

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



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

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

PUBLISHER: Geoff Rose

PRESIDENT'S REPORT

Dear Colleagues,

I trust everyone in the Melbourne Metro area is coping with the Stage Four restrictions and as I pen this - still another 2 weeks to go. However, the daily number of infections is headed down and hopefully in the next week or so the Victorian Government will give us some idea of what awaits us after 13 September. As I mentioned in the last Newsletter, if anyone is having concerns or needs assistance, please don't hesitate to get in touch with me or a committee member. As a Branch of Air Force Association (Vic), we are also able to refer matters of well-being or financial assistance to our parent body for assistance if needed.

Vietnam Veterans Day was somewhat different this year which kind of made it a bit special even though we were not able to gather around our Shrine plaque or enjoy lunch together. I trust people managed to tune in to the Shrine's commemoration of VV Day and reflect on the service of all those who were involved in the conflict and honour the memory of those who died as a direct result of their service or have since passed on.



Thank you to those who were able to find photographs of themselves on duty in Vietnam all those years ago and forwarded them for inclusion in our pictorial montage. This was an initiative of the AFA communications consultant, Jacqui Rudd, and I'm sure you will all agree, was a great result. There were one or two minor issues with the production uploaded to YouTube but these are in the process of being corrected. I personally found it surprising that I was not able to find more than the one photo that I submitted - maybe my filing system is not as good as it should be!

Finally, the next event that we are looking towards and preparing for is the 50th anniversary of the loss in Vietnam of the Canberra "Magpie 91", crewed by FLGOFF Mike Herbert and PLTOFF Bob Carver on 03 November 1970. We are hoping that some form of commemoration will be possible at the National Vietnam Veterans Museum at Phillip Island on Tuesday 03 November 2020, so please mark this date in your diaries. Our planning is very dependent on what COVID-19 restrictions are still in place closer to the time, but we will ensure that everyone is informed of arrangements as the day approaches.

Take care, stay well.

Chris Hudnott

Hooray - Spring is here!!



(Damn, Hay fever season again!)

NOTICE BOARD

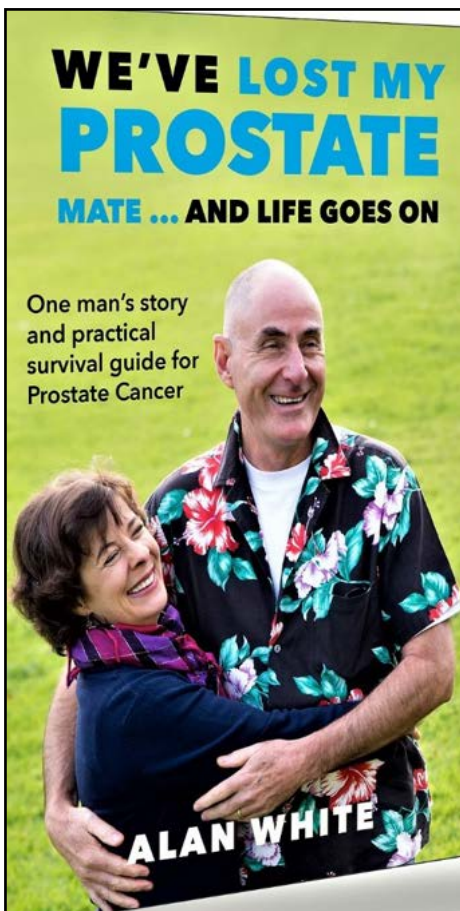
Monthly Luncheon – CANCELLED – until further notice



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, 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!



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.



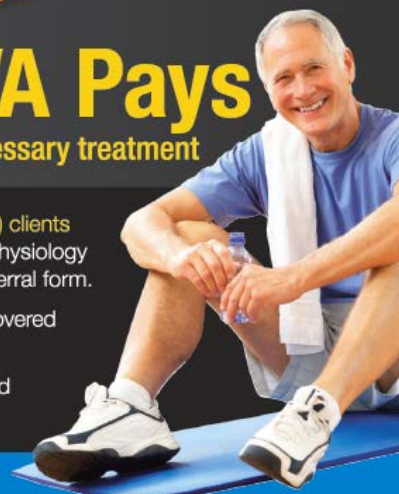
VICTORIA

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

1300 890 507 or 0449 713 472

E admin@njfwellness.com.au

njfwellness.com.au



OUT AND ABOUT

Vietnam Veterans Day 18th August 2020

(Some screenshots from the televised Shrine service and AFA Vic's website)

RAAF VIETNAM VETERANS REMEMBERING OUR MATES

We remember the sacrifices of those who died
and say thank you to almost 60,000 Australians
who served during the 10 years of our
involvement in the Vietnam War.



"They shall grow not old, as we that are left grow old
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them."

Images (and memories) of our VV Day Commemorations (from 2010)



2011



2012



2013



2014



2015



2016 - 50th Anniversary of Long Tan





2017



2018 – 50th Anniversary of Coral and Balmoral





2019







DID YOU KNOW?

An opportunity (apart from AFA/RAAFVVA Bursary) for financial assistance.



AUSTRALIAN VETERANS'
CHILDREN ASSISTANCE TRUST

AVCAT SCHOLARSHIPS

Tertiary scholarships for children and
grandchildren of Australian
ex-serving veterans

Applications open Vietnam Veterans Day
18 August 2020

Scholarships provide up to \$4000 per year, for three years, to full-time students at university, TAFE or RTO.

To be eligible a student must be the child, stepchild, foster child or grandchild of an ex-serving Australian veteran. Scholarships are awarded to students based on financial need and academic merit.

Apply online by midnight 31 October 2020

avcat.org.au

HEALTH and WELFARE

More Information from DVA's website: www.dva.gov.au



What to do if you develop symptoms

You should telephone your doctor's surgery and explain your circumstances. They can then advise you accordingly. Alternatively, you can call the Coronavirus Health Information Line 24/7 on 1800 020 080 and be transferred to a Registered Nurse.

Veterans' MATES: COVID-19 (advice, dated 24 Aug 2020)

DVA's Veterans' Medicines Advice and Therapeutics Education Services (Veterans' MATES) latest releases [Keeping well during COVID-19](#) and [Mental well-being during and after COVID-19](#) are now available.

Keeping well during the Coronavirus (COVID-19) pandemic

Looking after your everyday health during the COVID-19 pandemic is just as important as practising social distancing and good hygiene. Keeping up with your usual medical care including routine visits to your GP, tests and medicines, and seeking treatment early when needed, will help you stay well.

The 'Keeping well during COVID-19' released looks at three practical things you can do:

1. Maintain regular contact with your healthcare providers
2. Continue taking your medicines as prescribed
3. Get your influenza vaccination.

Three actions to enhance and protect your mental well-being during and after COVID

COVID-19 has changed how we live, work and connect with family and friends. This can make us feel distressed and overwhelmed. Understanding our stress response and learning simple techniques to calm distressing emotions and change negative thoughts can help us feel more in control and less stressed.

The 'Mental well-being during and after COVID-19' release provides three techniques that can help you stay well during and after COVID-19.

For further information, advice and resources, visit the [Veterans' MATES website](#).

If you need to talk to someone, visit the [Open Arms website](#) or call 1800 011 046 – available 24 hours a day, seven days a week. Alternatively, you can call Lifeline on 13 11 14, or Beyond Blue on 1300 224 636 – both also available 24 hours a day, seven days a week.

VALE

WE WILL REMEMBER THEM



RAAF VIETNAM VETERAN



Barry Keith ROLFE
9 SQN - May '69 to Apr '70
9 SQN - Jun '71 to Oct '71
19th July 2020

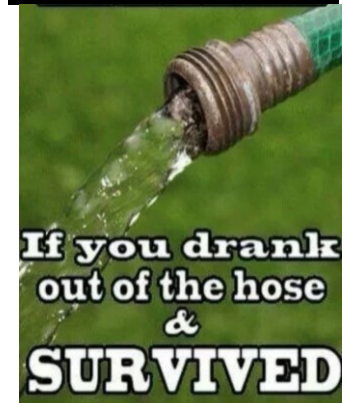
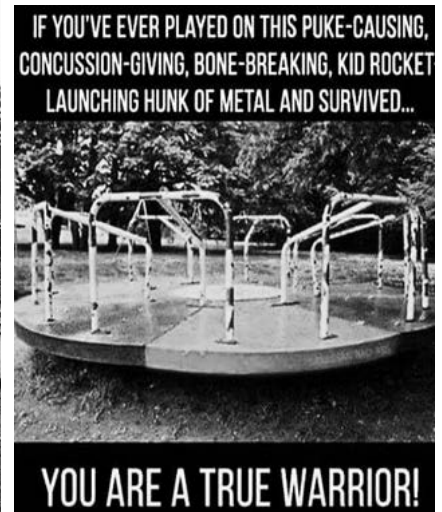


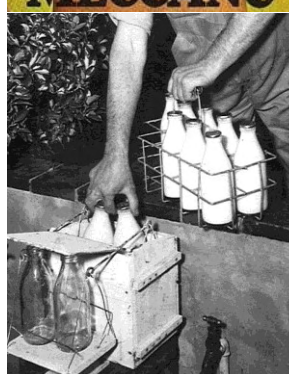
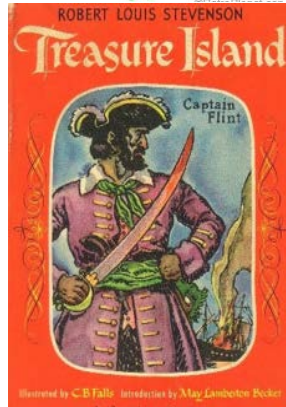
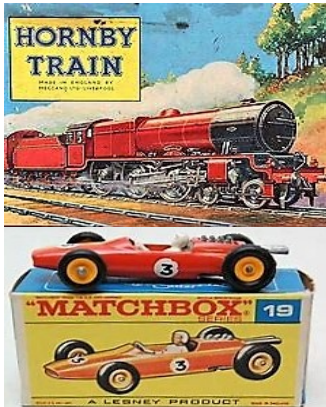
LEST WE FORGET

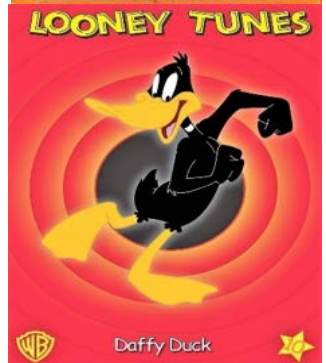
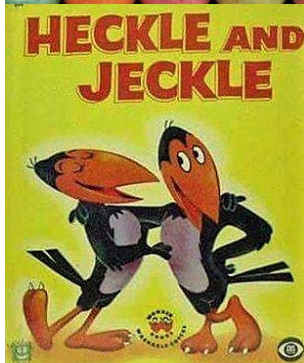
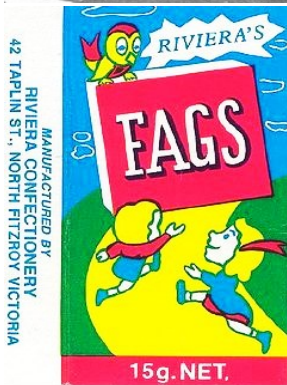
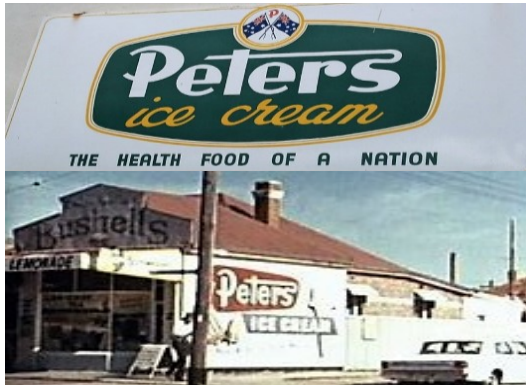


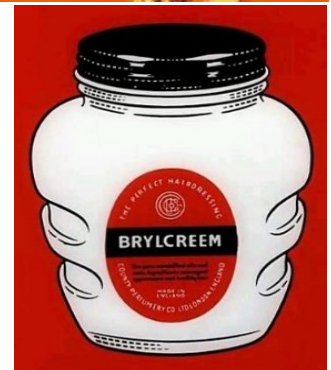
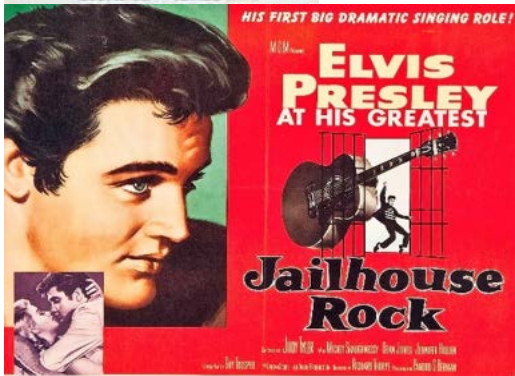
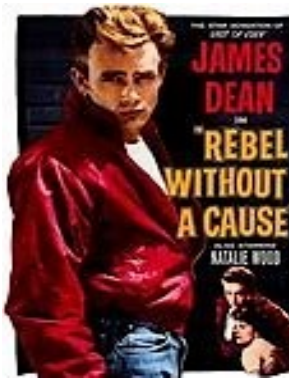
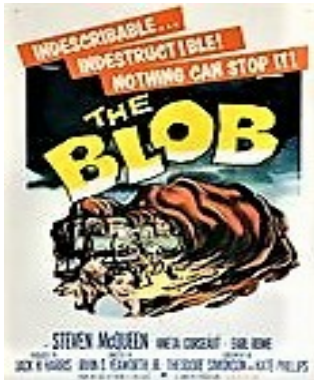
RAAF Memorial Canberra

COVID-19 is not so funny after all, so let's go back 'a few years' and reminisce about some of the 'Good Old Days'.





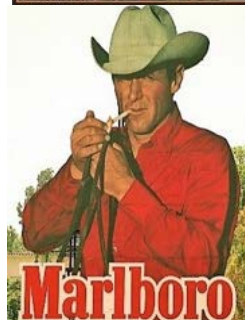
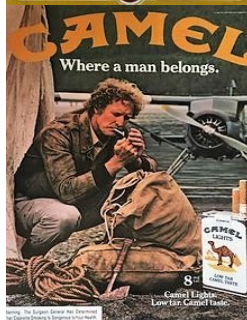
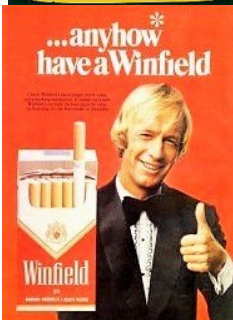
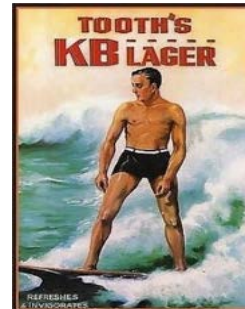
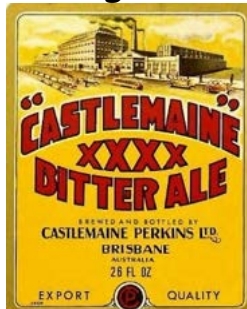




And then, we joined the Air Force!



But it got better!



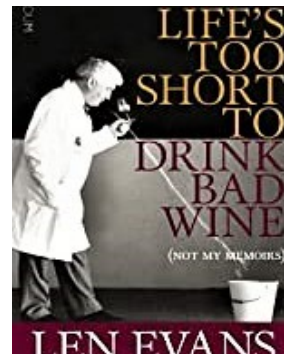
And now, so glad...



Let's just...



Because....



Too true, eh?



**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 U10 4-42, Coral Drive, Hampton Park, Vic 3976. 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.