

*Seasons
Greetings*

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



NEWSLETTER

December 2019

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)

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

PUBLISHER: Geoff Rose

PRESIDENT'S REPORT

Dear Colleagues,

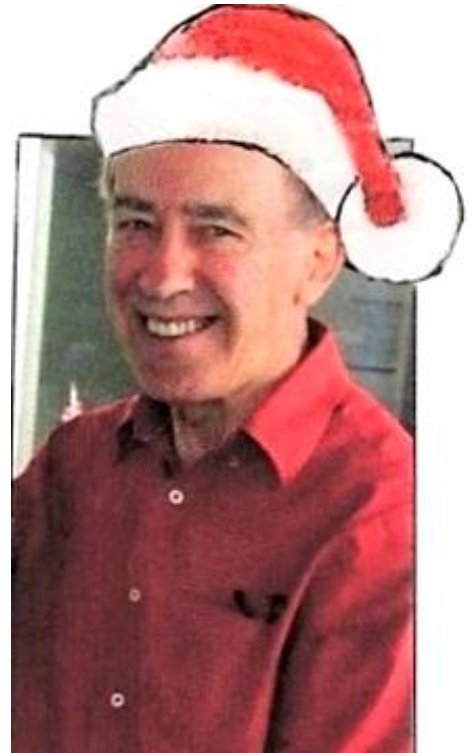
As 2019 draws to a close, we look forward to a well-earned break and refresh ourselves to take on the cycle of Branch activities for the New Year.

AGM

Our AGM is scheduled for 16 February 2020 at the AFA Headquarters, 24 Camberwell Road East Hawthorn. I encourage all members to pencil the date in your new 2020 diaries and try to attend. It's always good to hear the latest Branch news and catch up with fellow veterans. The AGM will be preceded by the presentation of educational bursaries and encouragement awards at 1400 hrs and afternoon tea before we commence AGM proceedings.

Bursaries

Educational bursaries are funded by the RAAF Association Foundation and Encouragement Awards are supported by donations from Committee members. Information about these awards is covered elsewhere in this Newsletter, but I would like to highlight **the new postal address for Gill Coughlan (to whom applications should be sent) and the fact that applications are invited from the children or grandchildren under the age of 25 of a person with operational service, or three or more years continuous fulltime service, as a member of the Royal Australian Air Force. Closing date for applications is 24 January 2020.**



Website

You may have noticed that the RAAFFVVA website is currently under some stress and visiting the site indicates that it is unsafe and suspended. The committee has therefore decided to transfer the important data from this site to our Branch section of the AFA (Vic) website. All the important contact and newsletter information has already been transferred and we are in the process of moving important historical information such as the repatriation of Mike Herbert and Bob Carver and the "Closing of the Bracelets" ceremony at the National Vietnam Veterans Museum to this new location.

Veterans Covenant

AFA (Vic) President Max McGregor recently emailed all members about the Federal Government initiative in recognising the unique nature of military service and acknowledging the service and sacrifice of veterans and their families by the issue of a Covenant to defence veterans. I received my copy of the Oath and lapel pin a couple of weeks ago and I encourage you to apply. New DVA Health Cards will be issued in 2020 but you can use your current card to join the Australian Partners of Defence (APOD) program and become entitled to a range of discounts with the businesses that are part of the program.

Hope to see you at the AGM next year and in the meantime have a great Christmas/New Year holiday season and stay safe and healthy in 2020.

Best Wishes to all,

Chris Hudnott



NOTICE BOARD



NOTICE OF THE RAAFFVVA/AFA (Vic) VIETNAM BRANCH 2020 ANNUAL GENERAL MEETINGS

**TO BE HELD JOINTLY ON SUNDAY
THE 16TH OF FEBRUARY 2020**



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 16TH February 2020 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 31st of January 2020.

All committee positions are open for nomination from any financial member of these Associations prior to 31st January 2020. Nominations for other than Executive Committee positions will be accepted up to the election of office bearers at the AGM. Members may nominate themselves without having to have another member second the nomination. Nomination Forms are available from the Secretary.

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

AGENDA

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

Gill Coughlan
Secretary
RAAFVVA / AFA (Vic) VV Branch



AIR FORCE ASSOCIATION VIETNAM VETERANS BURSARY (AND ENCOURAGEMENT AWARDS)

2020



CLOSING DATE FOR APPLICATIONS – Friday, 24th January 2020

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.

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

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

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

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

Note: 1. Applicants may apply separately or be nominated by any Branch member of the Air Force Association 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 AFA (Vic) website: www.raafavic.org.au (Click on 'Branches', select Vietnam Veterans and click on 'Bursary') or, a copy is available on the next page of this Newsletter, for applicants to print off and complete.

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

Email: gilly4346@gmail.com or,

Australia Post: U10 / 42 Coral Drive
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, 24th JANUARY 2020



AIR FORCE ASSOCIATION VIETNAM VETERANS BURSARY

APPLICATION FORM

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

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

Address:
.....

State: **Post Code:**

Contacts: Phone (home)..... Mobile.....
Fax No..... Email.....
Preferred Day Time Contact:.....

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

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

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

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

Veterans Details:

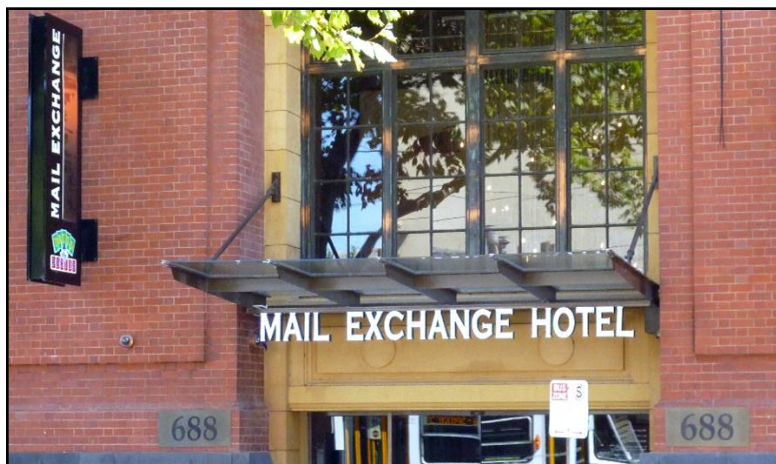
Name of Veteran

Detail of Service

Applicant's Relationship to Veteran.....

Monthly Luncheon

Due to our AGM on the 16th February, the next monthly luncheon is planned for **Wednesday, 18th March 2020** at the Mail Exchange Hotel - 688 Bourke Street, City, corner of Bourke and Spencer Streets (directly opposite Southern Cross Station).



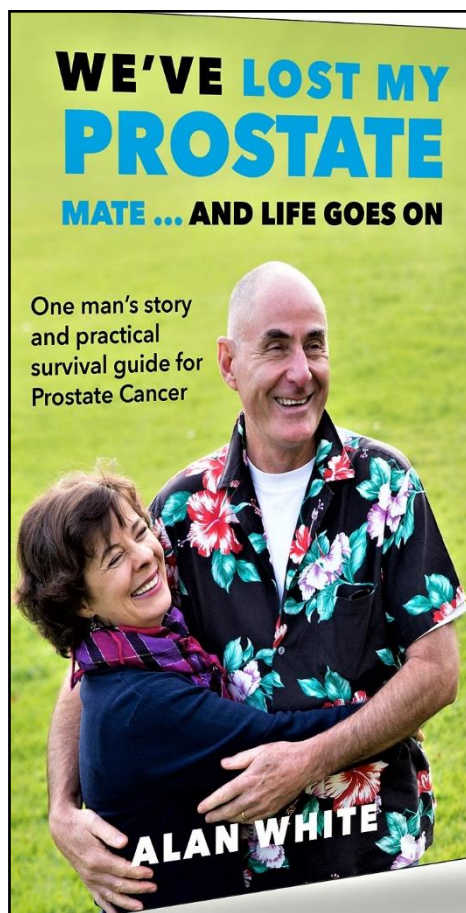
NB: Gill Coughlan, our hard-working Secretary, requests that you **please notify her by the Monday prior**, of your intention to join us for lunch at the Mail Exchange.

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

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

Generally, our monthly luncheons are planned for the third Wednesday of each month. However, any changes, will be posted on AFA 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?'**).



Personal. Reliable. The way travel arrangements should be

Tailored holiday specialist

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

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



Travel
Managers
As individual
as you are

Dan Nebauer

To find out more, call me:

Or contact me by email:

Sign up for my newsletter at:

0413 611 541

dan.nebauer@travelmanagers.com.au

travelmanagers.com.au/DanNebauer

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

Veterans Wellness Programs

DVA Pays

for the clinically necessary treatment

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

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

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

Start today and experience the benefits...

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

NJF
Exercise Physiologists



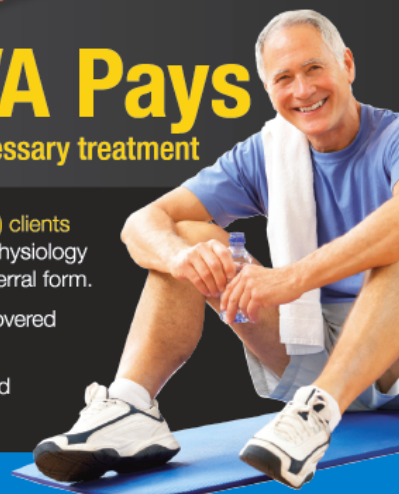
VICTORIA

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

1300 890 507 or 0449 713 472

E admin@njfwellness.com.au

njfwellness.com.au



OUT and ABOUT

Remembrance Day – 11/11/2019



Point Cook Cenotaph (also known as the Australian Flying Corps Memorial) is dedicated to all those who served in the Australian Flying Corps, Royal Naval Air Service, Royal Flying Corps and Royal Air Force during the First World War, Second World War and subsequent conflicts. The memorial was originally dedicated to the fallen of World War One but in 1973 a plaque was added to the memorial to commemorate those who had served in World War Two and later conflicts.

The members of the Australian Flying Corps Association (AFCA), which, in Victoria, later became the Australian Flying Corps Branch of Air Force Association—Victoria, contemplated a memorial over a number of years and finally settled upon the present design and chose Point Cook as its location. The memorial was given into the custody of the RAAF at a ceremony on 16 November 1938. The presentation was made by Mr A. E (later Sir Albert) Chadwick and accepted by Chief of the Air Staff, AVM (later Air Marshall) Sir Richard Williams.



Within this hallowed structure are two copper capsules. One capsule contains the names of the 209 Australian Flying Corps airmen who lost their lives in the Great War and was interred inside the Memorial during the its inauguration in 1938.

The other capsule was interred in the Memorial in 2016 to commemorate the 100th anniversary of the deployment of the Australian Flying Corps in the Great War. This second capsule contains the names of 11,401 Australian Flying Corps and Royal Australian Air Force airmen and airwomen who up to that time have lost their lives on operational service.

Lest We Forget.

This year's Remembrance Day Service was not the traditional 'Point Cook Pilgrimage' that has, for many years, been arranged as a joint commemoration between the Air Force Association and the National Servicemen Association, and usually held on the Sunday closest to the 11th of November.

Due to circumstances beyond their control the two Associations were unable to plan for that day, but fortunately, both were invited to attend the Remembrance Day Service being conducted by currently serving members from RAAF Williams, (RAAF Base Laverton and RAAF Base Point Cook) to be conducted at the usual location, in front of the Point Cook Cenotaph, on Monday the 11th.

Max McGregor, President of the Air Force Association (Vic) Division, was offered the role of MC, which he gladly accepted and conducted in a very efficient and professional manner. Max realized the Service was not progressing in accordance with the schedule, so hastily rearranged the order, thus resulting in perfect timing for the necessary commitments at 1100 hours.



Two marquees provided adequate cover and protection for ADF personnel and members of the Air Force Association and National Servicemen Association.



Due to the changed circumstances, numbers from both invited Associations were far fewer than usual. However, Neil Boulton, Noela Rose, AVM Alan Reed AO (Retd) and Ruth and Chris Hudnott represented our Vietnam Veterans Branch of the Air Force Association (Vic) Div.

On completion of Max's Welcome speech at 1040 hrs, the Catafalque Party marched into position.



Chaplain Joe Ward read the Opening Prayer



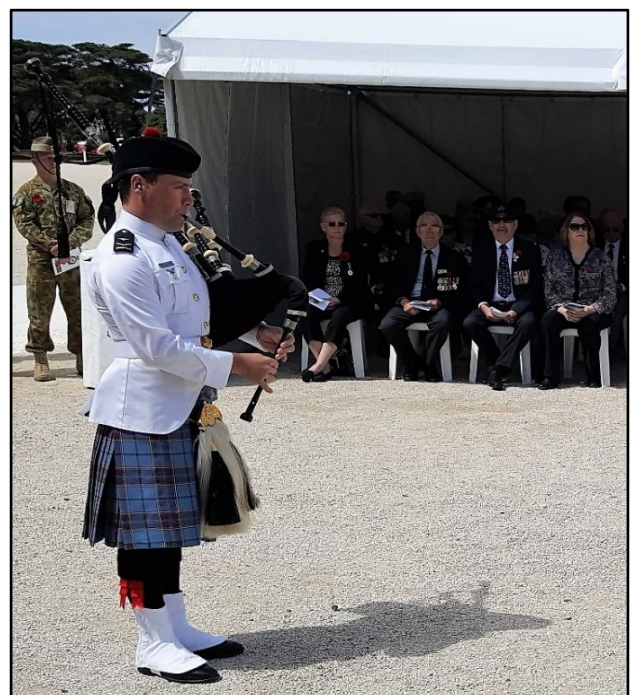
Pictured on the next page are GPCAPT Russell Box, Director of Logistics Capabilities, who presented the Opening Address and WOFF Trudi Cox who read 'A Prayer for the Defence Force'.

Others who gave readings included: SGT Kerrie-Anne Hankin - 'A Prayer for Peace', PO Sam McConnville - 'A Prayer for the Fallen', WOFF Rex Trow - 'A Prayer for the Members'. WGCDR Daryl Topp read the poem, *In Flanders Fields* and FLGOFF Deanna Ellick recited *The Ode*.



Left: at precisely 1100 hours, with all standing to attention, Bugler LAC Patrick Theile, sounded the Last Post, followed by One Minute's Silence, and the Rouse.

Below: LAC Robert Scott played the 'Pipes' during the Wreath Laying Ceremony.



Chris Hudnott was called forward to lay a wreath on behalf of members of the RAAF Association,



which he performed admirably, under the watchful eye of the Association President.



The Wreath Laying Ceremony was followed by Chaplain's Closing Prayer and Benediction, the National Anthem and at 1115 hrs, the dismount of the Catafalque party.

Max then invited all present to board the waiting buses for transportation to the Airmen's Mess at Laverton for the After-Service Luncheon. Point Cook Officers Mess is closed for renovations, in preparation for the RAAF's planned centenary celebrations in 2021.



Couldn't have taken a better photo of the RAAF Museum's Harvard – even if I'd tried (I reckon).



DID YOU KNOW?

Closure of RAAFVVA Website

You may have already read in 'The President's Report' that our RAAFVVA website is no longer accessible and all pertinent information has been transferred across to the website of the Air Force Association (Vic) Division, (Vietnam Veterans Branch): www.raafavic.org.au

Anthony Pahl OAM, a founding member of RAAFVVA, established and maintained the website. With Tony's approval and co-operation, the final decision to transfer the information and close the website was possible.

You may not know it, but Tony is a poet. In 2006 he was awarded the OAM, "For service to veterans through the International War Veterans Poetry Archives".

Anthony is the first recipient of the 'Ally Silver Star Banner' presented by The Silver Star Families of America.

He also received the ICROSS Canada 'Humanitarian of the Year Award' for 2004, for his artistic ability in the hosting, design and maintenance of their website.

And, we must say to Tony, thank you for your many years of dedicated service to the RAAFVVA.



Escorted Three Module Tour of Vietnam April 2020 & Incorporating the First Vietnam F1 Grand Prix (F1 Hanoi Dates Have Just Been Confirmed!)

**Join Dan Nebauer - Your Tour Leader – on this historic F1
focused tour**

Dan is a Vietnam Veteran and a keen F1 fan who has been actively involved in the travel industry since 1997. During this time, Dan has led many group tours to Vietnam and other destinations such as China, India, Nepal, Bhutan, Sri Lanka, Japan, Israel, Jordan and more.

Upon learning that Hanoi is about to host its first F1 race on a new and exciting street circuit, Dan set about designing this five-star luxury tour and you are invited to join him.

As well as a choice of general track admission or reserved grandstand seats on Pre-Race Day and on Race Day itself, the tour features quality 4.5 and 5 star hotels throughout and a luxurious two night Cruise on Halong Bay on one of the best cruise vessels available – the five star Au Co.

The dates for the F1 race in Hanoi have now been set with Race Day on 5 April 2020 – our date for arrival into Hanoi will accordingly be Wed 30 March 2020.

So, if you want to be a part of F1 history, contact Dan today by email: Dan@Globalgroupts.com.au or call 0413 611 541 for further details, or to book your place on this beautiful, well planned tour.

An optional 'foodies tour' has been arranged for those not interested in attending the F1 race. You may also choose just Module One in Hanoi or continue with one or two more modules to explore the country from the North to the South. (All at very reasonable prices.)

How's this for a story?

With 55 hours in the air "The Turtle" outperformed Qantas' nonstop attempt – over 73 years ago! (written by aviation author Geoffrey Thomas)



"The Turtle" a Neptune P2V-1 (without it's wing tanks) and the latest – a QANTAS B787-9

The Turtle outperformed Qantas' Boeing 787 New York to Sydney nonstop attempt, over 73 years ago, and the story of the Turtle - in 1946 - is just amazing!

Mrs Jordan of Marine Parade, Fremantle, baked a cake with red, white and blue icing and the South Perth Zoo gave them a kangaroo, that they really didn't want, for they were about to set a world distance record and every kilo counted. But being obliging and polite, in September 1946, the US Navy pilots accepted the 16kg, 9-month old grey Kangaroo named "Joey" for their record-setting, non-stop flight from Perth to Seattle and possibly Washington DC.

The flight crew, Commanders Eugene Rankin, Tom Davies, Walter Reid and Roy Tabeling, were top US Navy pilots who were testing the capabilities of the new Lockheed Neptune patrol plane. (In fact, the plane to be used for the record flight, called "The Turtle", was the third off the production line.)



The *West Australian* reported that Mrs Jordan's cake even carried the inscription "To the Turtle's Good Luck" and one of the pilots said; "It's typical of the hospitality that the Perth people have given us since we've been here."

The crew of the Turtle were overwhelmed with the friendliness of Perth people who flocked to see the plane. Many set up picnics to watch the test flying ahead of the record flight. And those test flights highlighted a problem with the fuel-laden Turtle which could not sustain flight if one engine failed just after take-off.

At the time, the two runways at Perth would have put the Turtle over Perth after take-off and a danger to residents, so the operation was moved to Pearce.

According to a paper authored by [Captain Victor S. Gulliver, U.S. Navy \(Ret.\)](#) the plane was known as "The Turtle," after the Lockheed project to study extending its range. A Disney cartoonist designed the famous nose art for the plane of a determined turtle astride a bicycle sprocket turning a propeller.



The Turtle was stripped of all unnecessary equipment. Off came turrets, guns, the main oxygen system, cabin heaters, much of the radio equipment and wing and propeller anti-icing and de-icing equipment was removed.

Additional fuel tanks were installed in the nose, rear fuselage, bomb-bay and wingtip tanks added. In total, the plane could hold 8,525 gallons of fuel – over 5,000 gallons more than a standard Neptune. This put the plane 13 tons over its take-off weight!

To help it off the ground Rocket-Assisted Take-off (RATO) units had been attached to the plane.

On September 29, 1946, at 6:11 pm, CDR Davies stood on the brakes as the throttles were pushed forward to maximum power. At the other end of the 1.6km runway, he could make out the throng of news reporters and photographers.

According to Capt. Gulliver, scattered across the airbase were thousands of picnickers who came to witness the spectacle of a rocket assisted take-off (RATO) and who stood when they heard the sound of the engines being advanced to maximum power.

When the slowly advancing airspeed needle indicated 87 knots, Davies punched a button wired to his yoke, and the four RATO bottles fired and the speed leapt to 115kts allowing the plane to take flight – but only just.



The Turtle lumbered out to sea over Rottneest Island to gain height before turning back to overfly Perth and the Darling Range and head for Alice Springs. Next was Cooktown, the Coral Sea, southern New Guinea, Bougainville, and onto the vast and empty Pacific Ocean. The crew's only worry was Joey the kangaroo, who hunched unhappily in her crate and refused to eat or drink.

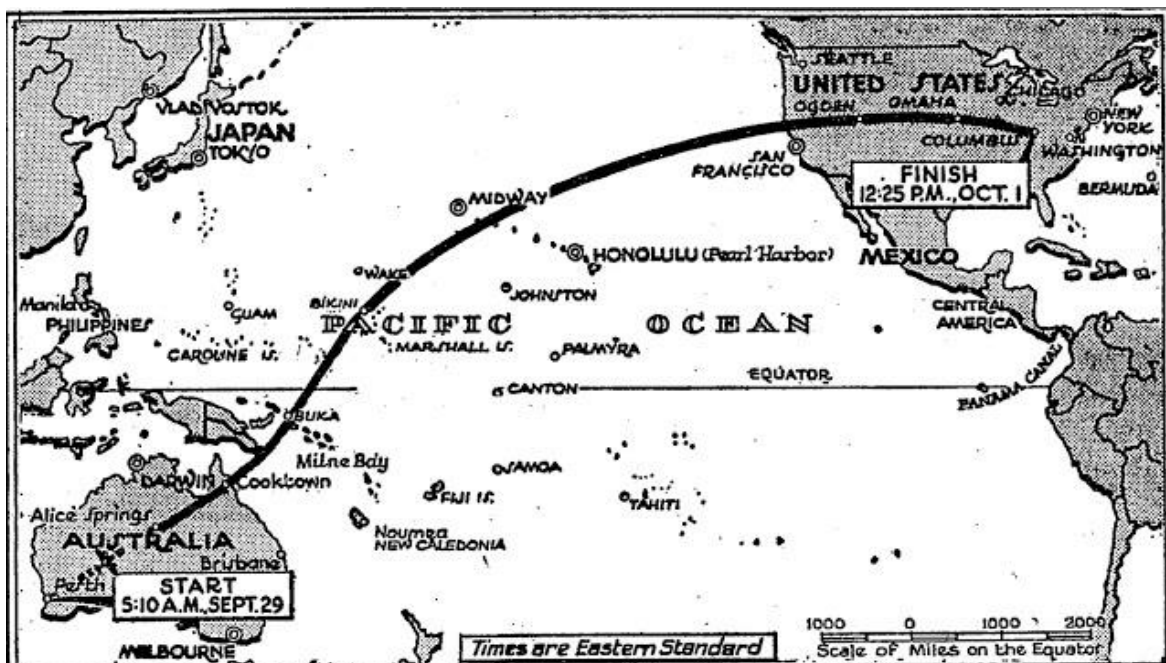
However, by midday of the second day as they approached California CDR Reid came up to the cockpit smiling. "Well," he reported, "the damned kangaroo has started to eat and drink again. I guess she thinks we're going to make it."

But while Joey was no longer a problem the weather was now becoming an issue. Severe turbulence and headwinds were playing havoc with the fuel burn and while they were well past Seattle, making Washington DC became a problem.

By midday on the third day they concluded they could not safely stretch the flight all the way to Washington, DC, so CDR Davies chose the Naval Air Station at Columbus, Ohio to be their final destination.

At 1:28 p.m. on October 1, the Neptune's wheels once more touched the earth after 11,236 miles and 55 hours and 17 minutes. (I'll bet their backsides were sore.)

The Turtle's record for piston/propeller driven aircraft was not broken until Burt Rutan's "Voyager", a carbon-fibre aircraft, made its historic around the world non-stop flight in 1986. The Turtle is preserved at the National Museum of Naval Aviation at NAS Pensacola in Florida.



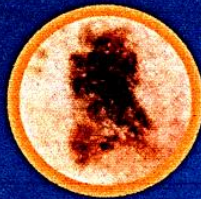
SPOT

the difference



Check your skin regularly and **see your doctor** if you notice a new spot or a spot has changed in size, colour or shape.

Melanoma



- May have irregular edges, one half bigger than the other, or an uneven colour.
- Can appear on skin not normally exposed to the sun.

Nodular melanoma



- Grows quickly so do not delay seeing a doctor.
- Raised and even colour ranging from pink or red, to brown or black.
- Firm, dome-shaped, may bleed and crust.

Basal cell carcinoma



- Red, pale or pearly colour that can be a lump or dry, scaly patch.
- Can ulcerate, bleed and fail to heal.

Squamous cell carcinoma



- Thickened, red scaly spot that bleeds easily, crusts or ulcerates.
- More common in people over 50 years.

MOST SKIN CANCERS CAN BE PREVENTED
During sun protection times



Slip



Slop



Slap



Seek



Slide

Download the SunSmart app for sun protection times.



Call 13 11 20
or visit sunsmart.com.au



Most skin cancers can be successfully treated if found early.

Skin cancer can appear anywhere on your body, so check all of your skin – not just sun-exposed areas.

Ask a friend or family member to check the skin you cannot see, such as your scalp and back.

Check your skin regularly and see your doctor if you notice a new spot, or a spot has changed in size, colour or shape.

Warning signs

Get to know your skin to help you spot changes early.

Solar keratoses or sunspots



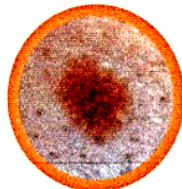
- Red, flattish scaling dry skin that may sting if scratched.
- Appears on skin most often exposed to the sun, like hands and face.

Dysplastic naevi



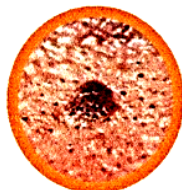
- Larger moles with uneven colour.

Moles



- Harmless spots that are even in shape and colour.
- The more moles or freckles you have, the higher your risk of skin cancer.
- Observe moles carefully for changes.

Seborrhoeic keratoses



- Discrete edge that looks like it sits on top of skin.
- Colour varies from pale brown to orange or black.

VALE

WE WILL REMEMBER THEM



RAAF VIETNAM VETERAN

Kenneth William FULTON
10SU – Apr 70 to Apr 71
29th September 2019

LEST WE FORGET



On the Lighter Side

OOPS !!



RUDOLPH, the BROWN-Nose Reindeer.





The President and Committee Wish All Members and Their Loved Ones a Very Merry Christmas and Safe, Happy and Healthy 2020!!



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. All money gifted for welfare purposes is welfare/veteran support directed, with your Associations and State Government accounting requirements strictly adhered to, and subject to annual audit.

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

BEQUESTS AND LEGACIES

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

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

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

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

DVA VICTORIA

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

In Hospital or Convalescing at Home?

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

Name:.....

Address:.....

Preferred Contact details:.....

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