

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



NEWSLETTER

September 2018

www.raafvva.org.au

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,

Vietnam Veterans Day this year was a special commemoration remembering the battles of Fire Support Bases at Coral and Balmoral and the VVAA went to some lengths to ensure that the event was memorable. I am sure that for our members able to attend it was a not-to-be-forgotten day. Particularly striking for me were the 26 Australian flags recognizing each of the 26 Australians (many of whom were aged between 19 and 21) who died during the battles. These flags formed an avenue of honour for wreaths that were carried forward towards the end of the ceremony. Fortunately, the rain and hail forecast for the day held off until the completion of the ceremony.

Our own little group of RAAF veterans held a short commemoration at the RAAF VVA plaque adjacent to the Shrine just before the major event and as I highlighted on the day, this was the 10th anniversary of the installation of the plaque.

Not so special was the senseless vandalism carried out at the memorial adjacent to the Sunshine RSL that was organized and funded by the Vietnamese Community of Australia – Victorian Chapter. The dedication of the memorial was covered in the last issue of our Newsletter. Fortunately, most of the damage appears to be confined to the three service plaques in the centre of the Roll of Honour and although these will be expensive to replace, the damage to the overall site could have been much worse.

The Air Force Association has begun planning for a 1918 Armistice Commemoration at the AFC Memorial at Point Cook on 4 November 2018. This will be a major event to which both AFA members and the public will be invited, and more details will be advised as we get closer to the date.

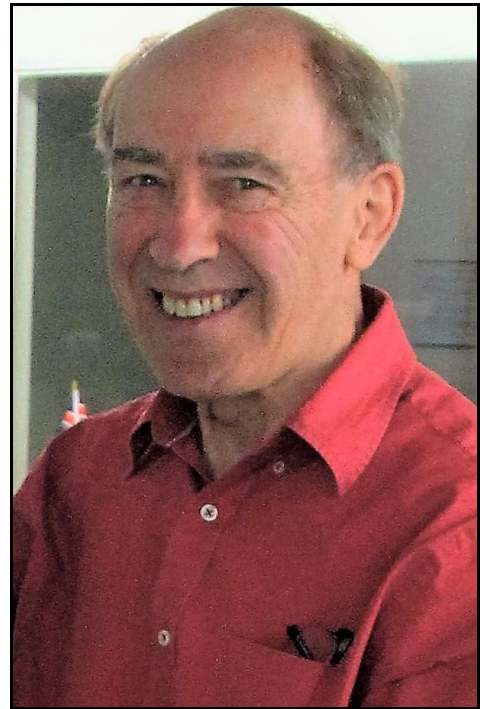
Our long-serving Treasurer, Maree Jongkryg has announced that she is planning to step down from the position at the next AGM to enable her to spend more time with her family. Committee member and former President, Gareth Davis, has volunteered to take over this important role. On your behalf, I would like to thank Maree for her work over many so years in managing our financial records, monetary transactions and banking responsibilities.

Finally, changes are taking place in how veterans and their families are assisted in accessing entitlements and services. In the past, advocates were trained under the Training and Information Program (TIP). This system is currently being replaced by the Advocate Training and Development Program (ATDP) and our current AFA advocate, Alan White will be transitioning from TIP to ATDP towards the end of the year. Alan has advised me that there is a need for more people to be involved as advocates - particularly for Air Force people and I am sure Alan would like to hear from anyone who would like to find out more about this important role.

Best Wishes,

Chris Hudnott

President



SECRETARY'S SNIPPETS



Hi everyone,

By the time, you are all reading this, hopefully the weather will have improved out of sight and we will be enjoying lovely Spring days, beautiful blossoms filling the air and less sniffing and feeling constantly cold.

As I put pen to paper, it is blowing a gale and pouring rain, it is the evening of Vietnam Veterans Day, and those who could attend the wreath laying at our plaque, then move onto march, were very grateful of the blue sky even though the wind was very chilly. Several of our regulars were unable to make the service (mainly owing to health issues) that followed the laying of the wreath, but joined us for later, for great camaraderie, food and conviviality, and had a great day. Sadly, numbers were down this year, but understandable, however the 23 who did attend enjoyed themselves, and there were four happy members who won the raffle prizes. A huge thankyou to those who donated the prizes - strange how they all revolved around alcohol - hehehe.

As normal for August, there was no 'third Wednesday monthly luncheon' at the Mail Exchange Hotel, but they will resume in September - it is preferred if I can have numbers on the Monday evening prior to the luncheon, especially with the weather warming up and the racing season gets into full swing. We have been a bit light on numbers some months, and hope that things will pick up as the weather improves.

If you have any suggestions or want to consider meeting elsewhere you only have to get in touch with any of the committee and your suggestions will be given careful consideration (no boys' clubs, coz us girls can't come!!!)

One thing we are not looking forward to, but understand why, is that we will sadly lose our wonderful Treasurer of long standing at our next AGM. Maree is more than happy to assist, train & guide someone to take her place. As it turns out a dedicated member of our association who has held almost every position on the committee and has graciously raised his hand to fill Maree's shoes, thank you Gareth and though you don't need it, we wish you well in your new post from next year.

Look after each other, be grateful for what we have and don't stress about what we can't have.

Cheers to all.
Gill Coughlan

IMPORTANT NOTICE REGARDING POSTAGE OF OUR NEWSLETTER

To reduce mailing costs, this edition will be the **last hard copy** Newsletter **mailed to other Veteran Associations, ESOs and Welfare Organisations**. From December 2018, future editions will only be accessible through the website addresses, as displayed on our Cover Page.

Individual members receiving a hard copy will be contacted shortly, to ascertain whether they wish it to continue. A reminder will be published in the December Newsletter, and those who do not notify the Secretary of their requirement for a hard copy will be removed from the Mailing List, from March 2019 edition. Thank you all for your understanding and co-operation in this matter.

NOTICE BOARD

FROM THE PRESIDENT AIR FORCE ASSOCIATION (VICTORIA)



For the Information of Air Force Association (Victoria) Members

Ladies and Gentlemen,

As many of you know, our former Victorian President Carl Schiller is now the President of the National body of the Air Force Association.

Carl has several major proposals under development at present and is currently experiencing an extremely high workload as he attempts to position the Air Force Association as the ESO of first choice for all Air Force veterans.

I am therefore appealing for three volunteers to come forward and help Carl as the Air Force Association moves forward. Whilst I am looking for three volunteers this number is in no way capped at three - the more the better.

The functions to be carried out are basic administrative functions; important functions but time consuming. Anyone considering volunteering should be able to:

- Be computer literate in using Google and Mail,
- Be happy to follow up inquiries with individuals via telephone or online,
- Have the ability to draft straightforward correspondence using Word,
- Carry out simple administrative tasks.

At this stage it is impossible to say how much time that volunteers would spend working on these tasks, but if we had three volunteers then it is anticipated that the time would not average more than two hours per week.

Please advise Barbara Stallard, (03) 9813 4600, email office@raafavic.org.au, if you believe you have these basic skills and the time and willingness to assist Carl as he moves the Air Force Association forward.

Max McGregor



RAAF Base Point Cook Sunday, November 4th, 2018 at 5.30 pm

This is an invitation to submit your Expression of Interest to attend a reception at the former Officers' Mess RAAF Base Point Cook to mark the 100th anniversary of the signing of the WW1 Armistice, followed by a torchlight commemoration at the Australian Flying Corps Memorial situated in Cole Street, RAAF Base Point Cook commencing at 7.30 pm.

RSVP with **name and postal address** to Barbara Stallard at office@afavic.org.au by **October 5th**

Formal invitations that will allow entry to the reception and a car windscreen sticker to aid directed parking will be dispatched to your address following receipt of your intention to attend.

The public is being invited to the commemoration at the Australian Flying Corps Memorial and, therefore, it is important you receive a formal invitation to the reception.

RAAF Base Point Cook will be declared an 'open base' to facilitate easy access and egress. Please note your intention to attend the reception is required to ensure adequate catering and security for the function. **Late RSVP notifications cannot be accepted.**

Monthly Luncheon

The next monthly luncheon is planned for **Wednesday, 19th September 2018** 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 evening 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 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? 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.



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

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



Dan Nebauer

To find out more, call me:
Or contact me by email:
Sign up for my newsletter at:

0413 611 541
dan.nebauer@travelmanagers.com.au
travelmanagers.com.au/DanNebauer

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for the clinically necessary treatment

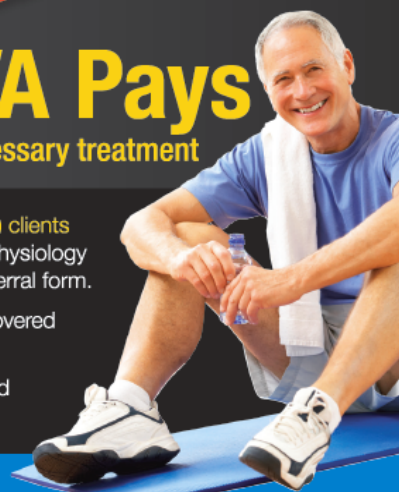
Entitled Department of Veterans' Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

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OUT AND ABOUT

Vietnam Veterans Day Commemorations Melbourne Shrine of Remembrance Saturday 18 August 2018

**Commemorating the 52nd Anniversary
of the Battle of Long Tan**

**Acknowledging and Commemorating the
50th Anniversary of the Battles at Fire Support Bases
Coral and Balmoral**

CORAL/BALMORAL – A CLOSE CALL FOR FSB CORAL

May – June 1968

Australia's largest, longest and most costly engagement of the Vietnam War. Two infantry battalions (1RAR and 3RAR) supported by Artillery, Armoured Personnel Carriers, Centurion Tanks and extensive air support repelled numerous enemy attacks on the Fire Support Bases by determined and numerically superior North Vietnamese Army forces. It was a close run thing at FSB Coral with the ill-prepared perimeter defences penetrated, the 1RAR mortar platoon overrun and a howitzer gun pit briefly captured during the first attack in the early hours of 13 May. The enemy again briefly occupied Australian positions during an attack on 16 May.

On 26 and 28 May, the enemy attacked FSB Balmoral occupied by 3RAR, and located about 4.5km further north. FSB Balmoral was subjected to attacks by an enemy force of three battalions. Being much better prepared with stronger defences and supported by Centurion Tanks and artillery, the Balmoral perimeter was never breached.

The enemy suffered significant losses at Coral/Balmoral and its plans to move on Saigon were thwarted. Twenty six Australians died in the actions. It could have been much worse if the poorly prepared FSB Coral had been overrun.



1968 – THE COSTLIEST YEAR

Australian casualties in 1968 were 107 killed and 699 wounded or injured, the costliest year of the war. The year saw intensive action, and just before Coral/Balmoral-where 26 were killed in action and a hundred wounded- the four most senior battalions of the Royal Australian Regiment were all briefly on the ground in Vietnam at the same time. The Infantry battalions suffered the most casualties with 72 killed and hundreds wounded. The TET offensive in January-February claimed 28 Australian lives, among them 4 sappers from 1 Fd Sqn killed in action when an enemy rocket landed in their listening post position at FSB Anderson. Two sailors aboard HMAS Hobart were killed in June when the ship was attacked by a USAF aircraft by mistake.

RAAF Vietnam Veterans began this year's Commemorations by gathering at the RAAF Plaque for a brief remembrance service conducted by President, Chris Hudnott. The service included the reading of prayers, provided by Rev George G Ashworth, and Nick LeRay-Meyer placing a wreath at the plaque. Members then returned to the gunfire breakfast and mingled with other veterans prior to the commencement of official proceedings



Proof that Vietnamese have well and truly assimilated into the Australian way of life.



Mr Nguyen enjoyed his egg and bacon roll at the gunfire breakfast.

In acknowledgement of the 50th Anniversary of the Battles for Fire Support Bases Coral and Balmoral this year's Vietnam Veterans Day March in Melbourne was led by 26, Australian Flag carrying, Army Cadets from Mentone Grammar School. Sadly, each flag represented one of the 26 Diggers Killed-in-Action during the battles, between 12th May and 6th June 1968.

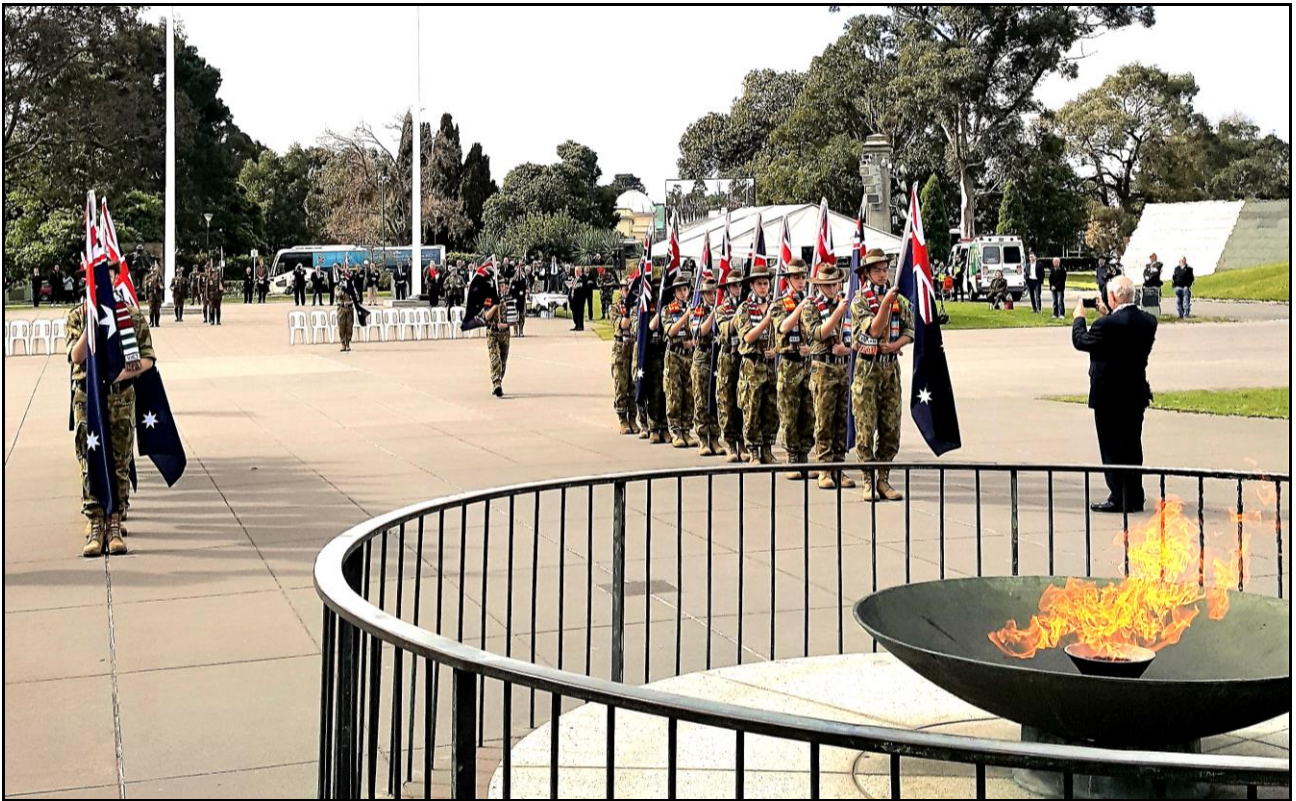






Eltham College Band enhanced the atmosphere with their performances of suitable period music. Climaxing with an authentically, moving rendition of Redgum's, "I Was Only 19. Outstanding!

The 26 well-disciplined Army Cadets would have ‘made their instructors proud’, as they smartly marched their flags into position, forming a Guard-of-Honour leading to the Eternal Flame.



The Eternal Flame was surrounded by Floral Tributes at end of the Wreath-laying service.

23 members and guests attended the after-march gathering at Seasons Hotel



L-R: Ron Douglas, Russ Hateley, Mike Lewino, Gareth Davis, Rick Holmes, Gill Coughlan and Noela Rose



L-R: David Taffe, Graeme Dodd, Bob Brackin, Ruth and Chris Hudnott, Max McGregor, Alan Reed and Nick LeRay-Meyer



Clockwise from Left: Ray Appleford, Ken Ewin, Peter Raymant, Pieter Jongkryg, John Elliott, Terry Farrell, Neil Boulton and Geoff Rose

The Asian-style menu was varied, tasty and very well received – a great time was had by all.

DID YOU KNOW?

(Forwarded by Steve Hartigan)



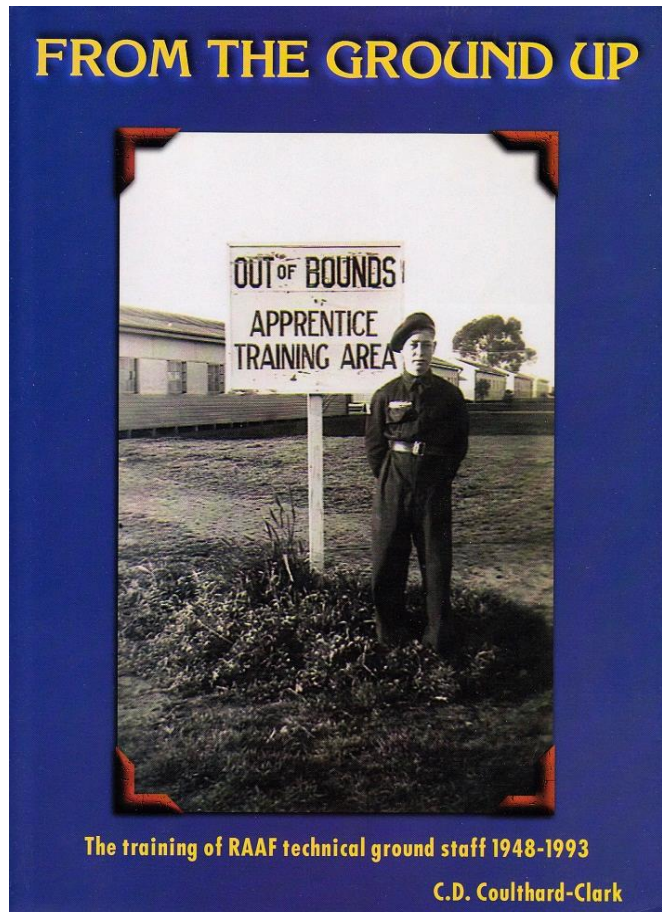
No. 9 SQUADRON ASSOCIATION INC

Dear Gill,

I have received the following and thought you might be interested:

I recently borrowed a book titled "From the Ground Up – Training of RAAF Ground Crew", written by Christopher Coulthard-Clarke, from our local library. While the title said it is about RAAF ground crews, more than 90% of the book is about the RAAF Apprenticeship programme. It was very well researched, and well written. The book described the idea behind the start of the RAAF apprentice programme, the introduction of the first couple of intakes, and then gives a good description of the training methods, the lifestyle and many of the programmes we apprentices enjoyed (?) over the years. In describing these changing programmes over the years, you can follow quite well how these were introduced and which ones worked well and which ones didn't. He has interviewed many ex apprentices, probably slightly more from the Wombats (12th intake), as they seem to have had quite an input.

Towards the end of the book, he describes how the apprenticeship scheme was gradually wound down and eventually stopped – albeit with numerous objections from many ex apprentices themselves.



Whilst the Author covers the demise of the scheme very well, he takes great pains to point out that a vast number of ex apprentices began to celebrate anniversaries of their particular intake whilst most of them were still in the service. However, to their credit, many of the intakes continue to have regular reunions every few years – long after they have left the service. He knows no other group of veterans who have stuck together as much as the apprentices.

All in all, whilst he explains the demise of the scheme in technical terms, he said it was one of the best training schemes the RAAF has had. Also, at the end of the book, there is a list of EVERY apprentice intake from 1948 until 1993, and the name of every apprentice who graduated.

Regards

John Clarkson



RAAF Radschool Association

24 Whittaker St
West Chermside Qld 4032
www.radschool.org.au

Thursday, 14 July 2018

The Honourable Darren Chester MP
Minister for Veterans' Affairs
PO Box 6022
House of Representatives
Parliament House
Canberra ACT 2600

Dear Minister Chester,

Re: Proof of Service for ADF serving members.

My name is Trevor Benneworth and I proudly served with the RAAF as a Radio Technician from July 1965 to July 1971. I had a tour in Vietnam during 1969-1970 and I am now a TPI. In 1999, I founded the RAAF Radschool Association which represents men and women who were trained by the RAAF to operate and repair the RAAF's electronic equipment. I also produce a regular newsletter (since 1999) which over the years has grown to a 250 plus page quarterly magazine (www.radschool.org.au) with readership of many thousands each edition in Australia and internationally.

Most of our readers were proud to have served Australia in one of her Armed Services, be it in the Army, Navy or the Air Force. Some did the minimum term, a lot stayed on for a lot longer, and of those that did serve, the vast majority remember their time in uniform fondly, they made life-long friends and they get together regularly in large numbers to chat, keep old friendships alive and to recall those "great times." If they had the chance, they would do it all again.

While in uniform they worked on some of the ADF's latest and in some cases very sensitive equipment, they had access to and either flew, sailed, drove, operated or fixed its aircraft, its ships, its armament or its machinery, some sent and received sensitive messages, some typed and read secret correspondence. As promotions were obtained, some made decisions that determined the safety and security of the Nation.

Some made the ultimate sacrifice for the Nation they loved, some were terribly injured while serving in some thankless land, some saw and were involved in terrible and never to be forgotten events, yet all did it willingly as it was "our job" and we were proud to wear the Nation's uniform. And then we discharged and were scrapped.

One day we were an important and essential part of a very sophisticated Armed Service, the next day we were pariahs, outcasts, a not to be trusted forgotten people. It's disgraceful!!!

In the UK, the Government now recognises those that have served the nation. Ex-Service people will have their driver's licenses stamped with the letter "V" to distinguish them as veterans and this will give them recognition and easier access to specialist services and to offers, including retail discounts. We consider the Australian Government should do something similar. It would probably not be possible to emboss our drivers' licences as they are State issued, but a card similar to the Proof of Age card would do perfectly well. These could be issued by the relevant Service as part of the members' discharge procedure. You get a discharge certificate, why not a "Proof of Service" card as well?

It wouldn't be hard to make ex-Service men and women feel "special" – make them feel as though their lives weren't wasted. There are far too many ex-Service people "doing it tough," these are the forgotten people, they live on the street, in solitary, some take their own lives. A little bit of recognition would go a long way.

Although not its only requirement, some form of ID would also make it easier for Ex-Service men and women to access a Defence establishment. It is not as though every ex-Service person wants to get onto a Base every 5 minutes, but if and when they do, having a form of recognition would make it much easier and wouldn't make that person feel he/she was a nobody.

We've a long way to go when it comes to looking after our ex-Service people. There are several splinter groups, the RSL, Defence Community Organisations, Welfare, Legacy etc. even DVA, all with the best of intentions but there isn't a national "symbol" that an ex-Service man or woman can produce to show that he/she has served. The general public would get right behind it, look at the turnout on ANZAC Day – the public are appreciative of the sacrifice their defence men and women have made and businesses could and would direct their marketing to Ex-Service people.

I feel it is well past time that Ex-Service men and women be recognised for their Service to the Nation. If possible, I would like the opportunity of discussing this with the Minister.

Yours faithfully,

Trevor Benneworth

Email: trev@radschool.org.au Mob: 0 414 359 173

***NB: Trevor is meeting with the Minister on 21st September at Parliament House, Canberra.**

From: **peter robinson**

Date: Tue, Aug 14, 2018

Subject: VW Kombi's at Phan Rang

To: Gill Coughlan

Hi Gill,

I've been talking to a member of the VW Aust Historical Assn. He was fascinated to learn that we had the VW Kombi in Phan Rang, he was certain that that would be news to his members.

I looked through my photo collection to see if I had any pictures to give them, without any luck.

I was wondering, next time you do a newsletter, if you could ask anyone that had a pic of the Kombi, on the flight line, orphanage, anywhere at all really, if they would mind sending me a copy for on-forwarding to the VW lovers.

Thanks & Regards,

Peter Robinson

P.O. Box 411

12 Buckland Drive

Mallacoota Vic 3892

(03) 5158 0059

0427 580 600

peter@mallacoota.com



Definitely NOT from Phan Rang - Vung Tau maybe?



Mary Ellis, a former Air Transport Auxiliary pilot received much publicity in February 2017 when she celebrated her Centenary Birthday.

Sadly, Mary passed away on 24th July this year, aged 101.

She was the one of 168 female pilots who had ferried so many types of military aircraft on delivery flights to operational bases across Britain during World War 2.



BRITAIN

Ceylan Yeginsu

LONDON: Mary Ellis, a pioneering aviator and one of Britain's last surviving World War II female pilots, who overcame public disapproval to fly hundreds of Spitfires and heavy bombers to the front lines, died on Wednesday at her home on the Isle of Wight. She was 101. Her death was confirmed by the Royal Air Force.

Ellis was one of the last two living members of the Air Transport Auxiliary, or ATA, which has since disbanded. She alone ferried 400 Spitfires and 76 other kinds of aircraft to airfields during the war.

She joined the ATA in 1941, a year after Britain allowed women to fly military aircraft, but they were still prohibited from combat missions.

'Girls flying airplanes was almost a sin at that time.'

Mary Ellis, former RAF pilot

"Everybody was flabbergasted that a little girl like me could fly these big airplanes all by oneself," Ellis said at her 100th birthday party.

The 168 women (including volunteers from the United States) who served in the ATA were among the first women in Britain to get equal pay.

Mary Wilkins was born on February 2, 1917, on a farm in Oxfordshire, west of London, to Charles and Ellen Wilkins, according to the autobiography *A Spitfire Girl*, written with Melody Foreman. She grew up close to the bases of the Royal Air Force as one of five siblings.

Ellis told the BBC she became interested in planes "from almost the year dot". Her father paid a flying circus to take her on a joy ride that, she

said, "sealed her fate forever". She took her first flying lesson as a teenager and flew for pleasure until 1940, when she heard a radio advertisement seeking female pilots to join the ATA.

"Sometimes, as her efficiently compiled logbook of those years between 1941 and 1946 reveals, she could have up to four aircraft in a day to deliver, ranging from Spitfires to Tempests, Hudsons, or a twin-engine Airspeed Oxford," Foreman wrote in an online post.

The decision to allow women to fly Spitfires and bombers during the war was met with widespread resistance in Britain. "Women anxious to serve their country should take on work more befitting their sex instead of encroaching on a man's occupation," an editorial published in *Aeroplane* magazine in 1940 declared.

Ellis recalled in the BBC interview, "Girls flying airplanes was almost a sin at that time."

In 1945, after the war ended, Ellis was invited to join the RAF and became one of the first women to fly the Meteor jet fighter, Foreman wrote.

She went on to work as a private pilot for a wealthy businessman, who bought Sandown Airport on the Isle of Wight, where Ellis was appointed manager in 1950. She married fellow pilot Don Ellis, in 1961. The couple, who lived near Sandown Airport runway, had no children. He died in 2009.

In January Ellis received the Freedom of the Isle of Wight award for what the local council described as "heroic actions in delivering more than 1000 aircraft to frontline units during World War II."

Ellis' god-daughter, Clare Mosdell, described Ellis as "the last link to female pilots who did vital work in the fight against the Nazis and also against perceptions of what women could do".

About 15 female ATA members were killed during World War II.

New York Times

Does this also apply to the ADF?

(Forwarded by Neil Boulton)

Trey Gowdy, South Carolina Congressman, recently responded to a reporter about the military in response to a question from a CNN reporter about the DoD ban of transgenders joining the U.S. armed forces. As Trey typically does so very well, he nailed it rather succinctly.

Question: How can President Trump claim to represent all U.S citizens, regardless of sexual orientation, when he banned transgenders from joining the military? Isn't that discrimination?

Trey Gowdy's Response: "Nobody has a right to serve in the Military. Nobody! What makes you people think the Military is an equal opportunity employer? It is very far from it - and for good reasons - let me cite a few."

"The Military uses prejudice regularly and consistently to deny citizens from joining for being too old or too young, too fat or too skinny, too tall or too short. Citizens are denied for having flat feet, or for missing or additional fingers."

Clearly annoyed by the reporter's attempt to trap him with the question, he went on to explain: "By the way, poor eyesight will disqualify you, as well as bad teeth. Malnourished. Drug addiction. Bad back. Criminal history. Low IQ. Anxiety. Phobias. Hearing damage. Six arms. Hear voices in your head. Self-identification as a Unicorn. Need a special access ramp for your wheelchair."

"Can't run the required course in the required time. Can't do the required number of push-ups. Not really a morning person - and refuse to get out of bed before noon. All can be legitimate reasons for denial"

"The Military has one job: Winning War. Anything else is a distraction and a liability. Did someone just scream, "That isn't Fair???" War is VERY unfair, there are no exceptions made for being special or challenged or socially wonderful."

"YOU must change yourself to meet Military standards - Not the other way around."

"I say again: You don't change the Military - you must change yourself. The Military doesn't need to accommodate anyone with special issues. **The Military needs to WIN Wars - and keep our Country safe - PERIOD!**"

"If any of your personal issues are a liability that detract from readiness or lethality, well, thank you for applying and good luck in future endeavours."

"Any other questions?"



Would you know the signs of a **heart attack**?

Cardiovascular disease is still one of the leading causes of death for men in Australia and it affects one in every six Australians.

It is important to know the signs of a heart attack as early treatment can limit the damage to your heart.

Chest pain or pressure

This pain can feel like a pressure, heaviness or squeezing sensation in your chest. It can be dull or sharp and may start in the centre of your chest but it can also manifest in other areas of your chest or upper body. The pain can also spread to your back, jaw, head and neck or down your arms.

The pain may last for several minutes or it may come and go. All chest pain should be actioned immediately.

Cold sweat

You may experience profuse sweating for no apparent reason. This is often referred to 'breaking out into a cold sweat' as it may happen suddenly and not following any physical exertion.

Shortness of breath

The feeling of gasping for air is a common symptom associated with a heart attack. Some people may experience shortness of breath without chest pain at all and the gasping sensation can happen when you have been active or inactive. You may also find that you have heavy or laboured breathing or coughing and wheezing.

Irregular heartbeat

You may notice that your heart beat is faster, slower or just different to normal.

Dizziness or fainting

You may have a feeling of light-headedness or feeling like you are going to faint or pass out.

ACT FAST

If you experience (or someone you know is experiencing) any of these warning signs and you think you may be having a heart attack immediately call 000 and ask for an ambulance.

It is important to note that someone having a heart attack may experience all or only some of these symptoms. All symptoms should be treated as serious.

How do you know if someone's having a stroke? Think...

F.A.S.T.



Check their **FACE**
Has their mouth
drooped?



Can they lift
both **ARMS**?



Is their **SPEECH**
slurred? Do they
understand you?



TIME is critical.
If you see any
of these signs,
call 000 now!

Think F.A.S.T. Act FAST!

CALL 000

For more info call 1800 787 653
or visit strokefoundation.com.au



strokefoundation



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

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

You may be eligible for this study



You are invited to take part in this study

- Research shows that men with low risk prostate cancer do not always fully understand their treatment options and the benefits and risks of each option.
- This can sometimes create a feeling of worry or being overwhelmed about what to do.
- We are testing a website designed to help men understand their diagnosis and make an informed decision about their treatment options.

Is this study suitable for you?

You may be eligible to participate if:

- You have been diagnosed with low risk or localised prostate cancer within the last three months;
- You are still deciding on your treatment options;
- One of your treatment options includes Active Surveillance;
- You have access to the internet and are able to meet the study requirements.

What will happen if you decide to take part?

- If you decide to participate, we will provide you access to one (of two) prostate cancer websites. You can take as much or as little time as you like reading through the information. Both websites provide information about low risk prostate cancer and the different treatment options available.
- We will ask you to complete four online questionnaires over a 6 month period. Each questionnaire will take about 15-20 minutes to complete (1-2 hours of your time in total).
- We would also like to collect your Medicare information if you give us your permission.

What are the possible benefits of taking part for you and the wider community?

- We hope the information provided will help you to feel informed about your diagnosis and the treatment options available to you.
- We also hope the findings from this study will help to create resources that are useful for other men making similar decisions in the future.

Is participation voluntary?

- Yes – Participation in this study is completely voluntary, and you can withdraw at any time.
- Any decision you make will not affect your medical care in any way or your relationship with your healthcare team.
- Partners are also welcome to join the study.





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

www.navigateprostate.com.au

Register Your Interest

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

Research Approval

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

Contact us for more information:

The Navigate Research Team

Peter MacCallum Cancer Centre

navigate@petermac.org

PH: (03) 8559 7453

Version 5 18 May 2018



This year Veterans' Health Week will be held from
Saturday, 22 September to Sunday, 30 September.

The theme is Nutrition.

DVA will partner with ESOs and community groups to organise and participate in fun events that highlight the importance of improving and maintaining good health.

Events based on this year's theme of **Nutrition** will help veterans and their families to eat better and smarter. Good nutrition is essential for an individual's health at all ages. Eating well plays a key role in reducing the risk of developing a range of chronic health conditions.

Access - www.dva.gov.au/health-and-wellbeing/health-events/veterans-health-week - for more info

THE PADRE'S PAGE

“PERFECT LOVE”



In his book, “Peace with God”, Dr Billy Graham gave us plenty to think about when he said; “We aren’t always sure when we use the term love”. That word has become one of the most widely misused words in our language. We use the word love to describe the basest as well as the most exalted of human relationships. We say we “love” to travel, we “love” to eat chocolate cake, and we “love” our new car or the pattern in the wallpaper in our new home. Why, we even say we “love” our neighbours – but most of us don’t do much more than say it - and let it go at that! No wonder we don’t have a very clear idea of what the Bible means when it says; “God is Love.”

Don’t make the mistake of thinking that because God is Love, that everything is going to be sweet, beautiful, and happy, and that no one will be punished for his sins. God’s holiness demands that all sin be punished, but God’s love provides the plan and way of redemption for sinful man. God’s love is the cross of Jesus, by which man can have forgiveness and cleansing. It was the love of God that sent Jesus Christ to the cross!

Never question God’s love; it is as unchangeable a part of God as His Holiness. No matter how Terrible your sins, God loves you. Were it not for the love of God, none of us would ever have a chance in the future life. But God is love and His love for us is ever-lasting!”

Can you think of one person you have difficulty loving? Why not make an effort this week to show love to that person? Pray that God would give you a loving heart, and then show your love.

May you know God’s love and blessing always.

As ever,

George G.
(Rev) George G Ashworth, OAM RFD
24 Domain Road
JAN JUC Vic 3228

VALE

WE WILL REMEMBER THEM



RAAFVVA/AFA VN Branch MEMBER

Allan Herbert GREIG
9 Sqn - Mar 71 to Dec 71
04 July 2018



RAAF VIETNAM VETERAN

Ralf Nearl YEE
35 Sqn – Apr 67 to Sep 67
9 Sqn – Apr 71 to Dec 71
21 June 2018

Norman ALEXANDER
2 sqn – Nov 69 to Nov 70
20 Aug 2018

LEST WE FORGET

On the Lighter Side

Jane Fonda 'Memorial Wall' - Rather topical at the moment!



A Sergeant and his Wing Commander were sitting in the barber's. They were both just getting to the end of their shaves, when the barbers reached for some after-shave, to slap on their faces

The Wing Commander shouted, "Hey, don't put that smelly stuff on me! My wife will think I've been in a brothel!"

The Sergeant turned to his barber and said, "Go ahead and put it on me. My wife doesn't know what the inside of a brothel smells like."



Who's the smart one?

Officer: "Sergeant, do you have change for \$10?" Sergeant: "Sure, mate."

Officer: "That's no way to address an officer! Now let's try it again!

Do you have change for \$10?" Sergeant: "No, SIR!"

AEROPLANES versus WOMEN

Aeroplanes can kill you quickly: a woman takes her time.
Aeroplanes can be turned on by a flick of a switch.
Aeroplanes don't get mad if you touch and go.
Aeroplanes don't object to a pre-flight inspection.
Aeroplanes come with manuals to explain their operation.
Aeroplanes have strict weight and balance limits.
Aeroplanes don't come with in-laws.
Aeroplanes don't care how many other airplanes you've flown before.
Aeroplanes and pilots both arrive at the same time.
Aeroplanes don't mind if you like to look at other airplanes.
Aeroplanes don't mind if you buy airplane magazines.
Aeroplanes expect to be tied down.
Aeroplanes don't comment on your piloting skills.
Aeroplanes don't whine unless something is really wrong.
However, when aeroplanes go quiet, just like women, it's not good!!



**I DON'T MEAN
TO BRAG** BUT ...
I finished my 14-day diet
IN 3 HOURS AND 12 MINUTES

**MY WIFE JUST STOPPED
AND SAID,
"YOU WEREN'T EVEN
LISTENING WERE YOU?"**

**I THOUGHT...
"THAT'S PRETTY WEIRD WAY
TO START A CONVERSATION."**



**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.

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

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.