



# *Seasons Greetings*



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



## **NEWSLETTER**

**December 2018**

[www.raafvva.org.au](http://www.raafvva.org.au)

[www.raafavic.org.au](http://www.raafavic.org.au)

## **NEWSLETTER of RAAFVVA and Air Force Association 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**

|                  |                         |   |
|------------------|-------------------------|---|
| PRESIDENT        | Chris Hudnott           | Phone (03) 9830-4665<br>ruth.chris@bigpond.com  |
| IPP              | Gareth Davis            | Phone (03) 9878-7940  |
| VICE PRESIDENT   | Max McGregor            | Phone (03) 9803-1156  |
| SECRETARY        | Gill Coughlan           | The Secretary RAAFVVA<br>PO Box 281<br>Hampton Park Vic 3976<br>Phone 040 850 3986<br>gilly4346@gmail.com |
| TREASURER        | Maree Jongkryg          | 6 Balfour Place<br>Melton West Vic 3337<br>Phone 041 248 9448<br>maree.jongkryg@sov.net.au                |
| COMMITTEE MEMBER | Pieter Jongkryg         | Phone 0412 489 448  |
| COMMITTEE MEMBER | Bob Brackin             | Phone (03) 5261-2630  |
| COMMITTEE MEMBER | Andy Lapins             | Phone (03) 9511-4693  |
| COMMITTEE MEMBER | Geoff Rose              | Phone (03) 9372-7709  |
| COMMITTEE MEMBER | Neil Morgan             | Phone (03) 9687-8871  |
| COMMITTEE MEMBER | Peter Raymant           | Phone (03) 9583-1053  |
| COMMITTEE MEMBER | Graeme Dodd OAM         | Phone (03) 9852-1653  |
| COMMITTEE MEMBER | Neil Boulton            | Phone 0419 009 287  |
| WEBMASTER        | Anthony (Tony) Pahl OAM | bushranger@internode.on.net   |

### **RAAF REGIONAL ADVOCACY, WELFARE AND PENSIONS OFFICERS**

|   |                |                      |
|---|----------------|----------------------|
| Andy Lapins (Welfare)                         | Melbourne Area | Phone (03) 9511-4693 |
| Alan White (Welfare)                          | Melbourne Area | Phone (03) 9598-1007 |
| Gill Coughlan (Welfare)                       | Melbourne Area | Phone 040 850 3986   |
| Bill Wiltshire (Advocacy, Pensions & Welfare) | Melton         | Phone (03) 9746-9582 |
| John Meldrum                                  | Kilmore        | Phone (03) 5783-3923 |
| John D Sharley                                | Wallan         | Phone (03) 5783-1145 |

### **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 |

### **DISCLAIMER**

The material, comments and/or extracts of articles appearing in the "RAAFVVA and AFA VV Branch NEWSLETTER" are of a general nature only and neither purport to be, nor are intended to be, advice on any particular matter. No person should act on the basis of any material contained in the "NEWSLETTER" without considering, and if necessary, taking appropriate professional advice upon their circumstances. The Committee, the authors and publisher expressly disclaim all and any liability to any person, in respect of anything done or omitted to be done by any such person in reliance, whether whole or partial, upon the whole or part of the contents of the "RAAFVVA and AFA VV Branch NEWSLETTER". Any member of the RAAFVVA, AFA VV Branch, or other veteran organisation or any interested party may submit articles, letters, and advertisements for publication in the NEWSLETTER. The Committee and Publisher reserve the right to veto any such article, letter or advertisement.

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

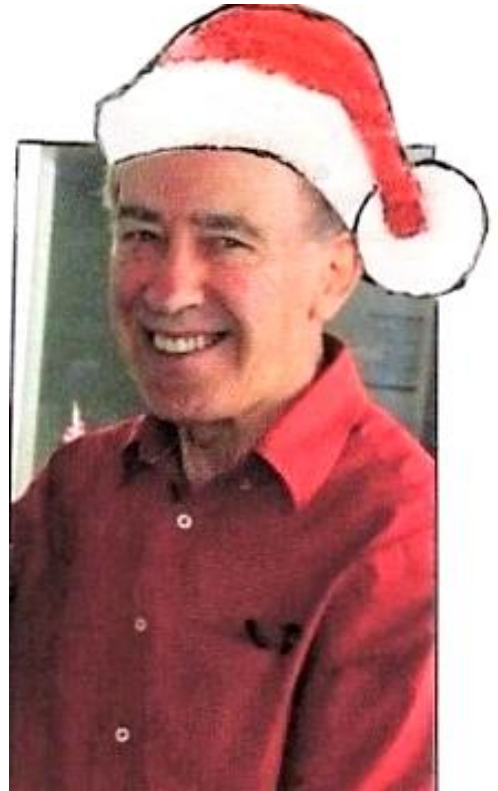
**PUBLISHER:** Geoff Rose

## PRESIDENT'S REPORT

Dear Colleagues,

I'm sure those who were able to attend the WW 1 Armistice Commemoration at RAAF Base Point Cook on 4th November would agree that the event was a most memorable occasion and a successful outcome for all the hard work by the small AFA committee who put the event together. We will continue to remember the significance of the occasion – particularly through the generous donation, of the 5,000 poppies, to the Air Force Association for use at future events.

I mentioned in the last Newsletter that our Treasurer, Maree Jongkryg, is retiring after many years of generous service. Our Secretary, Gill Coughlan has also announced that she will need to put her feet up for a few months after undergoing some necessary foot surgery soon after our AGM on Sunday 17<sup>th</sup> February 2019. On behalf of the Committee and all our Branch members, thank you Gill for your work as Secretary and get well soon. Needless to say, we are looking for another member to fill Gill's shoes while she convalesces and anyone who would like to nominate for the position please let me or another Committee member know. It is an important job but one that will be fully supported by others on the Committee for anyone assuming the role while Gill is away.



Maree Jongkryg & new Treasurer, Gareth Davis

Gill Coughlan and new Temporary Secretary ??

Our honorary Chaplain, the Reverend George Ashworth OAM RFD, has also announced his retirement from Branch activities. Reverend George has contributed to our Branch Newsletter over many years and joined in our commemorative activities on Vietnam Veterans' Day. Two members of our Committee, Gareth Davis and Bob Brackin recently visited Reverend George at home in Jan Juc to thank him for his support of our Branch and to present him with a Certificate of Appreciation.

Finally, I should highlight that our Branch, in conjunction with the AFA Foundation will again continue with the presentation of educational Bursaries and encouragement awards. This initiative aims to assist eligible students with educational expenses and is open for applications from any children or grandchildren of any member of a Branch of the AFA (Vic) who has operational service or three or more years of continuous service with the RAAF. Applicants need to be under the age of 25 when applying. Please note that the closing date for applications is 25 January 2019 and application forms may be downloaded from the Bursary page of our Branch website ([www.raafvva.org.au](http://www.raafvva.org.au)) and forwarded to Gill Coughlan at PO Box 281, HAMPTON PARK 3976 or via her email address [gilly4346@gmail.com](mailto:gilly4346@gmail.com). Bursaries will be presented immediately before the AGM on 17<sup>th</sup> February 2019. (More details about Bursary application on the following pages.)



Best Wishes to all for Christmas and the New Year.

Chris Hudnott  
President



## NOTICE BOARD



### NOTICE OF THE RAAFVVA/AFA (Vic) VIETNAM BRANCH 2019 ANNUAL GENERAL MEETINGS

TO BE HELD JOINTLY ON SUNDAY  
THE 17<sup>TH</sup> OF FEBRUARY 2019



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 17<sup>TH</sup> February 2019 commencing at 1400 hours**. The venue for these meetings is the RAAF Association 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 2019.

All committee positions are open for nomination from any financial member of these Associations prior to 31<sup>st</sup> January 2019. 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.

**A light lunch of finger food will be provided from 1300 hrs** prior to the commencement of the AGM. On completion of the AGM there will be **free drinks** for those attending. It is a good opportunity to have a mini reunion.

### AGENDA

1. Opening – ODE
2. Presidents welcome and general announcements
3. Presentation of Air Force Association Bursary Certificates
4. Attendance Register
5. Apologies
6. Acceptance of previous Minutes
7. Business arising from those Minutes
8. Financial Report for year ending 31<sup>st</sup> December 2018
9. Correspondence
10. General Business
  - Membership Report for previous year
  - Membership as at AGM
  - Donation recognition
11. President's Report and questions from the floor
12. Election of Office Bearers
13. Honours and Awards
14. Closure

Gill Coughlan  
Secretary  
RAAFVVA  
AFA (Vic) VN Branch



## AIR FORCE ASSOCIATION VIETNAM VETERANS BURSARY

2019



### **\*CLOSING DATE FOR APPLICATIONS – Friday, 25th January 2019\***

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 of a person with operational service, or three or more years continuous fulltime service, as a member of the Royal Australian Air Force.

A stepchild or foster child is eligible, if they have resided with or been financially supported by the veteran step parent 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 or RAAF Vietnam Veterans Association.

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 Certificate.

The Treasurer shall contact the successful applicant/applicants to arrange how invoices associated with the Bursary will be paid.



The Application Form can be accessed through the 'Bursary' page of our website:  
[www.raafvva.org.au](http://www.raafvva.org.au)

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

Email: [gilly4346@gmail.com](mailto:gilly4346@gmail.com) or,

Australia Post: PO Box 281  
Hampton Park Vic 3976

### 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, 25<sup>th</sup> JANUARY 2019\***

Due to our AGM on the 17<sup>th</sup> February, the next monthly luncheon is planned for **Wednesday, 20th March 2019** at the Mail Exchange Hotel - 688 Bourke Street, City, corner of Bourke and Spencer St's (directly opposite Southern Cross Station).



**NB:** 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.

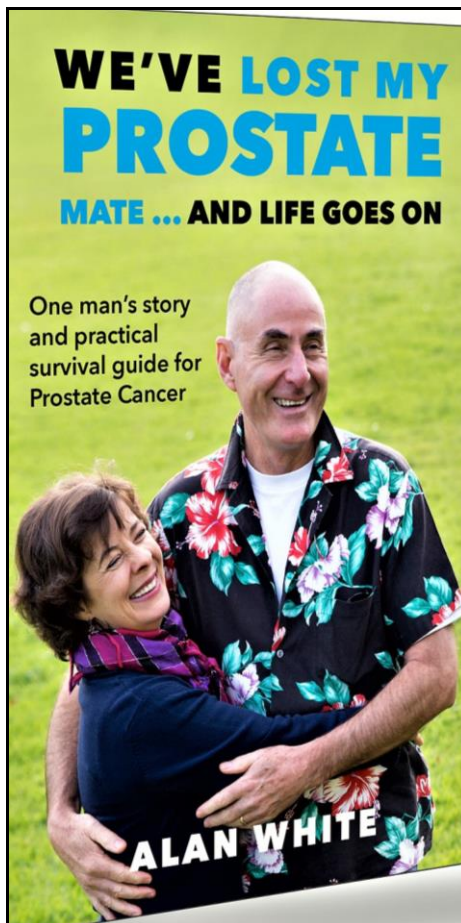
This will enable a more accurate number to be passed to the hotel when making the monthly booking.

**Gill's mobile: 040 850 3986**

**Email: gilly4346@gmail.com**

Generally, our monthly luncheons are planned for the third Wednesday of each month. However, dates, and any changes, will be posted on our website blog as soon as available.

**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](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)



**Going overseas?** Our 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](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



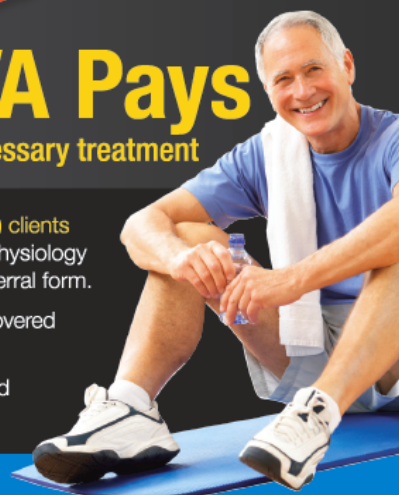
### VICTORIA

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

**1300 890 507** or 0449 713 472

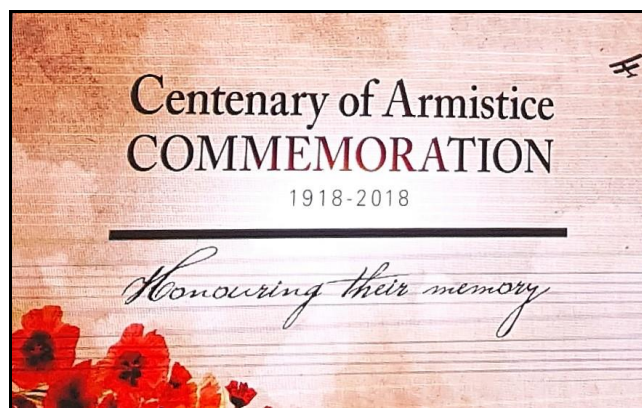
E [admin@njfwellness.com.au](mailto:admin@njfwellness.com.au)

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





## OUT AND ABOUT



### **The Story of the Armistice of 1918 and the Treaty of Versailles**

The Armistice of 1918 ended four years of conflict, but the Great War was only formally concluded when the Treaty of Versailles was signed in June the following year. The conditions imposed under the Treaty led many Germans to believe that they had been treated unjustly. Rather than a “war to end war”, the Armistice and the Treaty were to feed growing resentment within Germany.

At the start of the War in 1914 the forces of Germany and the other Central Powers advanced rapidly to within 30 kilometres from Paris. However, the French and the British were able to regroup behind the River Marne and repel the Germans who retreated to a massive network of trenches that they could more easily resupply and defend. Paul von Hindenburg and Erich Ludendorff took command of the army and the war dragged on.

In March 1918 Ludendorff launched a major offensive on the Western Front. The advance failed and in August the Allies began a highly successful advance in which Australia’s five divisions played a major role. While resistance was often fierce, some German troops began to capitulate.

Unrest grew rapidly in Germany, the Kaiser abdicated the throne, and the Germans sought peace negotiations that led to the Armistice of 11 November. Unwillingly, they acceded to terms that required them to withdraw behind the Rhine and hand over vast numbers of ships, artillery pieces and railway locomotives. Allied prisoners of war were released but Germans remained in captivity and the naval blockade continued until the Treaty of Versailles was concluded:

At the end of the Great War Australia had lost almost 60,000 men from a population of five million. Families were in mourning across the country and monuments were constructed in every town and village. Melbourne's population is about the same as Australia's was during the Great War and we can gain some understanding of that outpouring of grief by imagining how we might feel if a similar number of young men from families throughout that city had been brutally killed between August 2014 and November 2018. Tragically, their service and sacrifice did not end the war that was meant to end wars.

In the mid-to-late 1930s Hitler occupied the Rhineland, annexed Austria and took over Czechoslovakia. His invasion of Poland was the final straw for the British and the French who declared war on Germany, just twenty-one years after the Armistice was signed.

– written by Dr Barry Turner, PhD

On Sunday 4<sup>th</sup> November 2018, to mark 100<sup>th</sup> anniversary of signing of the World War 1 Armistice, Air Force Association (Vic) Division conducted a torchlight commemoration at the Australian Flying Corps Memorial located at RAAF Base Point Cook. Prior to the official service some 400 members and guests were invited to attend an afternoon reception at the former Officers' Mess.

The imaginative twilight commemoration was instigated by AFA National President, Carl Schiller, who also Chaired the working committee of 13 dedicated AFA volunteers, formed to ensure success of this 'once in a hundred years' event. Lyn Berry, Co-Founder and Creative Director '5000 Poppies' provided the Memorial Wreath, and Poppy Wall, creating such a spectacular backdrop and greatly impressing the estimated 650 to 700 attendees at the service.



Barb Stallard (AFA stalwart) and Carl Schiller discuss the upcoming proceedings.



AFA Vic President, Max McGregor welcomed guests at the afternoon reception



Some of the RAAFVVA/AFA wives and members at the pre-commemoration reception.



L-R: Pat Lynch, Brenda Douglas, Noela Rose, Kaye Davis, Maree, Pieter and Kylee Jongkryg



L-R: Dan Nebauer, Alan White, Ron Douglas, Pieter Jongkryg and Brendan Lynch

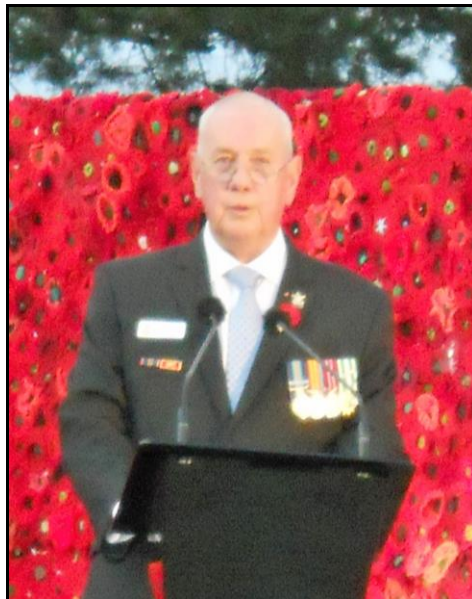


Uniformed Officers lined up for an impressive 'photo-shoot' prior to commencement of the service.





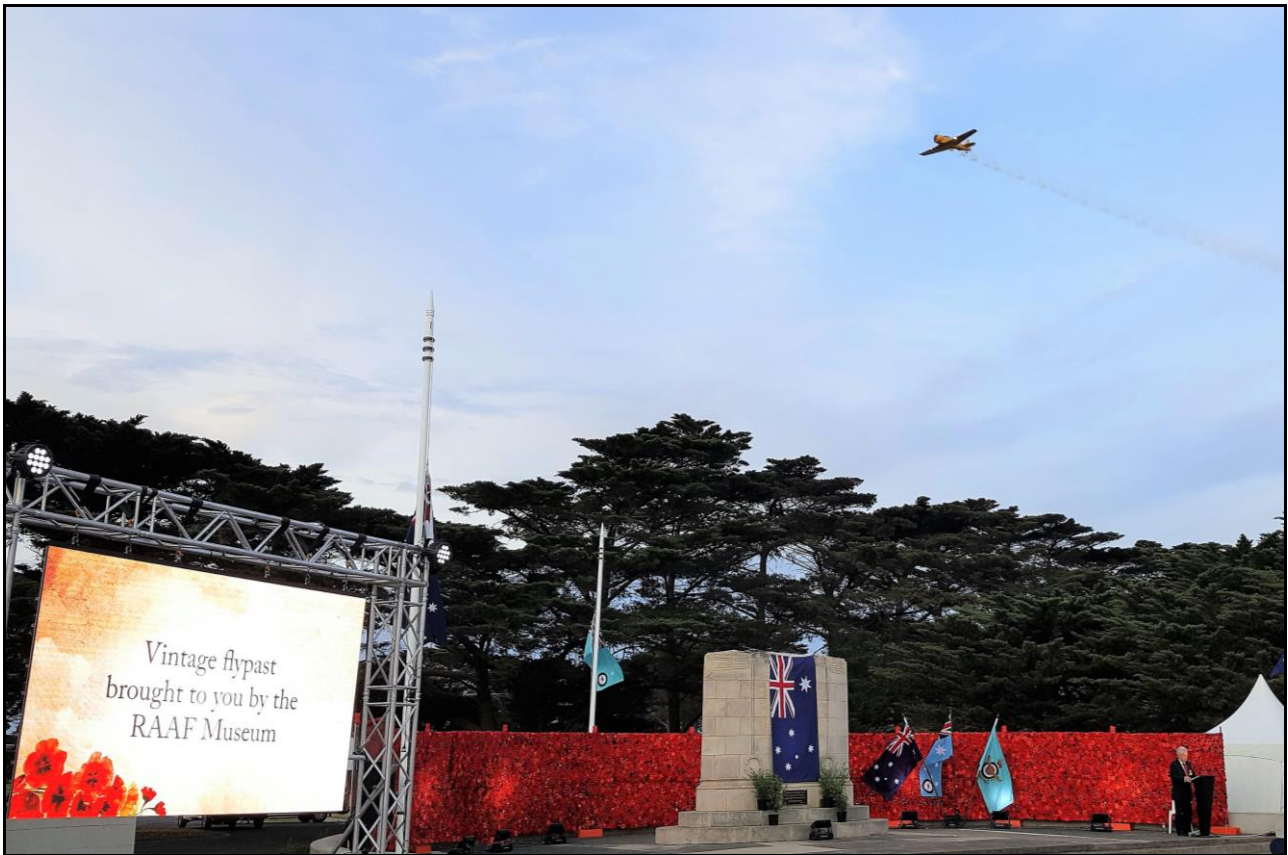
Appropriate music was performed by the Werribee Concert Band.



AFA (Vic) President, Max McGregor presented the Welcome Address.







The RAAF Museum Harvard aircraft performed a 20-minute solo aerobatic display prior to start of proceedings and later conducted two commemorative flypasts during the service.



Group Captain Michael Que Hee CSC, representing Air Marshal Gavin Davies AO CSC, Chief of Air Force, placed the Memorial Wreath at base of the Australian Flying Corps Memorial (which is also known as the Point Cook Cenotaph).





The Commemoration concluded poignantly with members of the public invited to place a poppy into either of two artillery canisters located on the steps of the Memorial. Above, Chris and Ruth Hudnott drop their poppies into one of the canisters.





## DID YOU KNOW?



### **Veteran Card - from DVA's website**

The Australian Government is developing an Australian Veterans' Covenant (the Covenant) to recognise the unique nature of military service and support veterans and their families. A key initiative related to the Covenant is the Veteran Card.

#### **Veteran Card**

The Australian Veteran Card will make it easier for Australians to recognise and respect the contribution that veterans have made to Australia and for our veterans to connect with the broader Australian community.

Anyone who is eligible for a [DVA White, Gold or Orange card](#) will be eligible for the Veteran Card, including veterans who are transitioning or have transitioned from the Australian Defence Force (ADF). Eligibility includes all current and former permanent full-time ADF members. It also includes certain Reservists.

The Veteran Card will support up to 600,000 veterans, in Australia.

The card will help Australian businesses, service providers and community organisations to identify veterans so they can offer their acknowledgement and respect. For example, the card could provide a platform for businesses and community groups to provide tangible recognition and service to holders of the card.

This initiative will formally start in December 2018. However businesses, organisations and individuals can choose to make use of the existing [DVA White, Gold and Orange cards](#) at any time.

#### **Information for card holders and applicants (Veteran Card)**

##### **Benefits of the card**

The Government is working with Australian businesses and community organisations to discuss tangible recognition and services for card holders. Organisations may wish to provide special offers, support or concessions to holders of the card. This will be at the discretion of the participating business or organisation.

Major businesses including Target, Bunnings, Coles and the NRMA have already expressed interest in working together on the program. More information about participating organisations will be made available in the coming months.

##### **How to apply**

Veterans and their families will be able to use their existing DVA White, Gold or Orange Card to gain access to benefits provided by businesses and community organisations until the new-look Veteran Card is issued.

DVA systems are being updated so that you will soon be able to apply for the Veteran card through your existing MyService logon or by creating an account at [MyService](#).

If you do not already have one, you can also apply for a White Card via [MyService](#).

## A Vietnam War Story: USN KA-3B vs Russian Trawler AGI - courtesy of Peter Rayment



Russian "Trawlers" (NATO designation: AGI for Auxiliary General Intelligence) equipped with what looked like one thousand "fishing" antennas plied the Gulf of Tonkin on a daily basis.

Needless to say, it was a cat-and-mouse game to see what havoc they could expend towards the two USN Aircraft Carriers operating there, 24 hours a day.

Since the US government had proclaimed the waters of the Gulf of Tonkin, from three miles off the coast of North Vietnam and Hainan Island, (People's Republic of China), to be international waters, American ships in the Gulf were bound to obey the international rules for ocean navigation.

This meant that if a Russian ship maneuvered herself into the path of an aircraft carrier, to where she had the right of way, the carrier would have to give way - even if she was engaged in launching or recovering aircraft.

USN Navigation Officers were constantly trying to maneuver their ship, so that a trawler wouldn't be able to get in position to abuse the 'rules of the road' and gain the right-of-way. Sometimes he was successful in sucking the trawler out of position, but the room available for a carrier to maneuver was limited, by the on-station requirements, and sometimes a trawler was successful at interrupting the USN's flight operations.

Pilots of the air wing were strictly forbidden to take any action against the Russian ships, but one day, CDR John Wunche, the Commanding Officer of a heavy tanker KA-3B detachment, operating from the USS Bon Homme Richard, had finally had enough of Russian antics.

John Wunche was a big man, with bright red hair and a flaming red handlebar mustache. He was a frustrated fighter pilot, whom fate, and the Bureau of Naval Personnel, had put into the cockpit of a former heavy bomber - now employed as a carrier-based tanker.



CDR Wunche flew his tanker like a fighter and frequently delighted the tactical pilots by rolling his "Whale," (as the KA-3B tanker was called), on completion of a tanker mission. Consequently, John's nickname was "The Red Baron."

On 21 July 1967 he proved just how appropriate that name was.

The USS Bon Homme Richard had nearly completed a recovery, but a Russian trawler had been steaming at full speed to try to cut across her bow. The Bridge Watch had been keeping a wary eye on the intruder.

For a while, it looked as if the Russian would be too late and the carrier would finish recovery before having to give way to the trawler. Unfortunately, a couple of untimely bolters (missed wires) extended the time and the "Bonnie Dick" (as she was called) had to back down and change course - to comply with the rules.

The Landing Signal Officer hit the wave-off lights when John Wunche's "Whale" was just a few yards from the ramp. John crammed on full power and sucked up the speed brakes for the go-around. The "Bonnie Dick" began a sharp right turn to pass behind the Russian, causing the carrier to list steeply, but there, dead ahead of John, was the trawler.

He just couldn't resist. He levelled the "Whale" about a hundred feet off the water and roared across the mast of the trawler with all fuel-dumps open, looking like a crop-duster spraying a field.

The Russian disappeared in a heavy white cloud of jet fuel spray, then re-emerged with JP-4 jet fuel glistening from her superstructure and running lip-full in the scuppers. The Russian trawler immediately lost power as the ship's crew frantically tried to shut down anything that might generate a spark and ignite the fuel.

She was rolling dead in the water - in the Bon Homme Richard's wake - her crew breaking out fire hoses to wash down the fuel, as the "Bonnie Dick" steamed out of sight completing her recovery of the "Whale".

The Red Baron was an instant hero to the entire ship's company!





## HEALTH and WELFARE

The 'Opt-out dead line' has been **extended to 31<sup>st</sup> January 2019**, so it's not too late to make up your mind. This information may be of assistance if you are still undecided what is best for you.

A promotional graphic for My Health Record. At the top left is the Australian Government coat of arms and the text 'Australian Government' and 'Australian Digital Health Agency'. To the right is the 'My Health Record' logo, which consists of four colorful geometric shapes (green, blue, orange, red) arranged in a larger shape. Below the logo, the text 'My Health Record' is written in a large, white, serif font. Underneath that, in a smaller white font, is 'All you need to know'. The background of the graphic is a collage of three photographs: the top photo shows a man and a woman smiling in a pharmacy; the middle photo shows a healthcare professional examining a child's ear; the bottom photo shows two healthcare professionals looking at a computer screen. At the bottom of the graphic, the website 'myhealthrecord.gov.au' is written in white text on a red background.

Australian Government  
Australian Digital Health Agency

My Health Record

# My Health Record

All you need to know

myhealthrecord.gov.au

### What is included in your My Health Record?

#### Your My Health Record could contain:

- ✓ Medicines you are taking or have taken prescribed by your doctor
- ✓ Your Medicare claims history
- ✓ Your organ donation decision

#### Your doctors and other healthcare providers may be able to see and add information to your My Health Record, including:

- ✓ A summary of your medical history, conditions and treatments
- ✓ Hospital discharge information
- ✓ Diagnostic imaging reports\* (like ultrasound or x-ray results)
- ✓ Pathology reports\* (like blood tests)
- ✓ Specialist letters

#### You can add:

- ✓ Information about any allergies and adverse reactions you may have
- ✓ Emergency contacts and their details
- ✓ Your personal health notes
- ✓ Your advance care planning information (this records your wishes about your healthcare in the event that you are too unwell to communicate)
- ✓ Information about other medicines or vitamins you might be taking, like over-the-counter medicines.

You can also customise access to your My Health Record by setting access controls including restricting who can see your information, or cancel your record, at any time.

\* functionality available progressively overtime



## Quick facts

**My Health Record** is the name of the national digital health record system. Having a *My Health Record* means your important health information like allergies, medical conditions and treatments, medicine details, test or scan reports can be digitally available in one place.

**Healthcare providers** like doctors, specialists and hospital staff may be able to see it online from anywhere at any time when they need to, like in an accident or emergency.

**As more people** use the *My Health Record* system, Australia's national health system will become better connected. This will result in better, faster and more efficient care for you and your family.

**Over 3.8 million Australians** already have a *My Health Record* (once called the Personally Controlled Electronic Health Record or PCEHR), and over 2,000 Australians are signing up everyday.\*

\* figures correct at time of publication 17/06/16



## Better Access

Your important healthcare information will be available in one place online that is easily accessible by your authorised doctors, specialists, or hospitals.

Even if you move or travel interstate, the information can be viewed securely online, anywhere, any time.

*My Health Record* is mobile enabled so if you want, you can access your health information from a computer, tablet or mobile device. You control who can see it. Once it's set up you don't need to do anything.



## Strong Security

If you choose to you can control who sees what information in your *My Health Record*.

There are strict rules and regulations on who can see or use your *My Health Record* to protect your health information from misuse or loss. There are penalties for anyone who breaks these.



## More Convenient

You won't need to worry about having to remember and repeat your health history like medicines, details of chronic conditions, and dates of recent tests with different or new healthcare providers.

The same goes for your children's health history like immunisations and medical tests.



## Improved Safety

In a medical emergency, healthcare providers connected to the *My Health Record* system can see your health information to provide you the best possible care quickly.

If you want, you can list any allergies, adverse reactions and medical conditions you may have to help healthcare providers give you better advice and treatment.



## Privacy Matters

### We respect your privacy.

To create a *My Health Record*, we use information such as your name, date of birth, and Medicare records from the last two years. We may collect this information from you, from Medicare and some other government bodies.

Registered healthcare provider organisations such as general practices and hospitals will be able to access your *My Health Record* when providing healthcare to you. You can set access controls to restrict which healthcare provider organisations can see your *My Health Record*, or certain information and documents in it.

We do not disclose your information to anyone else, unless required or permitted by law.

More information can be found at [www.myhealthrecord.gov.au/privacy](http://www.myhealthrecord.gov.au/privacy)



## Changes to process for allied health referrals (from the DVA website)

The way that GPs refer DVA cardholders to allied health professionals is set to change from July 2019 following adjustments foreshadowed in the May 2018–19 Budget.

Under current DVA arrangements, a GP may refer a client to allied health services for up to a year at DVA's expense (except for dental and optical, for which no referral is required). For chronic conditions, the GP can make an ongoing referral.

Under the new arrangements, which will be in place from 1 July 2019, GPs will only be able to make a referral to allied health services at DVA's expense for up to 12 sessions or one year, whichever comes sooner. This new arrangement will also apply to those clients with a chronic condition. Dental and optical services will still not need a GP referral.

The new arrangements will be called the 'treatment cycle'. The treatment cycle is designed to improve quality of care for DVA cardholders.

At the end of the treatment cycle, the allied health provider will report back to the GP who will assess whether further treatment is required. If it is needed, the GP may refer the client for a further treatment cycle at DVA's expense of up to 12 sessions, or may refer them to another provider if that better suits the patient's needs, or may consider another type of treatment.

The treatment cycle will not impose any hard 'cap' or limit on the number of clinically required services. DVA clients will receive as many services as determined to be clinically necessary by their GP.

DVA clients attend their GP on average 12 times per year. Seeking a referral for allied health services can be done as part of any GP visit.

DVA will consult with allied health providers, medical associations and ex-service organisations on the treatment cycle changes in the lead-up to their implementation, and evaluate their impact during the first year.

The referral changes will allow GPs to ensure that veterans are receiving the best possible care. This is to make sure that veterans are benefiting from their treatment, and to examine whether there may be better treatment options available.

Subject to the success of the new treatment cycle, from February 2021, DVA plans to update key parts of the allied health schedules to help meet future health needs.

<https://www.dva.gov.au/about-dva/news-and-updates/dva-online-services-are-joining-mygov>

**NB:** NJF has published the following information to advise how changes to DVA's Referral requirements will directly affect participants of their 'Veteran Wellness Program'.





## DVA Referral

Currently your referral is valid for 12 months or otherwise stated. If there is a clinical need for further treatment following this period, then another referral can be issued.

As of the 1st of July 2019, referrals will be valid for 12 sessions. Each DVA client can be referred for as many 12 session blocks as needed and is still based on a clinical need for treatment.

Basically, instead of having to only get a referral once per year DVA are making it so that we will have to get referrals every 12 sessions instead but with no limit to how many of those 12 session referrals you can receive.

Everything else is the same, it is all still based on a clinical need and frequency is still determined by the practitioner rendering your service.

## Telehealth Options

The NJF Team have been busy working behind the scenes to ensure we are able to offer you our services with ease. As an option we will be making telehealth available as a means for obtaining a referral repeat. It will involve a short phone call from a GP over the phone at your convenience.



*This is all the information we have available from DVA at this time and there are many details still to be decided, we will continue to work on new systems to make this change as easy as possible for all our clients and update you as we go.*

Veterans and Veterans Families  
Counselling Service



**IS CHANGING TO**

**OPEN**  
Veterans & Families  
Counselling  
**ARMS**

**IN OCTOBER 2018**

**WE WILL CONTINUE  
TO PROVIDE THE SAME:**

- SERVICE
- 24/7 SUPPORT
- 1800 011 046 HELPLINE

A service founded by Vietnam Veterans



## THE PADRE'S PICTORIAL PAGE

### A tribute to the many of years of unselfish and dedicated service by Squadron Leader Chaplain, The Reverend George G Ashworth OAM RFD

On 18<sup>th</sup> August 2010, Patron of our Association, AVM E M (Mac) Weller AM (Retd), presented Rev Ashworth with his initial, well-deserved RAAFVVA 'Certificate of Appreciation'.



Comforting Gill Coughlan on the first V.V. Day after passing of her husband, 'Snow'



Personal discussion with Bill Wiltshire, past VP RAAFVVA and long-time Veterans Advocate



Rain, hail or shine, Rev George delivered the message.



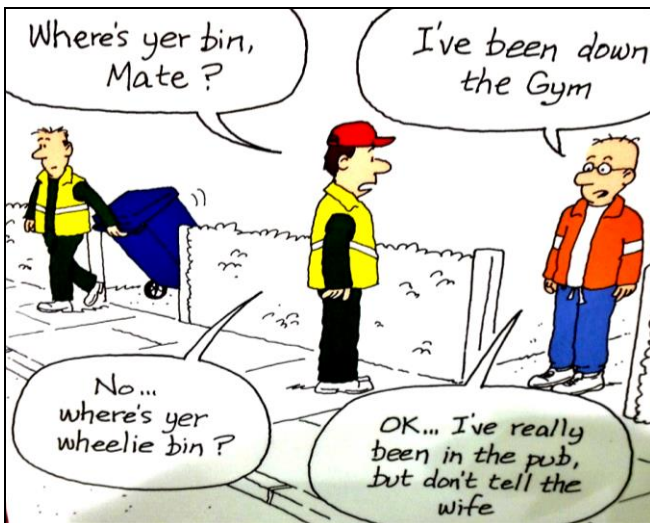
One could say; "He always had his ducks in a row!"



From 1961 to 2018, Rev George G Ashworth provided comfort, compassion and understanding to RAAF and ex RAAF personnel and their families. Reverend George - thank you for your service!



## On the Lighter Side



**A Police Officer came to my house and asked me where I was between 5 & 6. He seemed irritated when I answered: "Kindergarten"**

**AT MY AGE, ROLLING OUT OF BED IN THE MORNING IS THE EASY PART.**

**GETTING OFF THE FLOOR IS A WHOLE OTHER STORY.**



*The President and Committee Wish All Members and Their Loved Ones a Very Merry Christmas and Safe, Happy and Prosperous 2019*



Happy  
*New Year*



**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 - (formerly VVCS)**  
**(A Service Founded by the Vietnam 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.**