

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



NEWSLETTER

March 2020

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

RAAFVVA AND AFA (Vic) VIETNAM BRANCH 2020 ANNUAL GENERAL MEETINGS HELD ON 16TH OF FEBRUARY 2020

The following is my report for the AFA Vietnam Veterans Branch / VVAA RAAF Sub-Branch for the AGM 2020. It highlights the major activities that have been of interest and involvement of our Committee and some of the important activities of the AFA (Victoria) Division and the Victorian Branch of the VVAA.

Committee Activities

Looking back through our quarterly Newsletters for the last twelve months and reviewing the minutes of our monthly committee meeting provides a snapshot of a busy year.

Anzac Day 2019 saw a great turnout of about 40 Vietnam veterans. Geoff Rose "was volunteered" to lead the group marching behind our banner and Graeme Dodd offered to act as the unit photographer for the March. We had some 50 people attend our lunch which, as usual, was held in one of the meeting rooms at the Seasons Apartments Hotel with our members supplemented by a few guests from the RAAF Police and a couple of members of 21 SQN.

Looking again at the June edition of the Newsletter and seeing the photograph of Geoff leading our contingent prompts me to acknowledge the work carried out by Geoff Rose over many years as publisher of our quarterly Newsletter including taking most of the photographs and sourcing most of the articles. From my perspective, each edition of the Newsletter, like a good wine, just gets better with age. The series of Newsletters, published over many years, provides a great record of our Branch's history.



The committee has decided to relocate the information from our RAAFVVA website to the Vietnam Veteran Branch's page on the AFA (Vic) website. This will enable us to readily keep it up to date and ensure that inconsistencies between two websites are avoided. Newsletter will be located on the site and an email will be sent to members as each Newsletter is uploaded.

Our retiring Treasurer, Gareth, has taken a great initiative in bringing our financial transactions into the 21st Century with our new bank (Bank of Melbourne) providing on-line banking and electronic funds transfer services. Our accounts will be subject to independent audit this year (as well as the Sub-Branch providing financial data to VVAA (Vic)). Regarding matters of a financial nature, I would like to acknowledge and thank all those who make a tax-deductible donation to our Welfare Fund and the last page of each Newsletter has information about this. I should also acknowledge the financial assistance of AFA (Vic) in making available support from the Anzac Day Proceeds Fund for our Branch to use for Welfare activities.

Members will recall that our honorary Chaplain, George Ashworth, passed away on 29 Apr 19. Bob Brackin and I attended a celebration/commemoration service for Father George on Saturday the 4th of May 2019. The service was well attended as Father George had lived a long and active life that touched many people and had recently been very active with the Geelong veterans and the local community.

I'm pleased to report that the NVVM is about to update the Air Operations Gallery. One of the regular volunteers, Bob Woods, ex Air Force, is actively putting our committee recommendations into effect. We have recently made the contribution of a plaque for each of the squadrons to be placed in each applicable bay and story boards that have been put together by the respective associations will also be displayed.

AFA (Vic) matters

I have asked AFA (Vic) President, Max McGregor, to summarise some of the main AFA (Vic) issues of 2019

- Remembrance Day Service at Point Cook on 11 Nov 19 (replacing the traditional / annual Point Cook Pilgrimage)
- Leasing of Camberwell Road premises - still awaiting a new tenant.
- Need to watch out for Welfare opportunities amongst our Branch members and the wider ex-service community (e.g. successful follow-up on Branch member Peter Robinson following the bushfire at Mallacoota).
- Centenary function on 14 Mar 20. **(Deferred to a later date)**

VVAA

As your representative, I attended two of the three VVAA (Vic) State Council meetings during 2019, at Bendigo (June 2019) and Ballarat (October 2019). Graeme Dodd acted as my stand-in at the February State Council in Echuca.

VVAA (Vic) continues to be very active in representing veteran's issues to Government and the community in a patient, determined but respectful manner.

One recent project that has been initiated by VVAA is upgrading the outdoor recreation area for Ward 17 at the Austin Repat Hospital. The last State Council meeting was held at the Austin Hospital on 22 February and this gave the delegates an opportunity to see the area to be upgraded.

The annual commemorative Vietnam Veterans service was held at St Paul's Cathedral in October. John Vansetten and I attended.

VVAA is supporting an initiative by the State Government in funding visits (\$200,000) by State Secondary Schools to the NVVM (transport and entrance fees).

VVAA is reviewing a State Government initiative in having a Vietnam Veteran visit and speak about the Vietnam conflict to students in every Secondary School. VVAA had reservations about the scheme and in a meeting with representative of the History Teachers Association, the Victorian Curriculum Board, a whole lot of history teachers and the Shrine's education head introduced the concept of developing an audio/visual and digital package that would be delivered to every school. The suggested content included interviews with veterans, similar to those presented at the Shrine on VV Day which will fulfill the Premier's aim to have a veteran talking in every school. The educational package is likely to cost of the order of \$400,000 and will take to probably the end of 2020 to fully develop it, then have it sent out on contract and have it put together and then sent out to schools.

The Branch is also being pro-active in providing support for those affected by the summer bushfires and is encouraging Sub-Branches to forward a donation to the Branch Treasurer. The donations will be forwarded collectively to the Salvation Army. The Branch also is seeking an opportunity to

hold the 2020 June and October State Council meetings at locations that were severely affected by the fires as a gesture in providing financial support to the local business communities.

The Victorian branch is also looking at making VV Day in 2021 at the Shrine a major event to commemorate the 50th Anniversary of the withdrawal of the last combat troops from Vietnam with initiatives including the carriage of a flag for the nationality of each of approximately 29 nationalities of every person who in Vietnam. It could well be the last big commemoration of VV Day at the Shrine and local sub- branches are being encouraged to make the journey to Melbourne rather than have their own local commemoration of VV Day on 18 August.

Committee Membership

Finally, I would like to thank our committee for their support during the year. We are a small team that works together very well. A couple of the committee are retiring this year so if anyone would like to come on board and make a contribution (no matter how small), don't be shy in coming forward.

Chris Hudnott

16 Feb 2020

Executive and Committee Members for 2020



L-R: Chris Hudnott (President), Geoff Rose, Gill Coughlan (Secretary), Graeme Dodd, Peter Raymant, John Vansetten (Treasurer), Neil Boulton (Asst Secretary), Max McGregor (President AFA Vic Branch / Vice President RAAFVVA), Neil Morgan and Pieter Jongkryg.



Bad News - Left: Andy Lapins unfortunately was unable to attend the AGM.

Good News - Right: Ken Ewin, a Committee Member from 'many moons ago' has decided to 'return to the fold'. Welcome back Ken.





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



**Minutes of Combined Annual General Meetings
Held at the Air Force Association Headquarters**

On Sunday 16th February 2020

1/ Opening

The President opened the meeting at 1400 hours.



2/ Attendance Register

An Attendance Register located at the meeting room entrance was signed by all 39 attendees, including the bursary recipients and families. The Register will be attached to the filed copy of these Minutes.

3/ Welcome

The President welcomed everyone attending, particularly those who had travelled quite a distance. Chris gave a special welcome to AVM Alan Reed, Group Captain Carl Schiller and their families and friends. Also present was the President of the Air Force Association, Max McGregor; and a guest from Vietnam Veterans Association Australia, Victoria Branch, George Skell. Chris advised that the format of the meeting will be a short presentation for the Bursary and Encouragement Award Winners for 2020 and then a short break for afternoon tea followed by the Annual General Meeting.

4/ Bursary Presentations

Chris asked for Max McGregor, President of the Victorian Branch of the Air Force Association, and representing the AFA Foundation, to assist with the presentation of the Bursaries; and for RAAFVVA Secretary, Gill Coughlan, to assist with the Encouragement Awards.

Two Encouragement Awards are named in honour of highly esteemed past members of RAAFVVA.

The John 'Snow' Coughlan Encouragement Award is in honour of (then) Corporal John Desmond 'Snow' Coughlan CGM, who flew in Vietnam as crewman of UH-1H Iroquois helicopters. Corporal Coughlan became the first RAAF member to be awarded the Conspicuous Gallantry Medal (CGM), the highest flying award for non-commissioned ranks (other than the Victoria Cross), since World War II.

The second Encouragement Award, The Lee and Ellen Scully Encouragement Award, is in honour of long serving VVAA member and Past President Lee Scully and his wife Ellen, both deceased.

Chris advised that the Sub-branch had received four applications for awards this year. Two of whom had completed their first year of tertiary education and the other two are about to start. Chris was pleased to advise that the Sub-branch is able to help each of the applicants finance their education.

Two of the four award winners were unable to attend the presentations. Chloe Reed's Grandfather, AVM Reed, accepted the award on her behalf and the fourth awardee, Renae Griffiths, resides in Perth and travel was not practicable

The first to receive a bursary was Richelle Bormann. Richelle had been going through a difficult family financial situation but had been supported by her good friend Amy and Amy's parents Pablo and Patricia. Richelle is the Granddaughter of Flight Sergeant Barry Anderson who served as an Instrument Technician for twenty years based at Laverton, Point Cook, Williamtown, Butterworth and Edinburgh. Richelle will be commencing a Batchelor of Engineering, Civil Infrastructure, at RMIT.

The second to receive a bursary was Madison Bialobrzkeski. Madison is the granddaughter of Group Captain Carl Schiller and has just completed the first year of Batchelor of Teaching at Swinburne University of Technology. Madison is hoping to accelerate the course so she can begin work as a Primary School teacher as soon as possible. Madison is currently living at home with her mother, two younger sisters and a brother and Madison supplements the family income by taking casual employment which is not easy in a small town with limited opportunities.



Max McGregor was very pleased to present Bursary Certificates and cheques to Richelle Bormann and Madison Bialobrzkeski

5/ Encouragement Award Presentations

The John 'Snow' Coughlan Encouragement Award was presented by Gill Coughlan, our long serving RAAFVVA Secretary, and widow of 'Snow'.

This year the Award was presented to Chloe Reed, Granddaughter of AVM Alan Reed. Chloe was unable to be at the presentation, but her Grandfather accepted the Award on Chloe's behalf. Chloe has already completed her first year at Monash University undertaking Batchelor of Law, Honours but has made the difficult decision to transfer to Batchelor of Law, Arts. Chloe's parents are currently working in the UAE and while they support Chloe as much as they can Chloe lives in residential college and is very busy in a leadership capacity, but she is hoping to find time in her busy life to find part-time employment. The Encouragement Award will assist with her educational expenses.

Renae Griffiths is the young lady from Perth who was unable to attend. Renae's Grandfather, Squadron Leader Ron Fraser served in the RAAF Special Duties Branch for 25 years, 1962 till 1977. Renae had a music leadership role in high school and is now enrolled for a Batchelor of Music Degree in the West Australian Academy of Performing Arts. She's been routinely involved in WA Remembrance events including Remembrance Day and ANZAC Day at the RSL.

Lucinda Sonneman-Mathieson, a Bursary Award Winner from 2019, attended the meeting and spoke at the conclusion of ceremonies to thank the AFA for their help in granting her a bursary and to report that the bursary really helped with her move to the University of Tasmania and settle in. She is doing well with her studies.



Gill with Alan Reed after presenting Chloe's 'Snow' Coughlan Encouragement Award.



Chris and Lucinda after her personal update and words of appreciation for last year's award.

At the conclusion of the Award Ceremony the meeting broke for afternoon tea.

ANNUAL GENERAL MEETING

Opening

The President welcomed those present and declared the 2020 AGM open at 1458 hours.

Ode

The President asked all present to stand while he recited the Ode in honour of the fallen and those who had since passed on.

1/ Acceptance of 17th February 2019 AGM Minutes

The President asked if the Minutes of the last AGM, held on the 17th February 2019 and circulated prior to the meeting, could be accepted.

Moved: Ross Mathieson **Seconded:** Neil Morgan **Carried**

Business Arising from the Minutes

There was no business arising from the minutes.

2/ Financial Report for the Year Ending 31st December 2019

The President advised that before he calls on Gareth Davis to present the Treasure's Report, he would like to advise that Gareth will be standing down and John Vansetten taking over as Treasurer.

Chris added that he would like to thank Gareth for his initiative and hard work during the year in bringing Sub-branch funds into the 21st Century.

2.1 First Gareth updated Sub-branch fund management and reporting by introducing the use of Excel spread sheets.

2.2 Then Gareth identified that maintaining the Defence Bank for Sub-branch fund management was impractical due to the Defence Bank's few branch locations and excessive security requirements at the city branch; so, with committee approval, Gareth transferred Sub-branch funds from the Defence Bank into the Bank of Melbourne.

2.3 Gareth then arranged with the Bank of Melbourne for the Sub-branch use of EFT (Electronic Funds Transfer) to move funds faster and to replace the need for visiting a Bank branch.

2.4 Then Gareth arranged for additional account signatories being authorized to conduct electronic fund transfer in the absence of the President, Treasurer or Secretary.

Chris again thanked Gareth for a job extremely well done and asked for the Treasurer's Report.

3/ Treasurer's Report

Gareth advised that copies of his Excel Treasurer's Report had been placed around the room, but he wanted to apologize for an error in the opening statement which identifies that the Welfare Account had been audited when, in fact, the intent was to have the audit completed by the AGM, but the auditor has been very busy and had delayed the audit.

Gareth went on to say:

3.1 That the Sub-branch has two accounts, the General Account and the Welfare Account. The Welfare Account is known as a Patriotic Fund and is controlled by an act of Parliament which means that Sub-branch spending and how funds are maintained is controlled by an Act of Parliament.

3.2 Patriotic Funds were initially started by government at the end of World War One to control donations by wealthy Australians to be used by service people returning to Australia without the likelihood of future employment. The generous donations were controlled by government and given to returning service people to start businesses, etc. Some of the existing controls are outdated but can't be amended without an Act of Parliament. Currently control of Patriotic Funds has been delegated to State Governments where funds management is reviewed annually. In Victoria, fund control has been further delegated to Consumer Affairs Victoria.

Gareth advised that in the distributed copies of his report there is a summary sheet detailing the Sub-branch's two accounts but, this year, there is a lot more to report as information is provided to track fund transfer from the Defence Bank into the Bank of Melbourne.

Gareth asked if there were any questions and when there were none, he asked for his report to be accepted.

Moved: Peter Raymant

Seconded: Carl Schiller

Carried

Chris thanked Gareth for the comprehensive Report and also for his work with Vietnam Veterans Association Australia and the Auditor.

4/ Correspondence

Chris asked the Secretary if there was any correspondence to report adding that he expected most correspondence is now done by email. Gill replied that she hasn't received hard copy correspondence for some time and actioned and / or forwards email almost immediately with most being forwarded to Chris and, where appropriate, copied to committee or members.

Gill added that related to correspondence is the need for members and families to report the passing of members to the Sub-branch Committee because the committee needs that information to arrange an appropriate response.

5/ General Business

The President asked the meeting if anyone had any business to discuss or comments. There were no issues raised.

6/ Membership Report

The Secretary reported that last year the Sub-branch had 97 paid up members, but this year, up until Friday, only 57 had paid for 2020 renewal.

7/ President's Report (can be read at the beginning of this Newsletter)

Chris advised that he had distributed the President's Report but would discuss the report in summary as it was a good opportunity to go back over the events of last year that the Sub-branch has been involved in and, in particular, with Vietnam Veterans Australia Association and Air Force Association.

8/ Air Force Association

Chris invited Max McGregor, the President of AFA (Vic Div), to speak on behalf of the Association.

Max McGregor thanked Chris and mentioned that the RAAFFVVA AGM was "one of the nice days in the year" as his Association was thanked for the support they provide. However, he regretted that the AFA was limited in the funds it can provide.

Max added that he would like to acknowledge and thank the RAAFFVVA for originating the bursary program and for administering it until this day.

In 10 days-time (26th Feb) the AFA will be 100 years of age which is a significant event. One of the original aims of AFA was to provide welfare and look after veterans and their families. What he saw at the AGM was just that and he suggested that the Associations must continue doing so.

Last year's Annual Pilgrimage to Point Cook was different but still successful. This year will be similar to that, but participants won't have access to the Officers' Mess.

One of the ways AFA earns an income is by leasing a rental property in the building complex of the AFA Headquarters but regrettably the property has been vacant for some time.

Welfare opportunities exist everywhere, for example, after the Mallacoota fires AFA checked their website for members living in the area who may have needed assistance. Initially no one was identified, however, later Gareth revealed that there was a member living in Mallacoota. It took a long time to make contact with the person but eventually contact was made by Max and the member reported to be OK.

Max acknowledge and thanked the Victorian government for giving the Association 80% of their claim for new carpet in the Headquarters building.

There will be a function held at 2 PM on Saturday 14th of March 2020 at the AFA Headquarters in Canterbury Road to celebrate the AFA's Centenary and all are welcome to attend. **(Deferred)**

9/ The Secretary of the Victorian Branch of the VVAA

Chris then introduced George Skell, the Secretary of the Victorian Branch of the VVAA and asked him to say a few words.

George started by saying that Chris had already covered everything he intended saying but there are some points he will expand on.

He thanked the Committee for their continued co-operation with VVAA and wished those leaving all the best and congratulated the new members for accepting their roles.

In relation to the proposed school visits, the government has identified 350 schools that could be visited by veterans as part of the Schools' Initiative Program.

In relation to schools visiting the VV Museum, already last year the government has spent \$10,000 on the program.

VVAA spending and activity this year will remain at the current level but next year the major event will be VVD Day and the anniversary of 50 years since the withdrew from Vietnam.



Following the passing of two RAAF members involved with 9 Sqn in Vietnam, VVAA had advised all branches of the need to inform the Association of lost or troubled members. As a result, VVAA received very pleasing advice that our member from Mallacoota was unaffected by the recent fires.

George further advised that he had received a return email from Tony Cox, the coordinator of the 50th Anniversary of Australia's withdrawal from Vietnam in 1971, who reported that he has located both sisters of Cpl David John Dubber, RAAF KIA June 1971, and they both seem keen to be involved in the 2021 commemoration of Long Tan, depending on their health.

10/ Honours and Awards

RAAFVVA / AFA VV Branch Certificates of Appreciation were awarded to two hardworking committee members who, after many years of service, have each decided to retire from their positions.

Bob Brackin joined the RAAFVVA Committee in 2006 and also spent a number of years on the Board of AFA (Vic), holding their position of President for two years from 2014.

Gareth Davis became a RAAFVVA Committee Member in 2007 and held numerous Executive positions including two years as President from 2015, and most recently, as Treasurer.



Chris Hudnott presented the certificates to Bob Brackin and Gareth Davis, who combined, have amassed almost three decades of voluntary service to RAAFVVA/AFA membership.

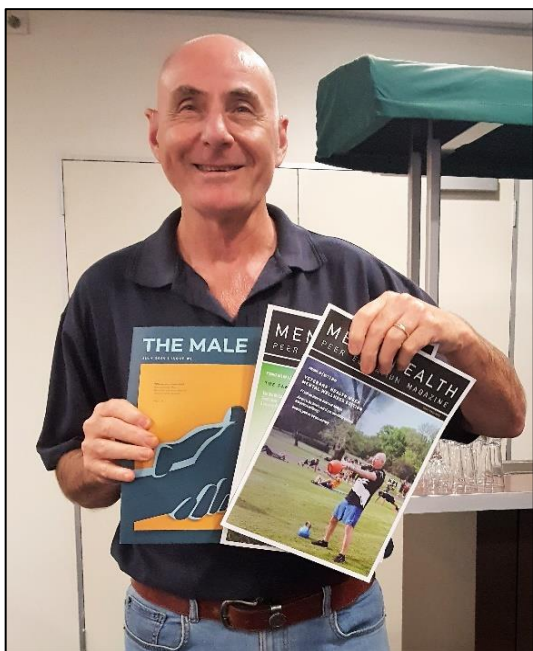
11/ Closing Remarks

In closing, Chris thanked his small team of Committee Members for their help throughout the year, in particular the two retiring members, Gareth Davis and Bob Brackin. Gareth has been tutoring John Vansetten in the role of Treasurer who will take over the responsibility at the conclusion of the AGM.

Chris added that Secretary, Gill Coughlan, has reduced her high workload by passing her responsibility for writing Meeting Minutes to Neil Boulton; Geoff Rose will be continuing on with the Newsletter and the other committee members indicated they are happy to continue in their roles, so the Sub-branch is in good shape.

With all AGM Agenda items addressed, and no issues raised by audience Chris introduced and handed over to Vietnam Veteran Alan White.

Alan has spent a lot of time investigating Prostate cancer and has gathered a lot of information which is now on his website www.prostatezone.com. Information at the link includes links to many TV programs and the names of authoritative book and publications. Alan recommended that members diagnosed with the cancer contact him or read several of the publications referred to in his website.



Alan has spent a lot of time investigating Prostate Cancer and has gathered much information which is now on his website: www.prostatezone.com. The information includes links to many TV programs and the names of authoritative books and publications.

Alan recommended that members diagnosed with the cancer contact him or read several of the publications referred to on his website.

He also provided information about the Navigate Research Study being conducted at Peter MacCallum Cancer Centre. The Study is seeking participants who have been diagnosed with early prostate cancer.

If interested in joining this worthwhile Study the contact details are included in 'Health and Welfare' section of this Newsletter.

Alan also brought along some pertinent reading material

11/ Closure

President Chris thanked everyone for their attendance and declared the meeting closed at 1541 hrs. Date of the next AGM would be advised in advance in the Newsletter and by email.



Signed

Neil Boulton

Assistant Secretary
RAAFVVA / AFA (Vic) VV Branch

21st of February 2020

Donors for 2019 – Thank you!!

Mr A Alcock	Mr D Grover	Mr B Lynch	Mr P F Raymant
Mr R Appleford	Mr K C Haines	Mrs P F Lynch	Mr A Reed AO
Mr N J Boulton	Mr R Hateley	Mr R L Mathieson	Mr G Rose
Mr R J Brackin	Mr A J Higginbottom	Mr W M McAlpine	Mrs N Rose
Mr R A Budd	Mr A Hooton	Mr D McDonald OAM	Mr G R Sharp
Mr R K Clinch	Mr B Hurlock	Mr J T McDonnell	Mr K J Sharpley
Mrs G Coughlan	Mr E G Keenan	Mr R N McMullen	Mr G Stevens
Mr D Del Fabbro	Mr E Kluukeri AM	Mr N Morgan	Mr D Taffe
Mr J A Elliot	Mr A Lapins	Mr J D Nebauer	Mr J A Venn
Mr K Ewin	Mr N Leray-Meyer AM	Mr D F Nichol	Mrs N N Wark
Mr L Fankhauser	Mr J F Lovegrove MBE	Mr K O'Neill	Mr R M Wark
Mr G A Forsyth	Mr R Lovett	Mr A Pahl OAM	Mr A Wight
Mr G W Garbutt	Mr L E Lowe	Mr LS Pascoe	Mr A Wiltshire
			Mr R L Wright

FINANCIAL SUMMARY YEAR 2019

GENERAL ACCOUNT

INCOME

Fundraising	\$10.00
Interest	\$0.64
Reimburse	\$2,753.38
Capitation	\$495.00
Transfer fr	\$1,612.68

Total	\$4,871.70
Income less expenses	-\$189.36

EXPENDITURE

Capitation	\$195.00
Donations	\$500.00
Transferrec	\$4,366.06

Total	\$5,061.06
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	2019
OPENING BALANCE	\$1,302.57
CLOSING BALANCE	\$1,113.21
RESULT	-\$189.36

	2018
	\$792.51
	\$1,302.57
	\$510.06

PATRIOTIC (WELFARE) ACCOUNT

INCOME

Catering	\$1,640.00
Donations	\$4,310.00
Fundraising	\$785.00
Interest	\$25.61
Reimburse	\$1,984.19
Transfer	\$16,736.54

Total	\$25,481.34
Income less expenses	\$4,133.87

EXPENDITURE

Administration	\$1,287.50
State Council	\$721.91
Bursaries	\$1,500.00
Catering	\$2,947.40
Donations	\$200.00
Fundraising	\$150.00
Transfer	\$13,983.16
Welfare	\$557.50

\$21,347.47

	2019	2018
OPENING BALANCE	\$10,668.85	\$11,808.61
CLOSING BALANCE	\$14,802.72	\$10,668.85
RESULT	\$4,133.87	-\$1,139.76

NOTICE BOARD



Important information regarding ANZAC Day 2020

RSL Media Statement - March 16, 2020

On Monday, March 16, 2020, RSL Victoria held an emergency meeting of the ANZAC Day Commemorative Committee (ADCC) to discuss whether commemorative services on ANZAC Day would go-ahead amid rising Coronavirus (COVID-19) concerns.

Together the ADCC and RSL Victoria agreed to the following:

1. There will be a single Dawn Service at the Melbourne Shrine of Remembrance, however the public will be asked not to attend.
2. The Dawn Service at Melbourne's Shrine of Remembrance will be conducted with small number of official guests and modified to minimize COVID19 risk.
3. The ANZAC Day march through Melbourne's CBD and midday service at the Shrine of Remembrance are cancelled.
4. RSL Sub-Branches across Victoria will also be asked to conduct a single ANZAC Day commemorative service only. The public will also be asked not to attend these services.

RSL Victoria State President, Dr Robert Webster OAM, said "ANZAC Day 2020 will not look like the ANZAC Day that so many of us are used to participating in. But there will be a service, wreaths will be laid, the last post will still be played, a minute of silence in memory of the fallen will be observed, but the public will be asked to stay at home. This is not a decision that the RSL takes lightly, but public health and safety must be our priority," he said.

Dr Webster went on to say that there are many ways to participate in the commemoration on ANZAC Day.

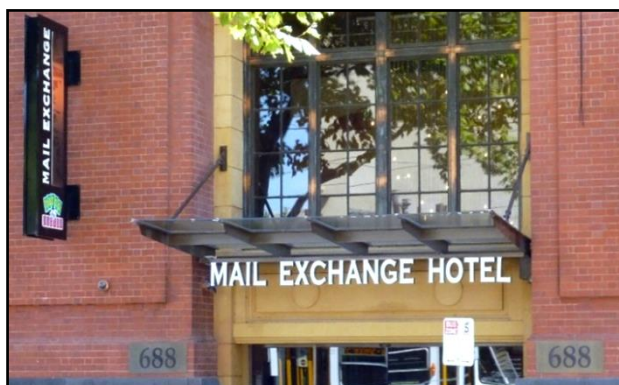
"Traditionally many of us have marked ANZAC Day by attending a Dawn Service at our local cenotaph or the Melbourne Shrine of Remembrance. But in 2020, on April 25, when you can't go to a local Dawn Service, the RSL is asking that instead you tune in via radio, social media or television and take a moment to reflect on the service and sacrifice of our veterans and those who are still serving today," he said.

"The most important thing is that together we remember our pledge as a Nation; Lest We Forget," Dr Webster said.

RSL Victoria will now work with the Shrine of Remembrance and broadcasters to ensure that the service is televised so that Victorians can commemorate from home.

(At this stage RAAFVVA has no alternative plan for ANZAC Day Commemoration)

Monthly Luncheon – CANCELLED – until further notice

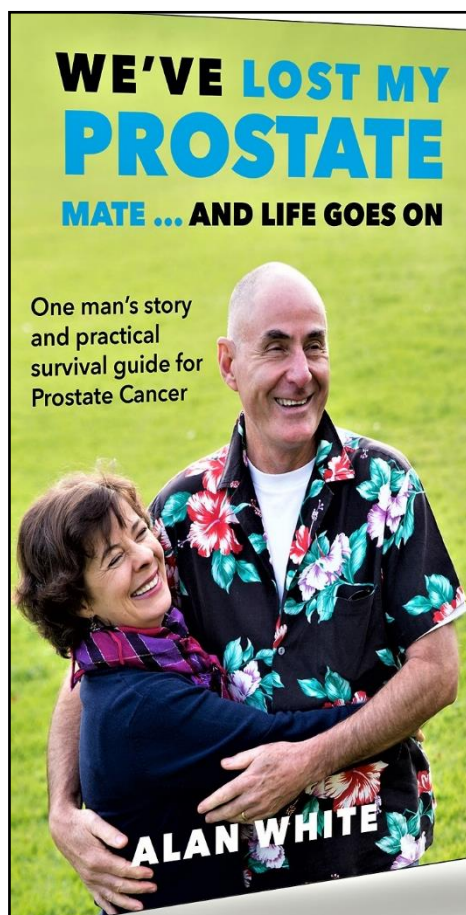


Let's face it, for one reason or another, we are all in the 'high risk group' for contracting Coronavirus. Therefore, in the interest of our members' health, to help reduce your public transport use, avoid public contact – and public bars, we have decided 'it is better to be safe than sorry'.

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? 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 (See outstanding offer under **Did You Know?**).



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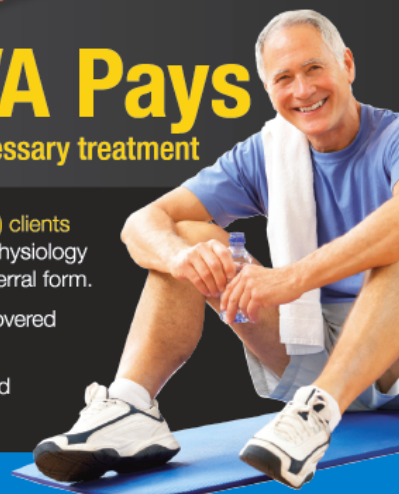
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(“Well worth subscribing to”, says Alan White)

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FRED

The Field Ration Eating Device (FRED), a uniquely Australian innovation, has been copied by many, but never surpassed.

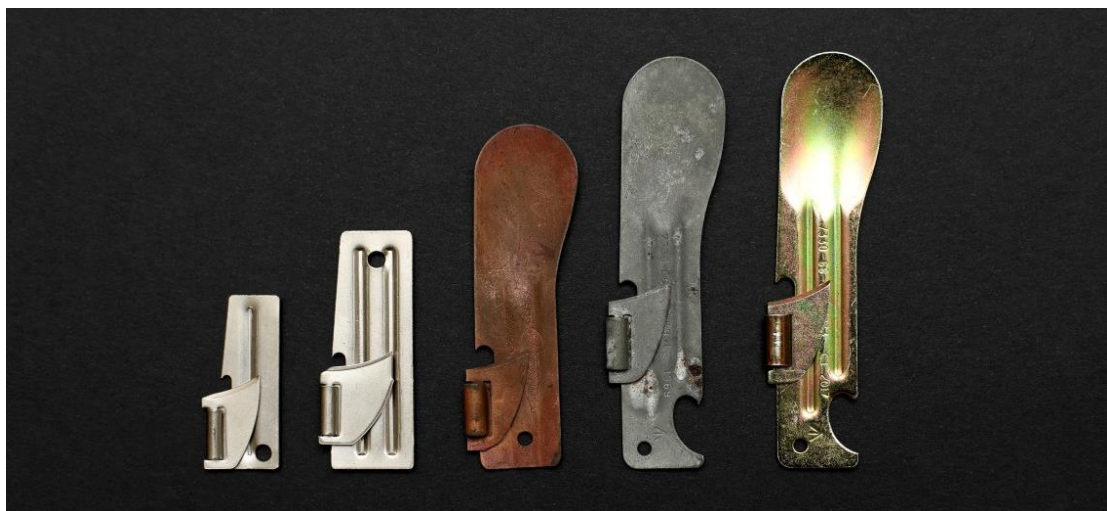
What started as a simple tin-opener the FRED has been developed into a tool used by Diggers (and RAAFies) for many applications over the decades.

During the Second World War, Australia produced the world's first 24-hour (three-meal) combat ration pack. During this period the first 'spoon opener' was trialled.

Further trials were conducted from the mid-50s, with full-scale production starting in 1958. The bottle opener was added in 1966, and since, converted to metric in 1977.

FRED has evolved into a sight-adjustment tool, general-purpose screwdriver and a survival multi-tool, as well as countless other applications for which it was never designed but is apparently well-suited.

It has outlasted the .303 rifle, the L1A1 SLR and the original F88, and we can't think of any other piece of modern kit that can claim the same longevity or has captured the imagination quite like the humble FRED.



Puff the Magic Dragon: AC-47



The **Douglas AC-47 Spooky** (also nicknamed "Puff, the Magic Dragon") was the first in a series of fixed wing gunships developed by the United States Air Force during the Vietnam War. It was designed to provide more firepower than light and medium ground-attack aircraft in certain situations when ground forces called for close air support.

<https://www.facebook.com/dark5tv/videos/825966227817777/>



HEALTH and WELFARE

Ten ways to reduce your risk of coronavirus



- **Wash** hands often with soap and running water, for at least 20 seconds. **Dry** with paper towel or hand dryer.
- **Try** not to touch your eyes, nose or mouth.
- **Cover** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **Isolate** yourself at home if you feel sick. Ensure you have adequate medication supplies.
- **Phone** your GP first if you need medical attention. They will tell you what to do.
- **Continue** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **Don't** wear a face mask if you are well.
- **Buy** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **Get** the flu shot (available April).
- **Shaking hands** is optional!

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).



To register your interest and find out if you are eligible, visit:

www.navigateprostate.com.au

Contact us for more information:

The Navigate Research Team

Peter MacCallum Cancer Centre

navigate@petermac.org

PH: (03) 8559 7453

Register Your Interest

- To register your interest and find out if you are eligible, visit:
www.navigateprostate.com.au
- We will contact you (within 2 business days) to discuss the study and your eligibility further.

Research Approval

- This study is approved by Peter MacCallum Cancer Centre, and meets the principles set out by the National Statement on Ethical Conduct in Human Research.
- It is funded by the National Health and Medical Research Council.

Worried about Alzheimer's Disease? Try this simple test and see how you go.

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière Hospital, Paris, addresses the subject in a rather reassuring way: "If anyone is aware of his memory problems, he does not have Alzheimer's." I forget the names of families. I do not remember where I put some things. It often happens in people 60 years and older that they complain that they lack memory. The information is always in the brain, it is the "processor" that is lacking. This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are: - forgetting the name of a person, going to a room in the house and not remembering why we were going there, a blank memory for a movie title or actor, a waste of time searching where we left our glasses or keys. After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years.

Many people are concerned about these oversights hence the importance of the following statement: "Those who are conscious of being forgetful have no serious problem of memory. Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening." Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights: "The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Now for a little neurological test: Only use your eyes!

1. Find the C in the table below!

A 12x20 grid of small circles. The circle at row 8, column 16 is highlighted in black, while all other circles are white with black outlines.

2. If you have already found the C, Then, find the 6 in the table below.

[illegible]

3. Now find the N in the table below. (Attention, it's a little more difficult!)

MM
MM
MM
MM
MM

If you pass these three tests without problem: - you can cancel your annual visit to the neurologist - your brain is in perfect shape! You are far from having any relationship with Alzheimer's. So, share this with your over-60 friends, it can reassure them.

VALE

WE WILL REMEMBER THEM



RAAFVVA/AFA Vic VIETNAM VETERAN

David Roy GROVER
10SU – Jan 70 to Jan 71
15th December 2019

LEST WE FORGET



On the Lighter Side



Disclaimer: the following attempts at humour pertain solely to the mythical little creature known as "The Leprechaun". Any resemblance to statements or deeds of any real person, or persons, either living or dead, is purely coincidental and totally unintended.

(A continuation of jokes supplied by Alan White -
T' be sure, t' be sure!)



Paddy was visiting his relatives in New York.

He was patiently waiting and watching the Traffic Cop on a busy street crossing. The cop stopped the flow of traffic and shouted, "Okay, pedestrians cross". Then, after they safely reached to other side, he would signal the traffic on.

This happened several times, but Paddy was still waiting on the sidewalk.

After the cop had shouted, "Pedestrians cross!" for the tenth time, Paddy went over to him and asked, "Is it not about time ye gave the Catholics a go?"



Walking into the bar, Mick said to Shamus the bartender, "Pour me a stiff one Shamus - just had another fight with the little woman".

"Oh yeah?" said Shamus "And how did this one end?"

"When it was over", Mick replied, "She came to me on her hands and knees".

"Really", said Shamus, "Now that's a switch! What did she say?"

She said, "Come out from under the bed, you skinny little weasel".

Father O'Flaherty asked Mrs O'Reilly how many children she had. "Four", she replied. "Ah, that's a good Catholic woman, and when will you be having the next? "I'm not, Father", she replied. "I read that every fifth child born in the world is Chinese."



Patrick staggered home very late after another evening with his drinking buddy, Shaun. Safely inside the front door, he took off his shoes to avoid waking his wife, Kathleen.

He tiptoed as quietly as he could toward the stairs leading to their upstairs bedroom but misjudged the bottom step. As he caught himself by grabbing the banister, his body swung round and he landed heavily on his rump. A whiskey bottle in each back pocket broke and made the landing especially painful.

Managing not to yell, Patrick sprung up, pulled down his pants, and looked in the hall mirror to see his backside, with several cuts and bleeding. He managed to quietly find a full box of Band-Aids and began putting a Band-Aid as best he could on each spot where he saw blood. He then hid the now almost empty Band-Aid box and stumbled his way to bed.

In the morning, Patrick woke up with searing pain in both his head and backside and Kathleen staring at him from across the room.

She said, "You were drunk again last night, weren't you?"

Patrick said, "Why you say such a mean thing?"

"Well", Kathleen said, "it could be the open front door, it could be the broken glass at the bottom of the stairs, it could be the drops of blood trailing through the house, it could be your bloodshot eyes, but mostly it's all those Band-Aids stuck on the hallway mirror".



**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.

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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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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.