

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



**NEWSLETTER**

**March 2019**

[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)

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

**PUBLISHER:** Geoff Rose

## **PRESIDENT'S REPORT**

### **RAAFVVA/AFA (Vic) VIETNAM BRANCH 2019 ANNUAL GENERAL MEETINGS**

**HELD ON 17<sup>TH</sup> OF FEBRUARY 2019**

The following sections highlight the major activities of the Vietnam Veterans Association of Australia (Vic) and the Air Force Association (Vic) throughout the year and some of the work that the Sub-Branch / Branch Committee has undertaken.

#### **Vietnam Veterans Association**

##### **2018 Vietnam Vets Day**

Those members of our branch who were able to attend VV Day in 2018 would agree, I'm sure, that the event was moving and certainly memorable. The Coral / Balmoral retrospective included recorded interviews with two Coral / Balmoral vets on a large screen. 26 Mentone Grammar cadets carried National flags at the head of the short march and formed an avenue of honour at the eternal flame as the names of those KIA at the battles were read. A band of students from Eltham College performed "I am Australian" and "I was only 19" and the Premier delivered a short tribute.

In my opinion, this was a significant and successful ceremony and a reflection on the hard work of Maurie Benson and the VVAA Executive involved in organising the event and ensuring that it ran smoothly. The Gunfire Breakfast was well attended and worth the costs involved in encouraging veterans to enjoy the camaraderie of the occasion. Our Sub Branch made a small contribution to the cost of this hospitality.



##### **Acquittal of State Government grant for 2016.**

The 2016 State Govt grant of \$ 1 million for the various activities commemorating the 50<sup>th</sup> anniversary of the Battle of Long Tan has been successfully audited without qualification and the final report accepted by the Veterans Branch of Premier and Cabinet. Branch Treasurer Bob Glaubitz and Secretary George Skell were highly commended by President Bob Elworthy for their hard work in finalising the report.

##### **Membership**

Unfortunately, a total of 4 Sub Branches have closed leaving 25 sub branches remaining. Total Vic Branch membership remains about 2000 and this represents about 50% of the national membership. I think this demonstrates the vitality of the Branch and its Executive.

##### **Gold Card for SEATO medical teams**

After decades of unsuccessful attempts to have the Federal Government grant access to compensation and potential pension payments to SEATO medical teams that served in Vietnam, VVAA Vic has at long last been successful in convincing the current government to issue Gold Cards for remaining members of SEATO medical and nursing teams. There are only about 200 members of these teams surviving out of the original 450 and the Government has unfortunately stated that with the need for enabling legislation to be enacted, the process may not conclude until July 2020.

Following further representation by VVAA that the timeframe was unreasonable, the Department of Veterans' Affairs advised it was looking at possible ways to speed up the process and a few days ago, Bob Elworthy was advised that an enabling instrument will be introduced into the House of Representatives for the first reading before this weekend. Bob is hoping that the legislation will be passed, and the Gold Card entitlement brought forward to July - this year!

### State Council Meetings

On your behalf, I attended the three State Council Meetings held at Geelong, Horsham and Yarrawonga during the year. Although we are a relatively small sub Branch, I believe it important to be involved and connected with VVAA and I thank State Secretary George Skell for being with us this afternoon.

### Air Force Association

#### Armistice Commemoration

The AFA (Vic) major event for 2018 was the commemoration of the signing of the WW1 Armistice and commemoration of members of the AFC, RNAS, RFC, RAF in WW1 and RAAF members in subsequent conflicts who paid the ultimate sacrifice. The torchlight evening event was held on 4 November 2018 at Point Cook and was attended by 700 people. I'm sure most of us here today who attended will have lasting memories of the occasion and photographic galleries appear in both our RAAFVVA newsletter and the AFA Vic website. Special thanks to National President Carl Schiller for initiating the event and leading the 13 members of the working committee who made it all happen.

#### Care parcels

The annual production of 'Care Parcels' for Air Force personnel deployed overseas was planned for 2018 but was suspended following advice from Joint Operations Command that the deployed units were experiencing an overload of parcels from Ex Service Organisations which was causing a logistics problem. This was unfortunate as feedback indicated that the parcels had been appreciated by deployed Air Force personnel and that this year the Victorian Governor (the Honourable Linda Dessau) had been invited (and had accepted the invitation) to assist with parcel packing.

#### Scoping Study

The AFA Victorian Branch, represented by Max and myself, met with Mr Robert Cornall AO to discuss our Branch input to the Veterans Advocacy and Support Services Scoping Study. Our view, in summary, was that the current veteran community advocate system - staffed by volunteer advocates had worked well over many years but that the number of qualified but aging advocates was decreasing and that a new system of paid advocates was necessary.

#### Productivity Commission

The Productivity Commission draft report (700 + pages) on Veteran Compensation and Rehabilitation was released on 14 December 2018. The Commission is travelling around Australia seeking input before finalising the report. Interestingly, it had delayed referring to the Advocacy programme and will review the Cornall report before including recommendations on this area. AFA (National) will be making a submission to the Commission.

### Committee Activity

#### NVVM

Your committee has continued to meet on a monthly basis to review and progress local issues.

We have continued our liaison with the National Vietnam Veterans Museum and last year coordinated input from the Associations representing the three operational squadrons (2, 9, 35) summarising their role and operations to accompany the displays in the Air Operations section of the Museum. A working group from the committee is planning to visit the Museum in March to further assist the Museum in updating and enhancing the Air Force displays.

#### Update of website, records and banner

As our webmaster (Tony Pahl) is often overseas, he has kindly arranged for me to carry out minor changes/updates to our website where necessary because of committee changes and other small items of important information. The pages relating to contacts and bursary information have recently been updated.

Our paper records are also being translated into digital format and stored electronically.

Our banner, which for many years has been a handful for the banner bearers, now sports some air vents and will hopefully be more manageable in windy conditions.

#### Committee Changes

After more than 12 years, our Treasurer Maree has decided to step down to spend more time with family and treat herself to some “me-time”. Secretary Gill has an appointment with her foot surgeon later this month and while staying off her feet during convalescence she will keep herself busy on the computer and continue to monitor the email traffic. A new member on the committee, Neil Boulton, will assume other secretarial duties.

Our honorary Chaplain, George Ashworth OAM RFD, has decided to really retire after many years supporting our Sub Branch. George is now well into his 90's and until recently was making the long trip by public transport from his home in Jan Juc to attend our Anzac Day and VV Day commemorations. From 1961 to 2018, George provided comfort, compassion and understanding to RAAF and ex RAAF personnel and their families and for many years was a regular contributor to our Newsletter. A couple of our committee members visited George at his home recently to personally thank him for service over so many years.

And, finally, I would like on your behalf to thank members of the committee, particularly Maree and Gill for their input and work throughout the year.

Chris Hudnott



Now Gill, what's next? Ummm.





## Air Force Association Vietnam Veterans Branch/ RAAF Sub Branch Vietnam Veterans Association

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

On Sunday 17th February 2019



#### Welcome

The President welcomed everyone particularly AVM Reed and his wife and granddaughter, George Skell from the Vietnam Veterans Association of Australia, Victoria Branch; John McCrystal, Chairman of the Air Force Association Foundation; and winners of the Bursaries and their families.

The President thanked Kay and Gareth Davis for their wonderful work providing and serving lunch



and he presented Kay with a Thank You card.

#### Bursary Presentations

Bursaries are provided by the RAAF Association Foundation every year and the President acknowledged the generosity of the Air Force Association in making the Bursaries available.

He mentioned that in 2018, some younger children were included in the winners of the Bursaries and that this year he was very pleased that two young ladies who are about to start their tertiary education were to be presented with Bursaries. As well as the Air Force Association Bursaries, Encouragement Awards were made available through the generosity of some of the people on our committee. The President was pleased to announce that both Bursary winners this year were also winners of the Encouragement Awards.

The first Bursary was presented to Lucinda Sonneman-Mathieson who is starting her tertiary education in Hobart, doing a Bachelor of Marine and Antarctic Science at the University of Tasmania, majoring in Marine Biology. The course is three years, full time and Lucinda would be living on campus. Lucinda had already moved to Tasmania and is to start her course shortly. Her grandfather, Ross Mathieson, an ex-9 Squadron pilot, accepted the Bursary on Lucinda's behalf.

John McCrystal, Chairman of the Air Force Association Foundation, joined in the photo opportunity as Ross was presented Lucinda's Bursary.



Chris Hudnott, John McCrystal and Ross Mathieson



Gill Coughlan with Ross

Gill Coughlan then presented Ross with Lucinda's John 'Snow' Coughlan CGM Encouragement Award. Ross was particularly pleased to accept this particular Award as he had flown with 'Snow' in Vietnam. Ross then read a note from Lucinda thanking the Association and the Foundation for her awards.

The President then introduced Chloe Reed who will be studying Law and Global studies at Monash University. Chloe was presented with the Bursary, and an Encouragement Award in memory of Lee Scully and his wife Ellen, Lee was President of the Branch for many years. Chloe expressed her appreciation for being selected to achieve the Awards and explained how she intends to use them.



John presented the Bursary



and Chris presented the Encouragement Award

The President then commenced the Annual General Meeting by asking Gill to recite the Ode.





All stood for Gill's recitation of the Ode and the following one minute's silence.

### **1/ Opening**

The President formally opened the meeting at 1400 hours.

### **2/ Attendance Register**

The Secretary reminded attendees to sign the attendance register on the table at the entrance door.

### **3/ Apologies**

The Secretary listed Air Vice Marshall Weller, Alan White, Lyn and Denis Nichols, Ron Mc Mullen, Mike Maroney, Carl Schiller and Rick and Golda Holmes as apologies.

**Moved:** Alan Reed

**Seconded:** Bob Brackin

**Carried**

### **4/ Minutes of Previous AGM**

The Minutes of the previous AGM had been published in the following Newsletter as well as being reproduced and placed on the seats of the current AGM. The President asked if there were any related questions and, when there were none, asked for someone to move and second their approval.

**Moved:** Pieter Jongkryg

**Seconded:** Bob Brackin

**Carried**

### **5/ Business Arising from the Minutes**

There was no business arising from the Minutes and there were no questions.

### **6/ Financial Report for the year ending 31<sup>st</sup> December 2018**

The President moved on to the Financial Report and announced that the Treasurer, Maree Jongkryg, was retiring. Maree acknowledged and spoke of her twelve years' service with the Association which started when she foolishly joked with her husband Pieter that the only role she



would accept was that of Treasurer. Of course, Pieter “dobbed” her in for that role. Maree thoroughly enjoyed her time as Treasurer and learnt a lot about the part the RAAF played in the Vietnam War. She was sad to end her work with the sub-ranch, but the time had come for her to spend more time with her family. Maree wished Gareth all the best taking over as Treasurer and she thanked everyone for their support. The committee thanked Maree for her tireless and excellent work and regretfully accepted her resignation.

Maree asked if everyone had had time to look at her report and if there were any questions. There being no questions, Maree asked for her report to be accepted. (A copy of the Financial Report may be obtained by emailing Gill Coughlan at: [gilly4346@gmail.com](mailto:gilly4346@gmail.com))

**Moved:** Maree Jongkryg

**Seconded:** Neil Boulton

**Carried**

## **7/ Correspondence**

The President observed that most correspondence is by email and handled by Gill, and asked Gill to give a report.

Gill started by asking the committee that if they, or anyone they knew, was a TPI to please tell her as she is presently getting a lot of mail about the TPI Association (Vic) Branch and needs to know who to pass the information to.

There were also draft comments from the Vietnam Veterans Association of Australia regarding the Productivity Commission draft report of December 2018. She had Ken Foster’s initial comments and she was happy to circulate that to the broad membership but hadn’t had time to do so, yet.

For those people considering being an Advocate - and many are needed - there is quite an involved course to complete and forms to fill in. Gill referred to the Advocate Development Training Programme which is supported by the Vietnam Veterans Association, and which is available to provide back up. Everybody had to be registered and people who were qualified under the previous TIP Program would no longer be covered from end of this June.

Gill advised that if anyone was seeking assistance in obtaining unissued service awards of deceased members, she now had the correct information.

Gill thanked John Elliot for volunteering to assist with the secretary position but advised that his help is not needed, at the moment.

Chris thanked Gill and added that the only other thing to have been received recently was a letter from Loretta Watson from the University of Melbourne who was doing a research project on veteran healthy aging (Loretta’s father is ex RAAF and is known to Gill). Apart from the on-line project (which commenced last year), Loretta was looking for opportunities to meet with RAAF veterans when opportunities arise. (More information about Loretta’s project can be found in the ‘Health and Welfare’ section of this Newsletter).

## **8/ Membership**

Gareth reported that there were no issues since last year.

## **9/ President’s Report:**

The President’s report was a separate report which highlighted some of the issues that had arisen during the year from the Vietnam Veterans Association, the Air Force Association and lastly some of the activities the committee had undertaken. (The President’s Report can be read at beginning of this Newsletter.)

Gill asked that the President’s Report be accepted.

**Moved:** Bob Brackin

**Seconded:** Ross Mathieson

**Carried**

## 10/ George Skell Address

The President invited George Skell, Secretary VVAA Victoria Branch, to say a few words about the activities of the organisation.

George advised that it was a pleasure to be invited and he wished Gill and Maree all the best with their pending changes.



He added that Chris had covered most of the information he intended speaking about; however, did refer to some 'dark clouds' on the horizon. There has been some talk about RSLs and TPIs throughout Australia, as a result of which, Consumer Affairs for the first time, this year had done a 'light audit' on our Sub-branches and found a few anomalies. He thought the audits will continue in future years. This was not a bad thing, in fact George saw it more as a wakeup-call to everybody to ensure the figures and facts are correct and that we had the best possible transparency we could get. Regarding the TPI and the RSLs, that was not something that VVAA gets involved in except for the provision of advice directly to TPIs.

Moving on to the better times and events for 2019, for the first time with our State Council meeting at Moama, the Education Team was carrying out several advertising and education advertising activities in the two days before the State Council / AGM, explaining the Vietnam era to the residents of Moama and Echuca.

VV Day was well into the planning stages. Submissions for grants have been submitted and the Branch was hoping that this year it wouldn't have to ask for money from Sub-branches to assist with the cost of the Gunfire Breakfast.

George concluded by saying the VVAA website has been reviewed and that 'old material' is slowly being deleted.

## 11/ Office Bearers for 2019

The President informed the meeting that there had been no new nominations for committee positions for 2019 and that apart from the retirement of Maree and Gareth assuming responsibility as Treasurer, all committee positions remained the same. Neil Boulton would assist Gill as Minute Secretary during her convalescence.

Bob Brackin moved that appointment holders continue in their positions for 2019.

**Moved:** Bob Brackin

**Seconded:** Neil Morgan

**Carried**

## 12/ Honours and Awards

On behalf of those present, the President complimented Peter Colliver (Secretary of the National AFA and Treasurer of the AFA Vic) on his recent award of the Order of Australia Medal.

Gill also mentioned that Lyn Berry (who organised the poppies display at the Commemoration of the Armistice at Point Cook in 2018) had also been awarded the OAM. Gill had spoken with her and mentioned that she was delighted to receive the award.

### 13/ Final Business

The President mentioned that RAAFFVVA windscreen stickers were available for those at the meeting for no charge.

The President presented a Certificate of Appreciation and flowers to Maree Jongkryg for her long and skilful service as Treasurer, thanked her for her work and friendship and wished her the very best for the future.



Chris, Maree and Max McGregor

Finally, the President presented a get-well card and flowers to Secretary Gill Coughlan and wished her well during the upcoming surgery and convalescence.





## 14/ Closure

President Chris thanked everyone for their attendance and declared the meeting closed at 1440. Date of the next AGM would be advised in advance in the Newsletter and by email.

Neil Boulton  
Secretary  
RAAFVVA/AFA Vietnam branch

## Donations for 2018

Mr A Alcock	Mr D Grover	Mr N Morgan	Mr K J Sharpley
Mr R Appleford	Mr K C Haines	Mr S Moss	Mr J D Smith
Mr N J Boulton	Mr R Hatelly	Mr J D Nebauer	Mr G Stevens
Mr R J Brackin	Mr A J Higginbottom	Mr D F Nicol	Mr D L Stewart
Mr R A Budd	Mr A Hooton	Mr K O'Neil	Mr D Taffe
Mr R K Clinch	Mr B J Hurlock	Mr A Pahl OAM	Mr J A Venn
Mr D Del Fabbro	Mr G R Jarvis	Mr L S Pascoe	Mrs N N Wark
Mr J A Elliott	Mr E Kluukeri AM	Mrs A R Reed	Mr R M Wark
Mr K Ewin	Mr W Kuiller	Mr A M Reed AO	Mr I R Wescombe
Mr L Fankhauser	Mr J F Lovegrove MBE	Mr G N Rose	Mr A White
Mr G A Forsyth	Mr B Lynch	Mr F Rowe	Mr S T Wicks
Mr G W Garbutt	Mr W M McAlpine	Mr D R Sanders	Mr A G Wiltshire
Mr R Greenwood AFC	Mr R N McMullen	Mr G R Sharp	Mr R Wright
Mr A H Greig			

**Thank you to all who donated! Your generous contribution, whatever the amount, contributes directly to the welfare needs of fellow veterans.**

## NOTICE BOARD

### ANZAC DAY 2019



Unfortunately, final arrangements are being delayed, due to the ongoing earthworks along St Kilda Rd. The only certainty is that the March will begin half an hour earlier, at 0830 hrs, (so this could mean an earlier step-off time for us). Also, a possible relocation of form-up position to West side of Flinders St, (but not yet confirmed).

RSL's MUFTI (when issued) will contain the latest, and our trusty Secretary will notify you when final details become available.

### Re: Whether you Wish to Continue Receiving a Hardcopy of our Newsletter.

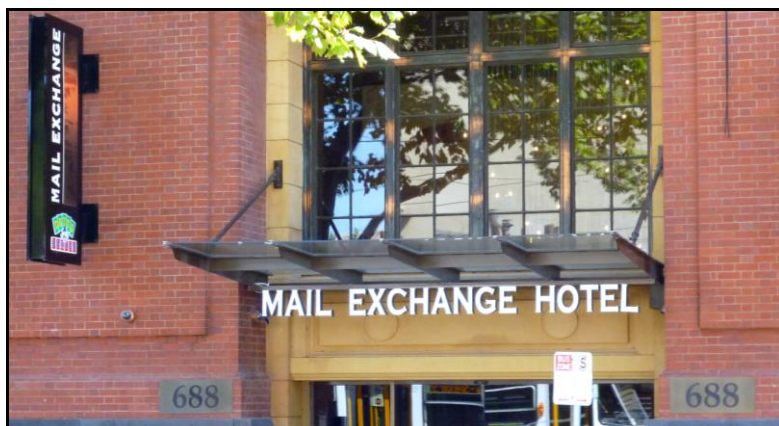
To all who read the December edition of our Newsletter and chose NOT to contact the Publisher - indicating your desire to no longer receive a hardcopy – thank you!

To those who DID respond, confirming you wish to continue with the hardcopy - thank you very much for taking the time to inform us of your requirement. (It's in the mail.)



## Monthly Luncheon

The next monthly luncheon is planned for **Wednesday, 20<sup>th</sup> March 2019**, at the Mail Exchange Hotel - 688 Bourke Street, City, (corner of Bourke and Spencer St's).



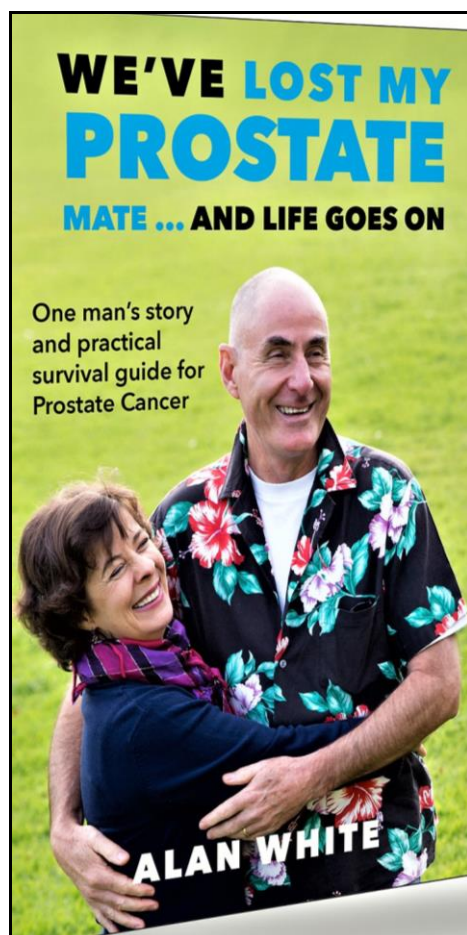
**NB:** Gill Coughlan, our hard-working Secretary, requests that you **please notify her by the Monday prior**, of your intention to join us for lunch at the Mail Exchange.

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?** AFA VN 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:

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dan.nebauer@travelmanagers.com.au  
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# Veterans Wellness Programs

## DVA Pays

for the clinically necessary treatment

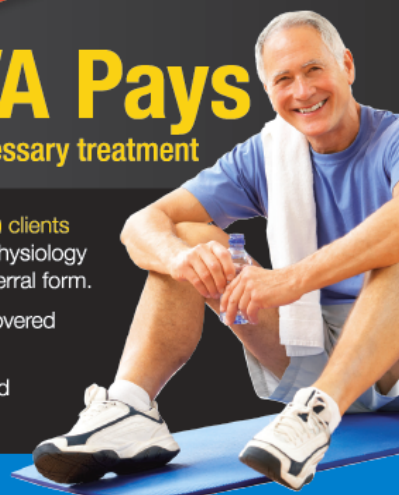
Entitled Department of Veterans' Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

**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](mailto:admin@njfwellness.com.au)

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



## DID YOU KNOW?

### NATIONAL VIETNAM VETERANS MUSEUM – PHILLIP ISLAND

#### UPDATE OF INFORMATION RELATING TO THE RAAF SECTION OF THE MUSEUM'S AIR OPERATIONS GALLERY

Your association is now reviewing the RAAF section of the Museum to ensure that displays and information are relevant and as accurate as possible.

#### WE NEED YOUR HELP



The **FIRST information panel** being rewritten is that of **BSUPFLT/1 OSU** and we need your input.

Areas missing information include (but are not limited to):

- Radio & Telecommunications
- Medical
- Air Movements
- Admin
- Forward Air Traffic Control (at Nui Dat)
- Armed Forces Radio (in the Vung Tau region). If you were an announcer or assisted in any way, please give us some stories.

As a former RAAF member, 'who was there', if you can provide a paragraph or two describing your experience on any of the above (or any other RAAF units), it will be most welcome. We are also interested in copies of relevant photographs, with description and names, that could also be added to the displays.

If you feel like writing a considerable amount (pages!), on **BSUPFLT/1 OSU** or other units, then please do so. We will then look at incorporating information on the current and new separate panels in the future. For **BSUPFLT/1 OSU**, a precis of your information will be incorporated where possible.

**Graeme Dodd**, ex 1 OSU ADG and former RAAFFVVA President, is co-ordinating the **BSUPFLT / 1 OSU display panels**, so please contact Graeme through email:

**doddy3868@gmail.com**

Information pertaining to **other RAAF Vietnam units** may be emailed directly to the our (Assistant) Secretary, Neil Boulton at: [nboulton@bigpond.net.au](mailto:nboulton@bigpond.net.au)

This could be an ideal opportunity to share your knowledge and experiences of one very important period in Australia's history. History, in which you personally played an important role. So, let's ensure the facts are on display, and available for future generations to see, and learn what really did happen during that time – 'when you were there'.

All contributions will be gratefully received.

An article provided by Alan White.

During a private fly-in fishing excursion into the Alaskan wilderness, a charter-pilot and his fishermen left their ice-cooler, full of bait, in the plane while they searched for a good fishing spot. A nearby bear smelt the bait - and this is what it did to the aircraft!!







The pilot used his radio and had another pilot bring him two new tyres, three cases of duct tape, and a supply of sheet plastic. He then patched the plane back together - and FLEW IT HOME!!



Is this how all you ex "Framies" and Engineers would have handled it? (Or, I'll bet you wouldn't have been silly enough to leave bait in the aircraft - in the first place.)



# Miniature Brevets

Miniature Brevet Lapel Pins now available

## Wings & Blings



Pilot



ACO



JBAC



L / E / CT / AE etc

Wayne 'Noddy' Parsons,  
former C-130A and CO 38SQN SQN (1983-85) Caribou PLT is the  
contact.

For pricing and availability contact Noddy: [virgonods@gmail.com](mailto:virgonods@gmail.com)

(M) 0437 747366

An indication of actual size - Pilot Wings are just over 3 cm wide.

This article from "Viet Nam News" (The National English Language Daily), dated 16 Oct 2018, was provided by Peter Rayment.

## More Vietnamese doctors join UN mission

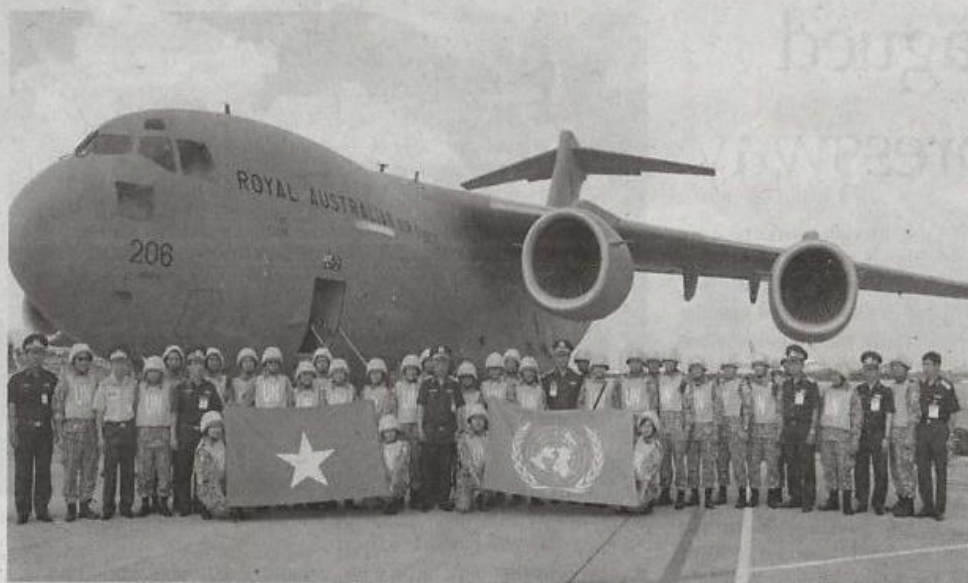
**HCM CITY**— Thirty-one doctors from Việt Nam's level-2 field military hospital left on Monday from HCM City with 30 tonnes of cargo and medicine to join a UN peacekeeping mission in the war-ravaged South Sudan.

The doctors, who are travelling on an Australian Royal Airforce's aircraft together with 30 tonnes of medicines and other essentials, will join 32 doctors from the first group deployed to the African country on October 2.

All of the 63 military doctors will take over a field hospital at Bentiu in South Sudan that was run by the UK. The doctors will be responsible for health care for UN staff in the country for one year.

The doctors have been trained in survival skills and quick responses to unexpected incidents, and identification of mines and explosives.

At the farewell ceremony, Colonel General Nguyễn Chí Vịnh, deputy defence minister,



A second group of Vietnamese doctors are on their way to South Sudan to join the first group of doctors sent earlier this month to work with a UN peacekeeping mission in the country for one year. — VNA/VNS Photo Xuân Khu

asked that the Việt Nam peace-keeping command must be attentive to the families and relatives of the deployed officials.

The defence ministry and con-

cerned authorities would do their best to facilitate the officials' works in South Sudan.

The Việt Nam level-2 field hospital was established by the

Ministry of Defence on November 25, 2014 to realise the Party and State's goal to join UN peace-keeping and humanitarian activities. — VNS

RAAF 36 SQN C17A tasked to deliver VN Military personnel and equipment to South Sudan.

## HEALTH and WELFARE

### INVITATION TO PARTICIPATE IN VETERAN HEALTHY AGEING RESEARCH

I am writing to inform you about important research being conducted at the University of Melbourne concerning **healthy ageing among older Australian veterans**. This research investigates how veterans experience older age, with particular focus on physical, psychological, and social health.

Information concerning Phase I of this research was provided to the members of your association in early 2018. We are now conducting Phase II, which is explained below.

I would like to invite members of the RAAF Vietnam Veterans Association (Vic) to participate in this research. Participation involves completing one anonymous questionnaire, either online or using a pen-and-paper version.

Such research has not been conducted in Australia, so it is important that we investigate how veterans are ageing. With this information, we will better understand how to support older veterans and may be able to develop supportive resources and programs.

We are aiming to recruit a nation-wide sample of at least 1000 veterans. To do this, we need to give as many people as possible the opportunity to take part. Therefore, I am reaching out for your assistance to please share this information with your members and other organisations, that you feel may be able to assist. The more people who are involved, the more representative our findings will be of veterans' experiences.

People who are interested in participating can connect directly to the online questionnaire and read the detailed study information here <https://bit.ly/2DU99FV>. Alternatively, they can contact me using the information below to ask any questions, or to request a pen-and-paper questionnaire.

Key points from the study information are as follows:

- Participants can be male or female
- Participants are required to have served with the ADF and be aged between 60 and 75
- Participation involves completing one anonymous questionnaire
- Questionnaires can be completed any time throughout 2019
- Participants may choose to be kept informed of the study progress

I would be happy to answer any questions that you may have about this research.

(As a personal note, I should mention that a friend of yours, Patrick Watson (ex RAAF), is my dad!)

Thank you very much for your time.

Kind regards,

**Loretta Watson**

**Research Assistant and PhD Candidate**

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Department of Psychiatry | The University of Melbourne  
Level 3, Alan Gilbert Building, 161 Barry Street  
Carlton VIC 3053

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[www.phoenixaustralia.org](http://www.phoenixaustralia.org)





# Medical alarm at home? Make it known.

Register your medical alarm with **nbn** to help minimise any interruption to your alarm service

The **nbn**™ access network is changing the way Australians connect to phone, internet and alarm services

As part of this change, the existing landline phone network that many medical alarms rely on is being replaced by newer technologies, in most areas.

This means there's a few things you'll need to do to check the compatibility and reliability of your existing alarm when you connect to the **nbn**™ access network.



To register your medical alarm with **nbn**, visit **[nbn.com.au/medicalregister](http://nbn.com.au/medicalregister)**

Services offered to phone and internet providers over the **nbn**™ access network will replace phone and internet services provided over most existing landline networks. To find out if your services will be affected, please contact your current phone or internet provider. For more information, visit [nbn.com.au/switchoff](http://nbn.com.au/switchoff) or call 1800 687 626. Some existing devices (including many medical alarms, autodiallers and emergency call buttons) may not be compatible with the **nbn**™ access network at all times. You should contact your device provider to find out if your alarm or other device will work when connected to the **nbn**™ access network and what alternative solutions are available. For more information, visit [nbn.com.au/compatibility](http://nbn.com.au/compatibility) Medical alarm upgrade offer eligibility, terms and conditions apply. For more information go to [nbn.com.au/alarmupgrade](http://nbn.com.au/alarmupgrade) © 2018 nbn co ltd. 'nbn' is a trademark of nbn co ltd | ABN 86 136 533 741.

## ! Register your medical alarm with **nbn**

It's important to register your medical alarm with **nbn** before you connect to the **nbn**™ access network. That way, **nbn** can provide you with extra support to help you check the compatibility and reliability of your existing alarm when you connect to the **nbn**™ access network, if you need it.

Register your medical alarm at **[nbn.com.au/medicalregister](http://nbn.com.au/medicalregister)**

## Consider whether you want to keep using your current alarm

If you have an older-style medical alarm that connects over your home phone line, it may not be able to call for help in the event of a power or other service outage, after you've connected to the **nbn**™ access network.

For some people, this may not be a concern. If it is, new alarms that use a 3G mobile network connection, as well as your home phone line, are now available.

## Optional upgrade offer

Upgrade to a 3G-enabled medical alarm at 80% off (capped at \$300 off)

If your medical alarm is the type that calls family, friends or 000, you may be eligible to upgrade to a 3G-enabled device at 80% off the normal price (capped at \$300 off).

These 3G-enabled alarms:

- Use a mobile network – and may also use your home phone line.
- Help you get in touch with family, friends or 000 – just like your current medical alarm.
- Come with a rechargeable battery which, when new, can last up to 40 hours.
- Have the option to call a professional monitoring service for extra peace of mind (additional charges apply).

For more information on the alarm upgrade offer and your eligibility, visit **[nbn.com.au/alarmupgrade](http://nbn.com.au/alarmupgrade)** or call 1800 003 095.



## Do you suffer from Heartburn, Reflux or other Stomach Discomfort?

### RAAFVVA member, Pieter Jongkryg relates his own 'life-changing' discovery.

"On 25<sup>th</sup> December 2018, I started eating (Coles Brand), Sour Dough bread, after 40 years of taking Nexium, Quick-Eze, Mylanta etc, etc. My heartburn and reflux disappeared – and I no longer needed medication!

On the 3<sup>rd</sup> February 2019, I had some Sour Dough bread (from Woolworths) and suffered slight discomfort and (again on the 4<sup>th</sup>).

For me, there is a distinct difference in the way my stomach reacts to the two brands of Sour Dough bread. This is not an ad, but I am sticking with the Coles brand Sour Dough"

Pieter Jongkryg



Before Sour dough bread



After Sour Dough bread

**Recently diagnosed with  
Low Risk Prostate Cancer?**

**Want to find out more about  
your treatment options?**

**To see if you are eligible for this study visit:**  
**[www.navigateprostate.com.au](http://www.navigateprostate.com.au)**

[navigate@petermac.org](mailto:navigate@petermac.org) | 03 8559 7453 | [www.navigateprostate.com.au](http://www.navigateprostate.com.au)



**VALE**

**WE WILL REMEMBER THEM**



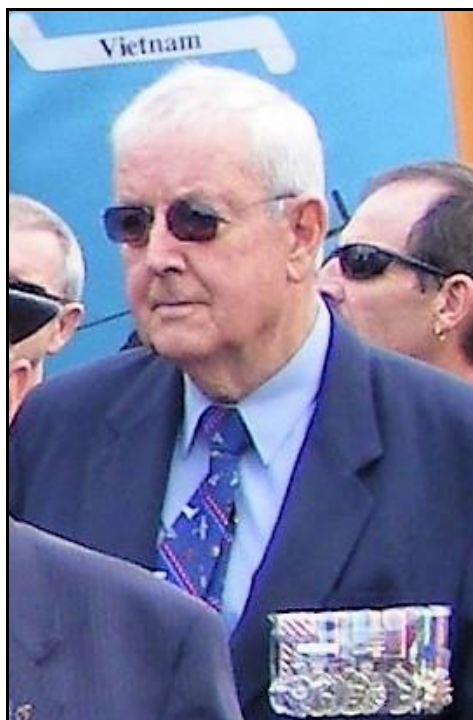
**RAAFVVA/AFA VN Branch MEMBER**

**Robert Macarthur GREENWOOD AFC**

37 Sqn – Dec 66 to Jul 70

1 OSU – Nov 70 to Oct 71

18 Feb 2019



**Bob Greenwood AFC in the RAAVVVA ranks on ANZAC Day 2009**

**LEST WE FORGET**

## On the Lighter Side



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

(Jokes supplied by Alan White)

T' be sure, t' be sure!



"There was a power failure in a Dublin Department Store last week - and three hundred Leprechauns were stranded on the escalators for more than two hours.

.....  
"O'Leary, your glass is empty, will you be having another one?"  
And what would I be doing with two empty glasses?"  
O'Leary replied.



.....  
PADDY: "Hey Shaun, what's Mick's surname?"

SHAUN: "Mick who?"

.....  
PADDY: "If you can guess how many Pheasants I've got in me bag you can have both of them".

SHAUN: Three? .....

Young Teresa came home with some dreadful news.

"I'm pregnant" she cries.

"And how do you know it's yours?" shouts her father.

.....  
Mrs Murphy: I don't tink me husband has been faithful to me".

"Why's tat?" said Mrs O'Toole.

"Well, me last child don't look anything like him".

.....  
Mrs O'Toole said: "I can only tell you this bit of scandal once, because I promised Mrs O'Leary I would never repeat it"



.....  
Colleen dropped a Euro coin - intending it to fall into the blind Leprechaun's hat on the pavement but missed. As quick as a flash he scooped it up and put it in the hat. "You're not blind" she said. "No, I'm not" said Paddy. "It's Murphy who's blind. I'm just filling in for him while he's gone to the pictures".





Murphy was told by the Leprechaun Doctor he had two weeks to live, so he chose the last week in July and the first week in August.

.....  
Paddy: "We're looking for a Treasurer for the Xmas fund",  
"Didn't you take on a new one last month?" said Murphy.  
"That's the one we're looking for", Paddy replied.

.....  
The Dublin (Leprechaun) pensioners club go on a mystery tour every Wednesday and to make it interesting they have a sweep to guess where they are going. Shamus, the coach driver, has won five weeks in a row!

.....  
Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, "Lord take pity on me. If you find me a parking place I will go to Mass every Sunday for the rest of me life and give up me Irish Whiskey!"  
Miraculously, a parking place appeared.  
Paddy looked up again and said, "Never mind, I found one."



.....  
Father Murphy walks into a Leprechaun pub in Donegal, and asks the first Leprechaun he meets, "Do you want to go to heaven?"  
He quickly replied, "Yes, I do, Father".  
The priest said, "Then stand over there against the wall."  
Then the priest asked the second Leprechaun, "Do you want to go to heaven?"  
"Certainly, Father", he replied.  
"Then stand over there against the wall", said the priest.  
Then Father Murphy walked up to O'Toole and asked, "Do you want to go to heaven?"  
O'Toole said, "No, I don't Father".  
The priest was shocked. "I don't believe this. You mean to tell me that when you die you don't want to go to heaven?"  
O'Toole said, "Oh, when I die, yes. I t'ought you were getting a group together to go right now".



**TAX DEDUCTIBLE DONATIONS TO VIETNAM VETERANS ASSOCIATION  
VICTORIAN BRANCH INC. AND AIR FORCE ASSOCIATION VICTORIA  
WELFARE PATRIOTIC FUNDS**

**DONATIONS**

Donations made by members of the RAAF VVAA Victoria Sub-Branch or the Vietnam Veterans Branch of the Air Force Association Victoria are tax deductible. Donations made to either Association Sub-Branch/Branch must indicate the gift is specifically for welfare. (Renewal membership forms allow members to note their donation is for this purpose).

Donations received on this basis must be used for the welfare and support of veterans, and receipts will be issued for all donations over \$2.00 received. All money gifted for welfare purposes is welfare/veteran support directed, with your Associations and State Government accounting requirements strictly adhered to, and subject to annual audit.

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

**BEQUESTS AND LEGACIES**

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

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

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**VVCS - VETERANS and VETERANS FAMILIES COUNSELLING SERVICE**

**(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

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**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.**