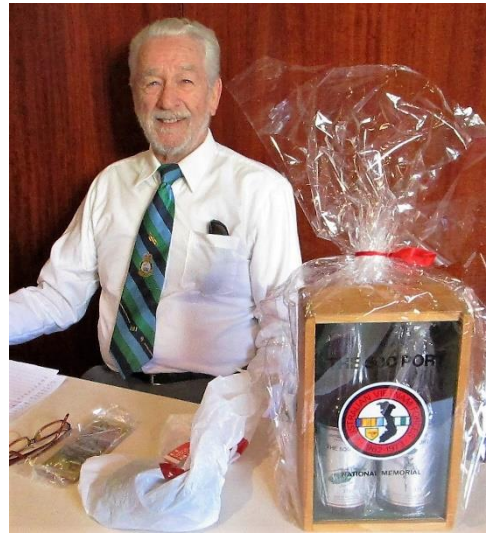
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2015



2016



2017

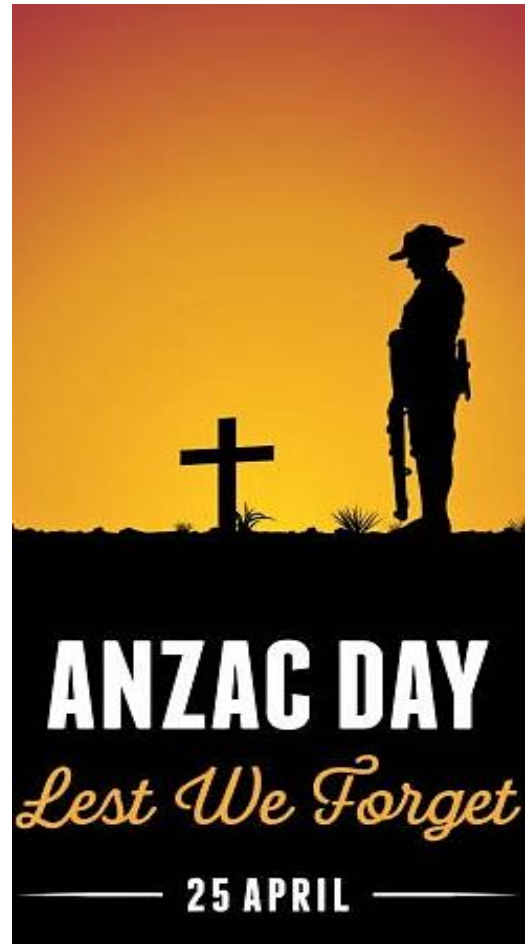
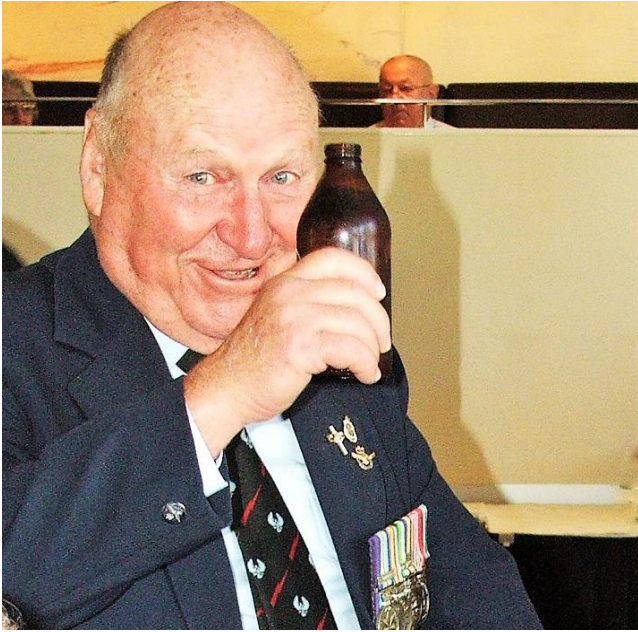


2018 – A year to recognise the role of women in the Services



2019





DID YOU KNOW?

AN OPEN LETTER TO ALL VETERANS FOR ANZAC DAY 2020 (from an anonymous Victorian school student)



Dear Veteran,

Firstly, I would like to say a massive 'thank you' for your service and sacrifice because they are the reasons that we are able to live in such peace and prosperity today. Our happiness and safety that we take for granted will always be on the back of the many hardships that you had undergone.

Normally, Anzac Day is all about your valour as we gather throughout Australia to show our gratitude and respect. This year, however, due to the special circumstances we are unfortunately not able to do so. Nevertheless, through this letter and many more that you are sure to receive, I would like to reassure you that you will always have a special place in the hearts of the Australian people as well as people all over the world. Nothing can diminish the importance of your dedication nor the spirit of Anzac Day.

We will still be commemorating your efforts that will never be forgotten even if we are at our separate homes. In fact, I believe since we are amidst the battle against the coronavirus this year, it allows us to learn from your bravery even more as we attempt to face this situation just like how you confronted the battlefield.

No matter what, your legacy will always live on, as we saw earlier this year how the firefighters fought the bushfires and now, how the medical staff are working tirelessly to defend our people against the virus.

Always know, that it is your heroism which is continuing to inspire generations of Australians.

Once again, thank you for all that you had done for the Australian people.

Sincerely,

Victoria

HEALTH and WELFARE

Too early to relax just yet - so a quick refresher to keep your good habits going.

Preventing the spread of COVID-19



(from the DVA website)

Practising good hand and sneeze/cough hygiene is the best defence against this virus. You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet,
- use alcohol-based hand sanitiser regularly, especially if you have been in public spaces,
- cover your cough or sneeze, and dispose of tissues, and
- if unwell, avoid contact with others.

Most infections are transmitted by people when they have symptoms. These can include fever, a cough, sore throat, tiredness and shortness of breath. There is evidence that some people may be infectious for up to 24 hours before showing symptoms.

Most persons infected with COVID-19 experience mild symptoms and recover within two to four weeks. However, some people experience a more serious illness that requires hospitalisation. The risk of serious illness rises with increasing age and is higher in people with weakened immune systems or with underlying conditions such as diabetes, or heart and lung disease.

There is little evidence supporting the widespread use of surgical masks to prevent transmission in public and this practice is not currently recommended by the Department of Health. A mask can however be very helpful in preventing transmission of disease - from an infected person to others.

Another way to slow the spread of the virus is to practise social distancing and this is now recommended by the Department of Health. This includes measures such as:

- stay home if you are sick
- avoid handshaking
- avoid meetings (large gatherings are now banned by the government)

Important: older people and those with pre-existing medical conditions are more at risk of experiencing severe symptoms.

Plan for how you will manage if you are confined to home for 2 or 3 weeks. This means having an adequate supply of your prescription medicine, food and other essentials – and food for your pets!

Stay in touch with family, friends, neighbours etc, in case you need help or your symptoms worsen. If you live alone and are concerned about coronavirus, call the hotline 1800 675 398 (open 24 hrs).

VALE

WE WILL REMEMBER THEM



RAAFVVA/AFA Vic VIETNAM VETERAN



Ronald Keith CLINCH
Base Support Flt – Mar '67 to Mar '68
27th January 2020

Robin Lyall WRIGHT
RTFV – Mar '65 to Nov '65
20th April 2020



RAAF VIETNAM VETERAN



Stanley 'Stan' Walter HARRIS
1 OSU – Apr '70 to Apr '71
10th May 2020

LEST WE FORGET

On the Lighter Side: has COVID-19 really changed our lives?

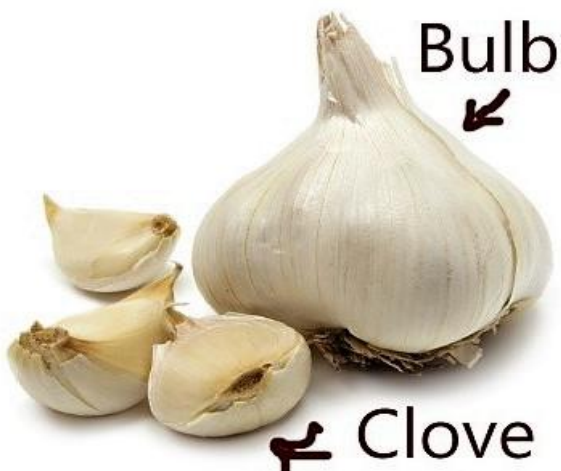
Actual photos of pandemic people wearing home-made PPE - riding on PT

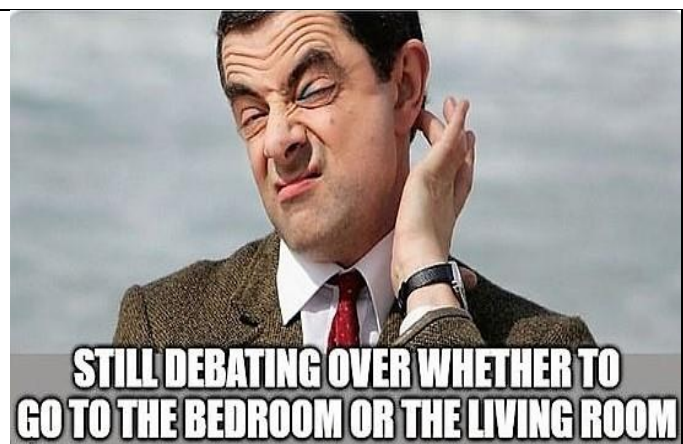
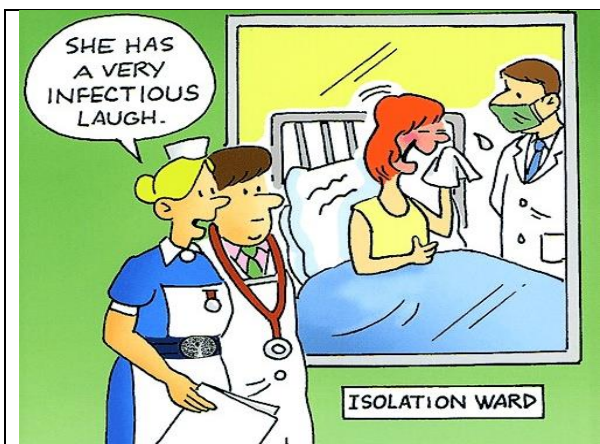
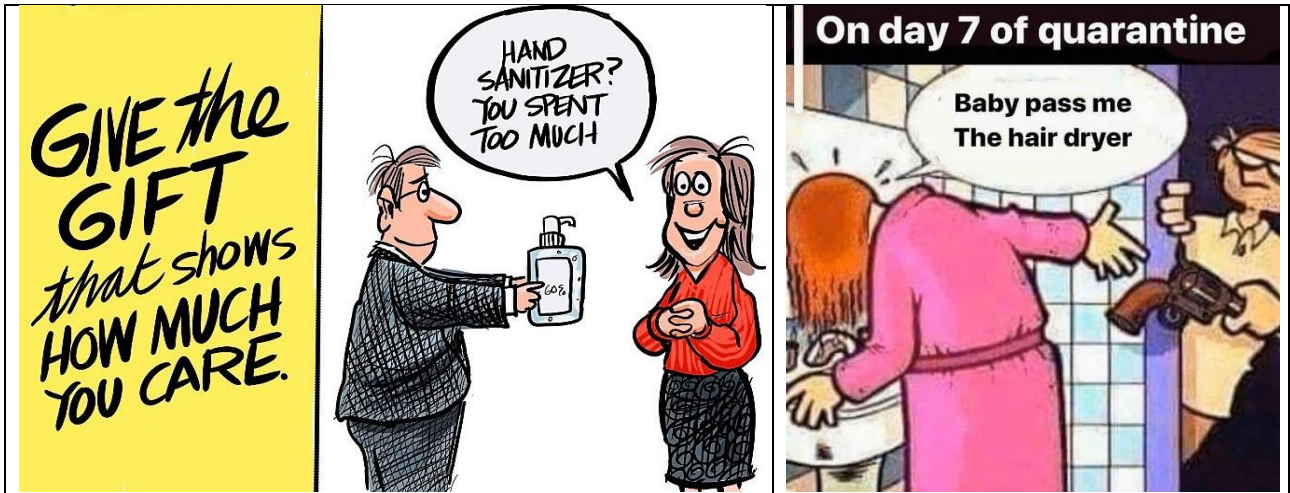


and shopping at the Grocery!

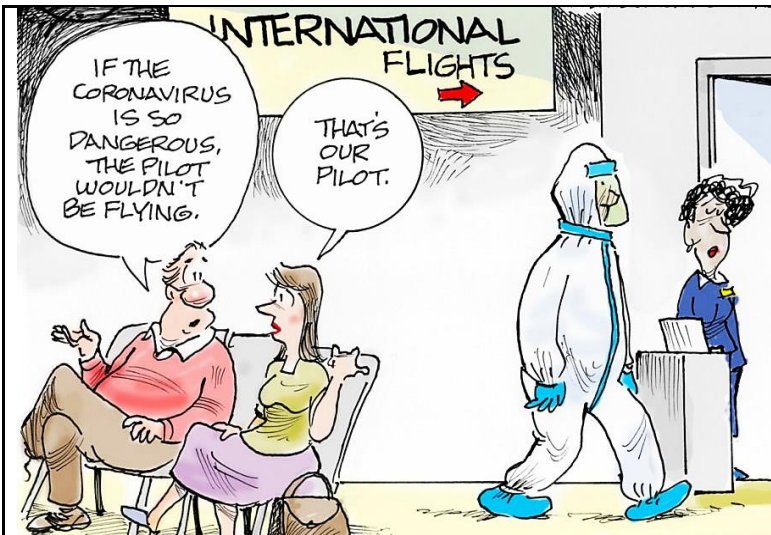


FIGHT CORONAVIRUS: Eat five cloves of garlic every day. It does absolutely nothing, but it does keep everyone else at a safe distance.





NASA: Congratulations, your mission is now complete. You may return to Earth.
CREW: Thanks NASA - but no thanks.



VIRUS PROTECTION
Spray throat three times a day.



THEY SAID GLOVES AND MASKS WERE ENOUGH TO GO TO THE GROCERY STORE.

THEY LIED, EVERYBODY ELSE HAD CLOTHES ON



**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/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.

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

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.