



# Vietnam Veterans Association of Australia Victorian Branch Inc.

AUTUMN 2014 EDITION

**WE SUPPORT OUR TROOPS**



**UNCONDITIONALLY!!**



## IN THIS ISSUE

- ◆ Sub Branch activities.
- ◆ DVA News.
- ◆ Medical/Health/Wellbeing issues.
- ◆ Seymour Walk vandalism.
- ◆ VetRide 2014.
- ◆ Museum news.
- ◆ SWAC 2014
- ◆ Pension/Superannuation issues.

The Production of this newsletter is made possible through the financial support of the  
Victorian Veterans Council.

***Honour the dead but fight like hell for the living***

**ESB-VIC**





## VVAA Victorian State Branch—Executive

ABN: 34 750 672 219

---

<b>State President</b>	Robert (Bob) ELWORTHY	9432 7441 Mob: 0402 106 262
<b>State Vice President</b>	Ken BAKER	5241 1813 Mob: 0409 586 669
<b>State Secretary</b>	Peter BRIGHT	9747 8125 Mob: 0438 597 932
<b>State Assistant Secretary Membership Officer</b>	Sue McQUEEN	5444 1871 Mob: 0400 821 457
<b>State Treasurer</b>	Martin RUDELBACH	9551 1353 Mob: 0419 906 602
<b>State Assistant Treasurer</b>	Bob GLAUBITZ	Mob: 0412 689 630
<b>State Branch Welfare Officer</b>	Kevin HUNTER	Mob: 0408 448 280
<b>State Branch Honorary Solicitor</b>	Peter LIEFMAN	5628 5432 Mob: 0418 992 525
<b>State Branch Executive Member</b>	James COGHLAN	9743 5756 Mob: 0447 364 702
<b>State Branch Executive Member</b>	Lindsay McQUEEN	5444 1871 Mob: 0488 068 880
<b>State Office Manager Editor <i>FSB-VIC</i></b>	Maurie BENSON	9655 5588 Mob: 0417 588 886

---

## VVAA Victorian Branch—State Office

<b>Address:</b>	VVAA Victorian Branch Anzac House L3/4 Collins St MELBOURNE VIC 3000
<b>Phone:</b>	(03) 9655 5588
<b>Fax:</b>	(03) 9655 5582
<b>Secretary:</b>	secretary@vvaavic.org.au
<b>Office:</b>	office@vvaavic.org.au
<b>Newsletter:</b>	editor@vvaavic.org.au
<b>Web Site:</b>	www.vvaavic.org.au
<b>Office Hours:</b>	1000 - 1400 Hrs Monday–Friday

**DISCLAIMER:** The material in 'FSB-VIC' is in the nature of general comment only and neither purports nor is intended to be advice on any particular matter. No person should act on the basis of any matter contained in 'FSB-VIC' without considering and, if necessary, taking appropriate professional advice upon their own particular circumstances. The VVAA, the authors and editors expressly disclaim all and any liability in respect of anything done or omitted to be done by any such person in reliance, whether whole or partial, upon the whole or part of the contents of 'FSB-VIC'.

***Honour the dead but fight like hell for the living***

## FROM THE PRESIDENT



Welcome to the autumn edition of FSB Vic, especially to all our new members who have joined us recently. I hope you find the newsletter interesting and informative and I encourage you to send in comments to

our editor Maurie Benson or to me. We welcome your involvement.

Our cover theme is in response to the disgraceful trial by media of our Navy personnel doing a great job on Operation Sovereign Borders and in response to the recent despicable treatment of LTGEN Angus Campbell DSC AM, head of Operation Sovereign Borders, by Senator Conroy under parliamentary privilege. Our Defence Forces are always an easy target for the ill-informed or mischievous, but when the proverbial hits the fan these same people will turn to our service personnel for protection and comfort. To steal a line from Jack Nicholson from the movie *A Few Good Men* "You want me on that wall, you need me on that wall". Be in no doubt, we support our troops UNCONDITIONALLY! A letter from the National President on this behavior is included in the newsletter.

I am sure you will all join me in congratulating Harold Heslop OAM on his richly deserved award of the Medal of the Order of Australia. Despite ill health along the way, Harold has been a tireless worker for veterans and the wider Swan Hill community-Well done Harold. I also want to highlight the well-deserved award of State Life Membership to Jim Coghlan who has been a dedicated servant of the branch in a number of senior positions-congratulations Jim.

I am delighted to be the inaugural President of the newly launched "Friends of the Museum". Friends provides an opportunity for individuals and corporate sponsors to be a part of the museum activities as well as providing support to museum activities. Why not join me as a Friend of your museum?

Staying with the museum, I am delighted to report that the museum has received a very generous donation of \$200,000 from the Australian Ex-Servicemen's and Ex-Servicewomen's Association, which will be used for major developments. A Master Plan Project for the museum, funded by the State Government, Bass Coast Shire Council and the museum has delivered a strategic plan out to 2025. The museum Board of Directors

met recently to consider the plan and its recommendations.

I am sure you were all just as disgusted as I was to learn of the senseless vandalism at the Seymour Walk. The brain dead cretins who vandalized the walk clearly have no idea of the hurt that they have inflicted on the veteran community nor do they have any idea of the link between Seymour and the Army, home to many Vietnam veterans over the years. Happily, repairs are at hand; a special thank you to those who took the time and effort to express their anger.

I am delighted to see the early membership numbers coming in for this year. A special thanks to those sub-branches who have obviously worked very hard to recruit new members and to re-connect with past members. We have a real chance to exceed last year's membership total: what an achievement that would be! Later this year your executive will roll out a plan to contact with "lost" members, going back maybe five years or so, old membership lists permitting. We want them all on board for our 2016 anniversary commemorations under the motto *'Together Then, Together Again'*.

Looking to 2016, Vice President Ken Baker is leading the coordination and planning for our anniversary events and already has the ball rolling, and some planning for long lead time activities is already underway. Our autumn newsletter will contain details of our activities for 2016, and ways that we can all be involved. Get on board, it promises to be an exciting, rewarding and unforgettable time.

Back to the present. We have a number of issues facing us this year that require our attention and combined strength. DVA is under the gun, as are other Government departments as the new Federal Government looks for ways to save money, and we can expect "reorganizations". VAN offices across the state are likely to go and the Future of Advocacy Review (include Pension and Welfare Officers in that) headed by Brigadier Bill Rolfe is bubbling along. We must guard as best we can against any erosion of the level of support our veterans are accustomed to and entitled to, and the content of the first Hockey budget may hold or point to some stings for pensioners. Happily, the legislation for fairer indexation of military superannuation for those over 55 years has passed. I wrote to the opposition shadow minister for veterans' affairs with an expectation that the bill will be supported.

## FROM THE PRESIDENT ( cont'd )

The latest version of “*Under our own Control*” paper has been distributed. The paper encourages Sub-Branches to consider undertaking some preliminary planning, and I encourage every member to seek out the paper from their Sub-Branch committee.

I will be representing Victoria at the National VVAA Congress in NSW in May, and I will provide a report on the meetings to Sub-Branches. Victoria is to host the 2015 National VVAA Congress.

Thank you all for your continued support and thank you for your work on behalf of our veteran family. I especially welcome new members to Sub-Branch committees, thank you for your commitment.

In closing, my wife Lyn and I were delighted and honoured to be in the presence of the Chief of Army LTGEN David Morrison AO, at the Box Hill Sub-Branch Black Tie Dinner recently. What an impressive soldier, what an impressive Australian, and what respect he holds for Vietnam veterans. LTGEN Morrison’s father, the late MAJGEN Alby Morrison AO DSO MBE, commanded 9 RAR in Vietnam 1968-69.

Regards,

Bob Elworthy



**Colour Sergeant Portsea 1973**

### EDITOR NOTE:

*Photo at head of President Report taken at 40th Reunion of RE's OCS Portsea Course held in Qld last year.*

*Don't you just love a hard working leader!!*

## FROM THE SECRETARY

Firstly, I appreciate your vote of confidence in electing me as the Victorian State Secretary for the 2014 year. It is shaping up as a busy year – no different to previous years really.

To the Secretaries out there - the administrative warhorse will always be around as we are governed by what others want us to do through legislative requirements and the like, and we can only do the best we can. Unfortunately, there is no way to extricate the red tape from these tasks.

Thanks to those who attended our Presidents/Secretaries/Treasurers workshops recently at our Phillip Island AGM. These sessions are invaluable in ensuring we are all working “on the same page”.

To all members, please support your Sub-Branch Executive and in turn the State Executive – we cannot do our best for you without your support.

To end this brief report, I look forward to working with members at all levels for the betterment of the veterans cause, and also working towards 2016 which will be a momentous year for us all to commemorate our service in Vietnam and remember those who died and have suffered as a result of their service.



# SUPPORT OUR SERVICE PERSONNEL

## PUBLIC STATEMENT – 28 February 2014 RESPECT FOR MILITARY

Again we see a total disrespect for the Australian military forces and their senior officers in the recent comments by Senator Conroy in his attack on Lieutenant General Angus Campbell.

While the Senator may consider he can point score against the military when he cannot obtain the same advantage against his political opponents he should note that many serving members of the military forces, supported by the ex-service community have a high degree of respect for men like General Campbell.

On behalf of the members of the Vietnam Veterans Association of Australia that have indicated their concern at this type of disrespect I would ask all our political representatives and media to consider their actions in future and at least give our military the same respect they would expect extended to themselves.

Ken Foster  
National President  
Vietnam Veterans Association of Australia

# Courage Initiative Respect Teamwork

**This is the only time you will see this phenomenon in your lifetime.**

### Calendar August 2014

Sun	Mon	Tues	Wed	Thur	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	4	5	6	7	<b>8</b>	<b>9</b>
<b>10</b>	11	12	13	14	<b>15</b>	<b>16</b>
<b>17</b>	18	19	20	21	<b>22</b>	<b>23</b>
<b>24</b>	25	26	27	28	<b>29</b>	<b>30</b>
<b>31</b>						

In August this year, we will have 5 Fridays, 5 Saturdays and 5 Sundays. **This happens only once every 823 years.** The Chinese call it 'Silver pockets full.' Let the money roll in.

*Senior citizens have taken to texting with gusto. They even have their own vocabulary:*

*BFF: Best Friend Fainted  
BYOT: Bring Your Own Teeth  
CBM: Covered by Medicare  
FWB: Friend with Beta-blockers  
LMDO: Laughing My Dentures Out  
GGPBL: Gotta Go, Pacemaker Battery Low!*

*Colonel Rawnsley-Smythe, 89, and newly married to a 22-year-old, announced at his club that his new bride was expecting his baby.*

*His oldest friend, 'Bunter' Oates, smiled sceptically and remarked: 'Remember old 'Choppers' White? Crack shot, lion hunter, east Africa?*

*'Old Choppers was out stalking the savannah one day when this huge lion leapt at him. He raised his rifle but found he'd brought his umbrella instead.*

*'In his panic he squeezed the handle, a shot rang out and the lion dropped dead. Bullet between the eyes.'*

*'Impossible,' exclaimed the Colonel. 'Somebody else must have pulled the trigger.'*

*'That, old boy,' said Bunter, 'Is rather what I'm getting at.'*

***Honour the dead but fight like hell for the living***

# RSL Support of VVAA continues



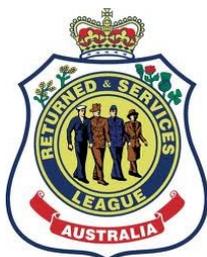
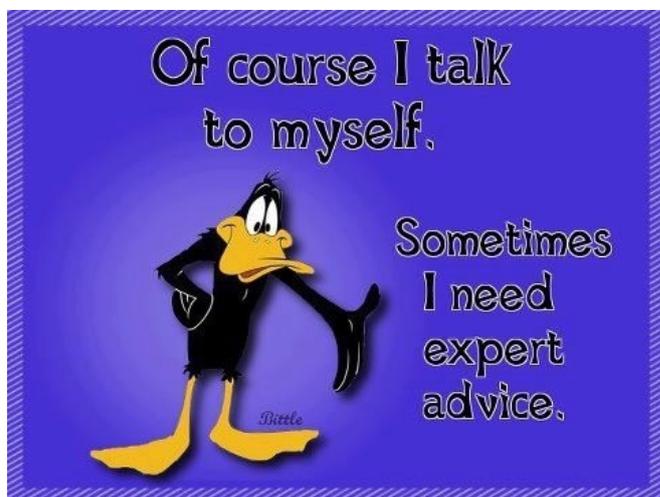
It's been 11 years since Peter Liefman accepted an offer from RSL Victoria to move the VVAA State executive office into ANZAC House Melbourne. Since then the branch has enjoyed an excellent relationship with the RSL Headquarters folk, and it is not uncommon for MAJGEN David McLachlan, the Victorian



RSL State President, to pop in to see what we are up to. Through the generosity of the Victorian RSL, your executive has access to conference rooms, telephone, internet and mail services, saving us significant amounts of money that would otherwise have been spent on administrative running costs.

VIETNAM VETERANS ASSOCIATION OF AUSTRALIA VICTORIAN STATE BRANCH HONOUR BOARD			
PRESIDENT	SECRETARY	TREASURER	STATE LIFE MEMBERS
1985 PHIL BERTUCH	JOHN PRINTZ	JOHN PRINTZ	JOHN DELACCA
1985 JOHN DELACCA	JOHN PRINTZ	JOHN PRINTZ	1 MONY HOLLOW (HON)
1986 JOHN DELACCA	JOHN PRINTZ	JOHN PRINTZ	1 CEE VAN TEEHAN (HON)
1987 JOHN DELACCA	JOHN PRINTZ	JOHN PRINTZ	1 JOHN DELACCA
1988 JOHN DELACCA	JOHN PRINTZ	JOHN PRINTZ	1 RICHARD CULLIFORD
1989 JOHN DELACCA	JOHN PRINTZ	JOHN PRINTZ	JOHN PRINTZ OAM
1990 JOHN DELACCA	JOHN PRINTZ	JOHN PRINTZ	1 GEOFF TREVOR HUNT
1991 RICHARD CULLIFORD	JOHN PRINTZ	JOHN PRINTZ	OAM J P
1992 RICHARD CULLIFORD	JOHN PRINTZ OAM	JOHN PRINTZ OAM	KRISHNA METHVEN
1993 RICHARD CULLIFORD	GEOFF TREVOR HUNT J P	JOHN PRINTZ OAM	BRENDAN LYNCH
1994 JOHN METHVEN	GEOFF TREVOR HUNT J P	JOHN PRINTZ OAM	PETER NAUGHTON
1995 ALAN HUGHES	GEOFF TREVOR HUNT J P	JOCK M' MILLAN	GREG MEAD
1996 ALAN HUGHES	GEOFF TREVOR HUNT J P	*JOCK M' MILLAN	HELEA ERLANGER (HON)
1997 ALAN HUGHES	GEOFF TREVOR HUNT J P	GRAHAM SHARD	KEVIN HUNTER
1998 JOHN PRINTZ OAM	LEN BARLOW JP	GRAHAM SHARD	NIC FOTHERGILL
1999 JOHN PRINTZ OAM	LEN BARLOW JP	GRAHAM SHARD	PETER LIEFMAN
2000 BRENDAN LYNCH	LEN BARLOW JP	GRAHAM SHARD	GRAHAM SHARD
2001 BRENDAN LYNCH	LEN BARLOW JP	TONY WHEAL	TERRY WALSH J P
2002 BRENDAN LYNCH	LEN BARLOW JP	TONY WHEAL	RAY MC CARTHY
2002 PETER LIEFMAN	LEN BARLOW JP	JOHN OCKWELL	JOHN MEEHAN
2003 PETER LIEFMAN	BILL WILTSHIRE	JOHN OCKWELL	JOHN METHVEN OAM
2004 JOHN METHVEN OAM	MARTIN RUDELBACH	JOHN OCKWELL	MAURIE BENSON
	MIKE COLEMAN		LEN BARLOW
2005 RICHARD CULLIFORD	LEN BARLOW	JAMES COGHLAN	BILL CANE
2006 BOB ELWORTHY	LEN BARLOW	JAMES COGHLAN	ROBERT (BOB) ELWORTHY
2007 BOB ELWORTHY	PETER BRIGHT	JAMES COGHLAN	PETER MEEHAN (HON)
2008 BOB ELWORTHY	PETER BRIGHT	JAMES COGHLAN	PETER BRIGHT
2009 BOB ELWORTHY	PETER BRIGHT	DAVID WEEKS	
2010 BOB ELWORTHY	MIKE COLEMAN	DAVID WEEKS	
2011 BOB ELWORTHY	PETER BRIGHT	DAVID WEEKS	
2012 BOB ELWORTHY	PETER BRIGHT	MARTIN RUDELBACH	
2013 BOB ELWORTHY	PETER BRIGHT	MARTIN RUDELBACH	

† DECEASED



## OUTER EASTERN MELB

Our Welfare Team is always very active and in addition to personal and hospital visits, calls, follow ups and so on, over Christmas, a number of hampers were prepared and delivered for those who could use a 'little lift'. We celebrated Christmas at our "Wives Group" tea and again at our annual Christmas Function at which 140 people thoroughly enjoyed themselves. Festivities included a fantastic hour long performance by *Pete the Magician*.



Following our AGM on 9 February, Amat (Aff) Binnoore is now Acting President and Allan Small Acting Vice-President. We expect that our new Committee Members will bring some new ideas to the table and look forward to what 2014 has in store.

We launched our Sub-branch website over the summer and are pleased with its uptake. The website is designed as a communication tool for Members as well as to increase the community awareness of our existence. The web address is [oemvva.org.au](http://oemvva.org.au) for anyone who wants to take a look.

Bunning's Sausage Sizzles are also a valuable source (pardon the pun) of income for our Sub-Branch which Tony Zammit as "Chief Sizzler" organises on a monthly basis.

On 23rd April Allan Tudge (Federal Member for Aston) presented an Australian National Flag to OEM at the Boronia RSL. The Flag & Certificate, that has been signed by the Speaker of the House Reps & the Local Federal Member, will be placed in a clear plastic see through cabinet.

## MELBOURNE WEST

### LIFE MEMBERSHIP – VVAA MELBOURNE WEST SUB BRANCH

VICTOR JOSEPH PILCH

(SERVICE NO. 3790116 EX 2RAR 1967/1968)



Vic Pilch joined Melbourne West Sub Branch in 2000 and since that time has been on Committee as Welfare Officer, Vice President, President (6 years) and Delegate at VVAA Vic State Council Meetings.

He has also been heavily involved in fund raising activities together with overseeing a significant increase in Sub Branch membership.

Well done Vic.



### TASSIE APOLOGY

*We have been remiss in omitting to acknowledge VVAA Tassie as a contributor to last year's Variety Bash in both FSB-Vic and Debrief magazines. Our mistake - no excuses.*

*While we can plead all sorts of excuses, none of which stack up, we are also conscious of that issue of 'being left off the map again' syndrome for our Tassie mates.*

*Sorry fellas, we really do love you.*

**MORNINGTON PENINSULAR**

Robin Date, National Serviceman, O/N 3797215, served in Vietnam for 12 months, in 1970/71, with the, 2<sup>nd</sup> Troop 1 Field Engineers, Nui Dat. Robin spent 2 years in the Army and was promoted to Lance Corporal (Sapper). He has been a



member of the Mornington Peninsula VVAA for 12 years and Treasurer for 9 years. Robin has been awarded Life Membership of the Sub-Branch for his conscientious work as Treasurer. Robin has been married to his wife Donna, for 39 years and they have, 3 children, Andrew Callan and Erin. Photo is Robin being presented with his Life Membership Certificate by Kevin Mawdsely, President Mornington Peninsula Vietnam Veterans.

Kevin Mawdsley, National Serviceman, O/N 3793931 served in Vietnam in 1969 with the 1

ARU – and Civil Affairs, as a Private Rifleman. Kevin was originally a member, of Kew and Noble Park and then joined the Mornington Peninsula VVAA. Kevin has been a member, of the MPVVA, for many years and has been President for over 3 years. Kevin was awarded with a Certificate of Appreciation, at our AGM on Monday 10<sup>th</sup> February, 2014. Kevin has been married and has 3 children and 5 grand children, from that marriage. He was awarded the Certificate for his tireless welfare work. Photo is Kevin receiving,



his Certificate, from the Vice President Dave Mathers.

**BALLARAT**

Ballarat finished off the 2013 year on a high with a fun filled Christmas party attended by 65 members and special Guest from the Young Diggers Dog Squad Ben Arthur and his family.

Our new Vice President for 2014 Leigh Harvey pictured was eager to see what Santa had for him for taking on his new role.



## CENTRAL HIGHLANDS

In past years the sub-branch has held Vietnam Veterans Day services at Woodend, Kyneton and in the Memorial Garden on top of Mount Macedon. This schedule with multiple services was a bit of a scramble that seemed to detract from the solemnity of the occasion. In 2013 the decision was made to concentrate our efforts into holding one service on Mount Macedon.

On the day the rain held off but the wind was a bit strong although there was some shelter from the surrounding trees. There is a Vietnam Veterans Memorial in the Remembrance Garden, designed by one of our members, which provided the focal point for the Service.

Adjacent to our Memorial there is a Memorial commemorating the service given by National Servicemen which is rather fitting as more than half of our Sub Branch members were in fact National Servicemen. The decision was made to invite the President of the Kyneton National Servicemen Association Sub Branch to attend the service and to lay a wreath. This dual wreath laying ceremony worked well and recognizes the fact that about forty percent of the casualties were National Servicemen.

The ceremony was supported by Mr Garry Andison the bugler with the Kyneton Brass Band and local singer/song writer, Mr **Kevin Davis** sang **“Remember Me”** and **“I was only Nineteen”** as well as leading the singing of the National Anthem. Our President Tony Benham gave the address and Past President Dr Frank Donovan gave a prayer written for the occasion.

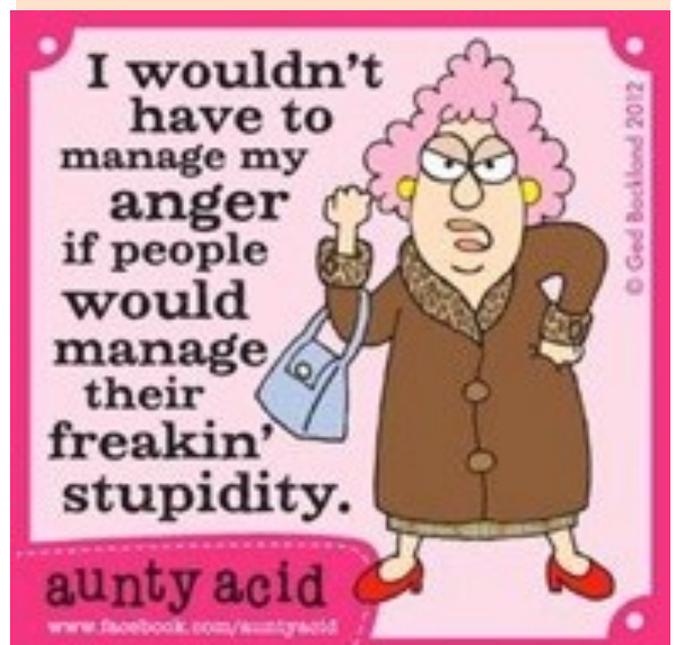
Following the conclusion of the ceremony, the MC for the occasion, Mr David Parrôt, invited members and guests to the adjacent “Top of The Range” Tea Rooms for morning tea.



### EDITOR APOLOGY

*Central Highlands Sub Branch news material was not included in **FSB-Vic Summer 2013** due to my oversight.*

*Given the emphasis and importance placed on Sub Branch news in **FSB-Vic** my “stuff up” is understandably disappointing for the Sub Branch. Thanks Trish; here it is albeit a bit late.*



# SUB BRANCHES ~ WHAT'S ON

## SWAN HILL

VVAA Swan Hill Sub Branch President **Harold Heslop** has been awarded a *Medal of the Order of Australia* as part of this year's Australia Day celebrations.

The medal pays tribute to Harold's tireless efforts for veterans and community and recognises his outstanding service to the Swan Hill community, through his involvement with sport together with his dedication to veteran welfare.

A born and bred Swan Hill boy Harold served in Vietnam with the 6th Battalion Royal Australian Regiment in 1966/67.

Returning home after Vietnam Harold became a driving force behind the establishment of the Swan Hill and District Veterans' Information Centre, which opened in 1999. He is a life member of the Swan Hill and District Cricket Association, St Mary's Tyntynder Cricket Club and Central Murray Football League Umpires. He also founded the Swan Hill District Cricket Umpires Association in 1987 and as a mad Essendon supporter has also officiated in more than 1000 footy games during his four decades of umpiring.

Harold continues to be President of VVAA Swan Hill Sub Branch and actively promotes all and anything that supports veteran welfare in, not only the Swan Hill district but also through his involvement with the RSL Victoria Executive of which he is a member.

We congratulate Harold for an award well deserved.



## DVIETS

The DViets are still continuing to be an active sub branch across the Diamond Valley with our members belonging to several RSL's in the region. Our regular Friday meetings usually attract about 50 members.

We finished last year off with a bang and a great Christmas Party at the Greensborough Masonic Lodge which was enjoyed by all.



This is our 15<sup>th</sup> year as a sub branch and we are planning to celebrate the occasion in October and all members are encouraged to join in and take part.

We are continuing our theme of providing outings for members and partners and to date this year we have had our Annual Regs versus Nashos Bowls day at Diamond Creek with the Regs getting

revenge for last year's defeat. It must be pointed out that the Regs side had to be supplemented by Nashos to make it competitive.

We are off to Williamstown by boat on the



1st April and are looking forward to enjoy the sights and each other's company.



We are also planning a day at the Kilmore Races for the 28<sup>th</sup> April, which is one for the family.

GEELONG

**Rev. Father Kevin Dillon AM**

On this year's Australia Day Honours list **Rev. Father Kevin Dillon** was awarded an AM for his outstanding service and support of those in need, including many Vietnam veterans.

Father Kevin is the Parish Priest of St. Mary of the



Angels, Geelong Parish and is well known among the veteran's community in Geelong and District for counselling, spiritual guidance, advocacy and representations on behalf of Vietnam veterans. He has helped many veterans who continue to suffer from PTSD, and has also been a strong voice for those who were abused by the clergy in the past,

including some who were also Vietnam veterans.

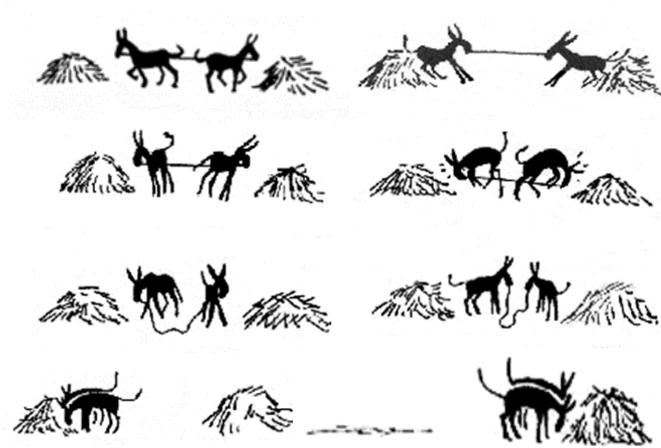
Fr. Kevin was made an Honorary Life Member of the Geelong & District Vietnam Veterans Association in recognition of his great support of all Vietnam veterans, especially those in the Geelong and District region.

When the Association moved to the Osborne House, North Geelong the Parish donated furniture and other items to help the Association furnish its VVA Centre. Fr. Kevin also recently presented a wonderful Long Tan framed memorial to be displayed at the VVA Centre.

Fr. Kevin is a regular visitor to the VVA Centre and we are proud to call him our friend, and of course we are very proud that his service to the wider community has been recognised by the awarding of Member Order of Australia (AM).

Rieny Nieuwenhof

President G & DVVAA



**PULL TOGETHER OR GET PULLED APART!**

A grandmother once lectured her grandson about her practical knowledge:

*"For better digestion, I drink beer.  
For loss of appetite I drink white wine.  
With low blood pressure I drink red wine.  
With high blood pressure I drink cognac.  
Whenever I have a cold, I drink Vodka."*

He asked: "And when do you drink water?"

Her reply: "I have never been that sick!"

# SUB BRANCHES ~ WHAT'S ON

## FRANKSTON

The year ended well with a Christmas Dinner and Meeting at which we had several presentations; Martin Rudelbach and Cheryl Myers were both presented with Life Membership to the Frankston Sub Branch..



We also presented the inaugural Peter McLellan award to Peter McHugh, Clive Usher and Sandra Johns.



An enjoyable night was had by all which ended a very successful year of social activities and welfare work.

At our AGM in February our committee stayed the same with the exception of our Treasurer Penny Gul who has replaced Clive Usher who has relocated to Rochester

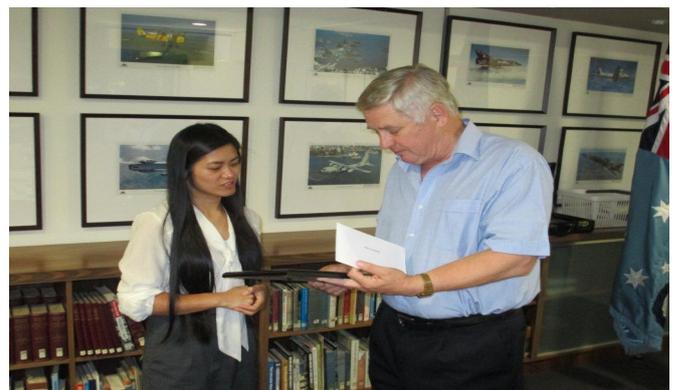
We started the year off with a BBQ at the Frankston Navy Club and have several more outings planned in the upcoming months.

## RAAF

Our AGM was held in February with the inaugural John (Snow) Coughlan CGM Encouragement Award Bursary presented to Kaitlyn Wright by Snow's widow Gill Coughlan.



Michelle Ewin also received a Bursary Certificate from AFA State Branch President John McCrys-



tal.

Awards presented along with other Bursaries are supported by the Air Force Association Victoria.

Rumblings within the camp as the NVVM is still showing A2-110 Huey Helicopter in Army Insignia. This aircraft served with distinction in Vietnam under Air Force markings as a Slick/Dustoff/Gunship but never under Army markings. Later Army service of the aircraft is recognised, acknowledged and respected by RAAFVVA members. Hopefully, the same respect may be paid to Air Force veterans by the Museum to at least remove the Army insignia and recognise its Vietnam heritage.

Rick Holmes, Secretary,  
RAAFVVA/Air Force Association  
Vietnam Branch



## BOX HILL

The VVAA Box Hill Sub-Branch held their prestigious “Black Tie Dinner” on the 22<sup>nd</sup> March 2014. This year we were honoured and privileged



to have as our guest speaker, the current Chief of The Australian Army Lt General David Morrison.AO. His father, Major General Allan (Alby) Morrison DSO (Retd) was the CO of 9 RAR in Vietnam in 1971. The both of them are the only ones in Australia’s military history to reach the position of Major General or higher.

As usual this dinner is in high demand and it was



completely booked out within (1) week of the announcement. It is believed that Box Hill Sub-Branch is the only Sub-Branch that has such a dinner, which is held in true Military style even to the point where the official party and guests are all piped to their respective seats.

Those guests who did attend were Ms Anna Burke MP, Mr Robert Clark MP, and the state

attorney general. The President of the State Branch Bob Elworthy and his wife Lyn. Mr Robert Webster Senior State President of ANZAC House and his wife Jennie and Mr Paul Cullam OAM, ANZAC House Honouree Treasurer, and his partner Jackie Bonnett. All Vietnam Veterans, including the President of the Box Hill RSL Mr Tony Bowden JP, OAM and his wife Sandra.

Apart from those mentioned were 126 Vietnam Veterans and their Guests. John Haward the President of the VVAA Box Hill Sub-Branch opened the evening with a greeting speech to all present. This dinner is the 9<sup>th</sup> that Box Hill have held, and other guest speakers over the years have been Keith Payne VC, Jim Marett (ex Tunnel Rat) Little Pattie, Glen James OAM ex Engineers, Narelle Bederman Author of “Tears on My Pillow” and so the list goes on.

Other Vietnam Sub-Branched to attend this dinner were Noble Park and Upwey/Belgrave. Brian Tateson has been organising this event from its inception, and this particular “Black Tie Dinner” as the enormous after support suggests would have to be the best of them all. As one email suggested, “How Does he beat this next year” well time will only tell, knowing Brian he will.

*You must be kidding!*



# SEYMOUR WALK VANDALISM



## VIETNAM VETERANS ASSOCIATION OF AUSTRALIA® DIAMOND VALLEY Sub Branch INC

President:  
Peter Blackman  
(03) 9459 5117  
Email: peter\_janiceblackman@hotmail.com

Secretary:  
Gary Scott  
(03) 9435 8155  
Email: gary\_scotti@optusnet.com.au

Postal Address: PO Box 542, GREENSBOROUGH, VIC 3088. Email: dviets.greensborough@gmail.com

16 December 2013

Mr Edward O'Donohue  
Minister for Corrections.  
Level 26, 121 Exhibition Street.  
Melbourne, Vic 3000

Dear Minister

I am writing to inform you of an act of vandalism at the Seymour Vietnam Veterans Memorial Walk. In the last week, vandals have destroyed upwards of 60 of the young trees that were specially sourced for the memorial.

This senseless act of vandalism has incensed and deeply saddened the Victorian and wider Vietnam veteran community. We regard this vandalism as an affront to all respectful Australians and an insult to all those fine young men who gave their lives, to those who still bear the scars and to all those who served their nation so magnificently during the Vietnam War. The vandalism is particularly disappointing for the members of the Mitchell Sub-Branch of the Vietnam Veterans Association, the Mitchell Shire Council of Australia and other volunteers who were the driving forces behind the creation of this memorial.

Such an un-Australian act should not go unpunished, and it is our hope that the perpetrators are caught and that they feel the full force of the law. Vietnam veterans, particularly in this state, will take a keen interest in following the efforts to bring the perpetrators to justice.

Yours sincerely

Gary Scott  
Secretary  
VWAA Diamond Valley Sub- Branch (DViets)

**Honour the dead but fight li**



## Office of the Minister for Crime Prevention

121 Exhibition Street  
Melbourne Victoria 3000  
GPO Box 4356  
Melbourne Victoria 3001  
Telephone: (03) 8684 0900  
Facsimile: (03) 8684 0910  
DX 210077

27 DEC 2013

Our ref: CD/13/502602  
MC/13/7331

Gary Scott  
Secretary  
Vietnam Veterans Association of Australia  
Diamond Valley  
PO Box 542  
Greensborough VIC 3000

Dear Mr Scott

### Seymour Vietnam Veterans Memorial Walk

Thank you for your letter dated 16 December 2013 addressed to the Minister for Crime Prevention, the Hon Edward O'Donohue MP regarding acts of vandalism at the Seymour Vietnam Veterans Memorial Walk and the destruction of specially placed trees. I share your sense of affront, not just at this type of behaviour, but also that it should occur at such an important and solemn place.

The Minister is currently seeking advice in relation to the matters you have raised and a response will be provided at the earliest opportunity.

Yours sincerely

  
James Talia  
A/Chief of Staff

# SEYMOUR WALK VANDALISM



## Senator the Hon. Michael Ronaldson

Minister for Veterans' Affairs  
Minister Assisting the Prime Minister for the Centenary of ANZAC  
Special Minister of State

M13/3306

Mr Bob Elworthy  
President  
Vietnam Veterans' Association of Australia  
Victorian Branch Inc.  
ANZAC House, 4 Collins Street  
MELBOURNE VIC 3000

Dear Mr Elworthy,

I refer to your letter of 15 December 2013 regarding the senseless vandalism of trees at the Vietnam Veterans Memorial Walk in Seymour.

The Abbott Coalition Government will make available to the Vietnam Veterans' Association of Australia (Victorian Branch Inc.) a community commemorative grant of up to \$4,000 from the *Saluting Their Service* programme to enable the replacement of these trees.

Enclosed with this letter is an application form which is required to give effect to my decision. I will ask my Department to action this application in the next funding round which should be in early 2014.

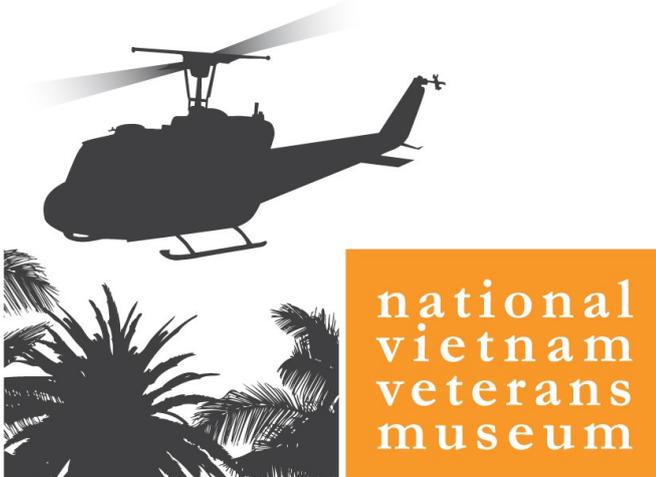
Once these trees are replaced I am happy to speak further with the Association about ways to improve security of the Memorial precinct to deter any future vandalism.

Yours sincerely,

SENATOR THE HON. MICHAEL RONALDSON

23 DEC 2013

# FRIENDS of the MUSEUM



The “*Friends*” program recently recorded its fiftieth member and its first Corporate Member-welcome aboard everyone and thank you for supporting your museum.

“*Friends*” is a great way to support the museum and to receive a great range of membership benefits in recognition of your support. As a “Friend” you will receive your own unique membership card, free admission to the museum and two guest passes each year, 10% discount on admission costs for family, 10% discount in the museum shop and Nui Dat café, exclusive *Friends* private viewings and events, discounts on guest lectures, film nights, conferences and special dinners and a regular newsletter. Also, as a “Friend” you are entitled to participate in the “*Friends*” AGM.

Importantly, “*Friends*” are both ambassadors and the life-blood of the museum, and by being a “*Friend*” you demonstrate in a practical way your support for the museum and its work. The support

of “*Friends*” helps the museum care for the heritage of Vietnam veterans and provide valuable assistance to the museum on its journey to sustainability and accreditation under the Museum Australia’s Museum Accreditation Program.

Already, “*Friends*” has supported the museum by purchasing modern picture hanging equipment which will ensure that exhibitions are professionally presented.

Why not become a “*Friend*” today or sign up the family? We are especially keen to sign up interstate “*Friends*” so if you have any veteran mates, family members or acquaintances interstate we would be grateful if you bring “*Friends*” to their attention.

For more information and how to join go to:

[www.vietnamvetsmuseum.org](http://www.vietnamvetsmuseum.org) or email

[Friendsofnvwm@gmail.com](mailto:Friendsofnvwm@gmail.com)

By the way, what do you think of the attached logo? As part of the development of the museum, new branding will be introduced to give a contemporary yet instantly recognizable look. As well as the new logo, the museum has an updated mission statement, new galleries are being developed, additional technology is coming on board, exhibitions and events are in the pipeline. These are exciting times for the museum, become a friend and enjoy the ride!





# Media release

## **The Hon Peter Ryan MP**

Deputy Premier

Minister for State Development

Minister for Regional and Rural Development

Friday 28 February 2014

## **National Vietnam Veterans Museum looks ahead**

Securing the long-term future of the National Vietnam Veterans Museum on Phillip Island will be the goal of a strategic master plan launched today by Deputy Premier and Minister for Regional and Rural Development Peter Ryan.

In Newhaven, Deputy Premier and Minister for Regional and Rural Development Peter Ryan said the plan, which was developed with a \$40,000 grant from the \$1 billion Regional Growth Fund, would guide the management and future development of the museum to ensure it operated sustainably.

“More than 20,000 visitors discover the National Vietnam Veterans Museum and its remarkable collection of Vietnam War memorabilia each year, making it not only an important tourist attraction on Phillip Island, but also a war memorial of national significance,” Mr Ryan said.

“A comprehensive strategic plan will provide the framework to develop key policies related to functions such as acquisition, education, accreditation, conservation, and restoration works, while setting out a clear direction for attracting new visitors.

“Formulating the plan involved establishing a project control group, including representatives from stakeholders and partners such as the Bass Coast Shire Council, the Office of Veterans and the Victorian Vietnam Veterans Association of Australia, who worked alongside independent consultants.

“The museum’s success to date is testament to the hard work of local volunteers. Centred around a core of Vietnam veterans they are well supported by the local community who have spent more than 15 years developing the facility. It is vital that their legacy is preserved for the education of future generations.”

Mr Ryan said the Victorian Government funding for the \$53,500 National Vietnam Veterans Museum Master Plan 2013-2025 project was provided through the Regional Growth Fund to the museum which contributed \$8500 along with \$5000 in funds plus in-kind support from Bass Coast Shire Council.

# INDEXATION EQUALITY FOR SERVICE PERSONNEL



## VIETNAM VETERANS ASSOCIATION OF AUSTRALIA® VICTORIAN BRANCH INC ABN 34 750 672 219

President: Bob Elworthy

Secretary: Peter Bright

ANZAC House, 4 Collins Street  
MELBOURNE VIC 3000

Telephone (03) 9655 5588 Fax: (03) 9655 5582

Webpage: [www.vvaavic.org.au](http://www.vvaavic.org.au)

E-mail: [secretary@vvaavic.org.au](mailto:secretary@vvaavic.org.au)

23 March 2014

**Senator the Hon. Don Farrell**  
**Shadow Minister of Veterans' Affairs**  
**PO Box 6100**  
**Senate, Parliament House**  
**Canberra ACT 2600**

Dear Senator Farrell,

### **DEFENCE FORCE RETIREMENT BENEFITS (DFRDB) LEGISLATION AMENDMENT (FAIR INDEXATION) BILL 2014**

I write to you in your capacity as Shadow Minister for Veterans' Affairs to request that you urge your colleagues in both houses of parliament, and in particular the Senate, to support the passage of the DFRDB Fair Indexation Bill 2014 that was introduced into the House of Representatives recently.

The passage of the bill will see a fairer indexation methodology introduced that will benefit DFRB and DFRDB military superannuants aged 55 years and over and reversionary pensioners aged 55 years and over, and go some way to redressing the unfair way in which successive governments have treated the indexation of military superannuation payments.

As you will be aware, Labor and the Greens opposed coalition legislation for fair indexation in the Senate in 2011, thus denying military superannuants the much needed fair go we deserve. At the time, the Labor and the Greens opposition to the legislation was deeply disappointing and hurtful to ex-serving members, and continued the years of neglect that military superannuants have suffered from both sides of politics.

This is the chance for the Labor Party to correct its 2011 stance and pass the bill. The Soldiers, Sailors and Airmen across Australia, and those that I represent in Victoria who have served this nation so magnificently deserve and expect nothing less.

Yours sincerely,

R W (Bob) Elworthy MAJ (Retd.)  
Victorian State President  
Vietnam Veterans Association of Australia

**HONOUR THE DEAD BUT FIGHT LIKE HELL FOR THE LIVING**

Registered Incorporation Number A0029247G

The Fair Indexation Bill was passed in the Senate shortly after the letter was sent and the Bill will be effective from 1 July 2014. The State President has written to the Sen. Ronaldson, Minister For Veterans' Affairs congratulating him on the passage of the Bill and has also thanked Sen Farrell for supporting the passage of the Bill. Both letters have been sent to Sub-Branches.

However, the fight is not over - now for those who missed out. ...

## Joining Facebook after aged 60



When I bought my Blackberry, I thought about the 30-year business I ran with 1800 employees, all without a cell phone that plays music, takes videos, pictures and communicates with Facebook and Twitter. I signed up under duress for Twitter and Facebook, so my seven kids, their spouses, my 13 grand kids and 2 great grand kids could communicate with me in the modern way. I figured I could handle something as simple as Twitter with only 140 characters of space.

That was before one of my grandkids hooked me up for Tweeter, Tweetree, Twhirl, Twitterfon, Tweetie and Twitterific, Tweetdeck, Twitpix and something that sends every message to my cell phone and every other program within the texting World.

My phone was beeping every three minutes with the details of everything except the bowel movements of the entire next generation. I am not ready to live like this. I keep my cell phone in the garage in my golf bag.

The kids bought me a GPS for my last birthday because they say I get lost every now and then going over to the grocery store or library. I keep that in a box under my tool bench with the Blue tooth [it's red] phone I am supposed to use when I drive. I wore it once and was standing in line at Barnes and Noble talking to my wife and everyone within 50 yards was glaring at me. I had to take my hearing aid out to use it, and I got a little loud.

I mean the GPS looked pretty smart on my dash board, but the lady inside that gadget was the most annoying and rudest person I had run into in a long time. Every 10 minutes she would sarcastically say, "Re-calc-u-lating." You would think that she could be nicer. It was like she could barely tolerate me. She would let go with a deep sigh and then tell me to make a U-turn at the next light. Then if I made a

right turn instead. Well, it was not a good relationship...

When I get really lost now, I call my wife and tell her the name of the cross streets and, while she is starting to develop the same tone as Gypsy, the GPS lady, at least she loves me.

To be perfectly frank, I am still trying to learn how to use the cordless phones in our house. We have had them for 4 years, but I still haven't figured out how I lose three phones all at once and have to run around digging under chair cushions, checking bathrooms, and the dirty laundry baskets when the phone rings.

The world is just getting too complex for me. They even mess me up every time I go to the grocery store. You would think they could settle on something themselves but this sudden "Paper or Plastic?" every time I check out just knocks me for a loop. I bought some of those cloth reusable bags to avoid looking confused, but I never remember to take them with me.

Now I toss it back to them. When they ask me, "Paper or plastic?" I just say, "It doesn't matter to me. I am bisexual." Then it's their turn to stare at me with a blank look. I was recently asked if I tweet. I answered, No, but I do fart a lot."

We senior citizens don't need any more gadgets. The TV remote and the garage door remote are about all we can handle.



## MRCA STATISTICS SEPTEMBER 2013

Active Clients*	9,661
Permanent Impairment Payees*	1,826
Incapacity Payees*	2,929
<b>TREATMENT POPULATION</b>	
Health Service Recipients*	6,053
Open Rehabilitation Cases	963

<b>TOTAL MRCA EXPENDITURE (2012-13)</b>	
Compensation and Support	\$152.3m
Health	\$24.7m

## SRCA STATISTICS SEPTEMBER 2013

Active Clients*	10,944
Permanent Impairment Payees*	1,642
Incapacity Payees*	2,586
<b>TREATMENT POPULATION</b>	
Health Service Recipients*	5,453
Open Rehabilitation Cases	610

<b>TOTAL SRCA EXPENDITURE (2012-13)</b>	
Compensation and Support	\$128.8m
Health	\$37.0m

\*number of clients who received benefits or services in the last two years

### FOR FURTHER DVA STATISTICS

STAFF SITE  
[sharepoint/aboutus/departmentalmanagement/reporting/statistics](http://sharepoint/aboutus/departmentalmanagement/reporting/statistics)  
 PUBLIC SITE  
[www.dva.gov.au/Statistics.htm](http://www.dva.gov.au/Statistics.htm)

## VEA CLIENTS SEPTEMBER 2013

VEA PENSIONERS	284,816
<b>DISABILITY PENSIONERS</b> 104,389	
Special Rate	28,926
Intermediate Rate	764
EDA Rate	7,914
General Rate	66,785
<b>WAR WIDOWERS</b> 85,469	
Receiving ISS	64,518
Not receiving ISS	20,951
<b>SERVICE PENSIONERS</b> 142,932	
Veterans	74,976
Partners/Widows	67,956

## VEA RATES\*\* (PER FN) SEPTEMBER 2013

<b>DISABILITY PENSION</b>	
Special Rate	\$1,269.00
Intermediate Rate	\$861.30
EDA	\$700.70
General Rate (100%)	\$451.00
<b>WAR WIDOW PENSION</b> \$840.20	
<b>SERVICE PENSION</b>	
Partnered (each)	\$623.40
Single	\$827.10
Maximum ISS	\$247.60
<b>TOTAL VEA EXPENDITURE (2012-13)</b>	
Compensation and Support	\$6.23bn
Health	\$5.10bn

\*\* includes clean energy supplement

NET TOTAL BENEFICIARIES\* 309,493

\* Includes all persons receiving a VEA pension/allowance or holding a treatment or pharmaceutical card issued by DVA as at 27 September 2013.

## SEPTEMBER 2013

<b>TREATMENT POPULATION (MRCA OR VEA)</b>		
	Persons	Estimated Avg Cost (2012-13)
Gold Cards	171,189	\$20,700
White Cards	49,113	\$2,100

<b>DVA CLIENT AGE PROFILES</b>			
	MRCA	SRCA	VEA
Under 30	29.7%	1.5%	0.1%
30 - 34	19.6%	6.9%	0.1%
35 - 39	15.0%	11.3%	0.3%
40 - 44	14.0%	15.4%	1.2%
45 - 49	9.0%	12.0%	2.1%
50 - 54	6.3%	10.2%	2.9%
55 - 59	3.9%	8.9%	3.9%
60 - 64	2.1%	11.6%	9.7%
65 - 69	0.4%	10.1%	14.5%
70 - 74	0.0%	4.1%	6.5%
75 - 79	0.0%	4.5%	6.4%
80 - 84	0.0%	2.7%	11.2%
85 or over	0.0%	0.8%	41.1%

STATS AT A GLANCE  
SEPTEMBER 2013

Australian Government  
Department of Veterans Affairs

## VETERANS ACCOMMODATION PROJECT UPDATE

The Victorian Veterans Council will no longer be considering the Cairo City Road Building Project as a solution for the Veterans Accommodation Project. Instead, the VVC has identified a proposal from Housing Choices Australia (HCA) to meet the current requirement for medium to long term crisis accommodation for veterans. Victorian Veterans' Affairs Minister Delahunty has accepted the VVC recommendation and directed the council to start negotiations with HCA. The HCA solution nominated a new stand-alone development of five units (four two bedroom and a one bedroom unit) in Richmond due for completion late 2014 at a cost of \$1.45M, with the company proposing to contribute the land valued at \$650,000. It is expected that VVC will be approaching ESO's in the near future to seek a financial contribution to the cost of fit out of the units.

If it moves, salute it;  
 If it doesn't move, pick it up;  
 If you can't pick it up, paint it.

## 'DUSTOFF'

acronym for:  
**D**edicated **U**nhesitating **S**ervices **T**o  
**O**ur **F**ighting **F**orces

*Last night I reached for my liquid Viagra and accidentally swigged from a bottle of Liquid Paper. I woke up this morning with a huge correction.*

## TRAVEL PASS RED TAPE UNWINDS

Under a new deal struck with the Commonwealth Department of Veterans Affairs, the Victorian State Government has introduced a simplified application process for TPI's and EDA's that will make it easier for veterans to apply for public transport travel passes.

*Editor's note:*

*This article appeared recently in the Melbourne Herald Sun and is a Vic Gov initiative. No further info is available at this stage but will be included in FSB-Vic once to hand.*



## TOWARDS 2020: A BLUEPRINT FOR VETERANS AFFAIRS

Monday 16th December 2013

Today, the Minister for Veterans' Affairs, Senator the Hon. Michael Ronaldson, and the Department of Veterans' Affairs (DVA) Secretary, Mr Simon Lewis PSM, jointly launched the Department's new strategic plan, *DVA Towards 2020*.

While visiting staff at the DVA State Office in Melbourne this morning, Senator Ronaldson took the opportunity to congratulate the Department on cementing its commitment to being a client-focused organisation, with the release of its new strategic plan.

"The Secretary and I share a determination to ensure that the core strategy of the Department going forward is one that is fully client focused, responsive and connected," Senator Ronaldson said.

"Over the next five years, the Department of Veterans' Affairs is set to undergo the most significant change in its history. This a unique challenge for the Department and one which we must look to with optimism, as an opportunity and not a threat.

Senator Ronaldson said that the sad but inevitable decline of our Second World War veterans will continue, and our Korean, Malaysian, Borneo and Vietnam veterans will continue to age and require different services. For veterans of more recent conflicts, their needs are no less complex nor less pressing.

"Change is inevitable, but our approach to that change must reflect our core philosophy. As we face up to the challenges of the future we must not forget where we have come from, and must not lose sight of where we are going.

"This strategy will enable DVA to look confidently to the future as we, as a nation, continue to provide care and support to veterans and their families. In particular, the Government is determined to ensure the nation's response to the mental health needs of veterans and their families continues to evolve and improve as new strategies and treatment opportunities are identified.

"This strategic plan leaves me in no doubt that DVA will continue to support the veteran community and will not lose sight of the challenges that lay ahead," Senator Ronaldson said.

DVA's strategic plan *DVA Towards 2020* is available on the [DVA website](#).

### Easier, faster travel claims now online with DVA MyAccount



MyAccount, DVA's online service portal, now offers clients more choice in how they claim reimbursement of travel expenses - and the good news is that claiming travel expenses on MyAccount can be faster!

Online travel claims can now exceed a 100km round trip and the online service has been extended to eligible clients under the MRCA and SRCA Acts. It is important to remember that while DVA does not require receipts to be lodged with claims, receipts will need to be retained for at least four months in case we have need to sight them.

To start claiming your travel expenses online, activate your MyAccount by phoning 1800 173 858 during business hours. For more information go to [www.MyAccount.dva.gov.au](http://www.MyAccount.dva.gov.au).



The **ON TRACK with The Right Mix** app has been updated with enhanced features to help you to better manage your alcohol consumption. Designed for current and ex serving ADF personnel and veterans, ON TRACK lets you track your drinking and spending and the impact it's having on your wellbeing and fitness. Use the App to:

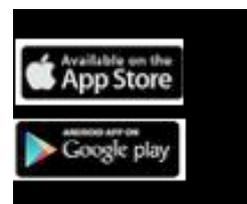
- Track your drinking and spending in real time or add drinks to previous sessions,
- Set a budget for a night out and get a reminder when you've reached your budget,
- Get a personalised wellbeing score based on the amount you drink,
- Track your drinking, wellbeing and spending through weekly and monthly graphs,
- Learn how much exercise you need to do to burn off the alcohol you've consumed,
- Find out where to get professional help if alcohol is impacting on your daily life.

The **PTSD Coach Australia** app can help you learn about and manage symptoms that commonly occur after trauma..



Features include:

- Reliable information on PTSD and treatments that work.
- Tools for screening and tracking your symptoms.
- A scheduler that allows you to manage all your self-care, health appointments and activities.
- Convenient, easy-to-use skills to help you handle stress symptoms.
- Direct links to support and help.
- Designed specifically for ex and current serving ADF personnel.
- Always with you when you need it.





## EFFECTS OF TRAUMATIC BRAIN INJURY AND POST TRAUMATIC STRESS DISORDER ON ALZHEIMER'S DISEASE IN AUSTRALIAN WAR VETERANS

### WHAT IS THE PURPOSE OF THE STUDY?

The purpose of this research project is to help identify, prevent and target treatment of Alzheimer's disease in Australian war veterans. The study is being conducted by Professor Chris Rowe of Austin Health and Mal Hopwood of the University of Melbourne. We want to know if combat exposure, and particularly with post traumatic stress disorder (PTSD) or traumatic brain injury (TBI) has long term effects on memory and the risk of Alzheimer's disease or other forms of dementia.

Information collected from this study will assist in the future care of veterans, including recently returned service personnel. It will help identify those at high risk of AD, who may benefit from early intervention trials.

### WHO CAN TAKE PART?

We need healthy veterans, and veterans with PTSD or TBI (all over the age of 60) for this study.

### WHAT DOES PARTICIPATION INVOLVE?

There are 4 main appointments\* involved in participation:

1. Screening interview
2. Cognitive assessment
3. 2 PET scans with blood test
4. MRI scan

\*Taxi vouchers will be provided for those living within a 2 hour radius of assessment sites.

### WOULD YOU LIKE TO TAKE PART?

If you would like more information, or would like to take part in this study, please log on to [www.brainpet.org](http://www.brainpet.org). Alternatively you can contact Tia Cummins on 03 9035 8325 or at [tia.cummins@austin.org.au](mailto:tia.cummins@austin.org.au).

## Are you receiving exercise physiology services?

Exercise physiology is a relatively new program at DVA; it commenced in 2007. To ensure veterans can achieve the best health outcomes from the program, DVA is working to ensure the program is well understood by Exercise Physiologists (EPs) and veterans.

EPs can assist people to return to full function after illness or major injury by providing tailor-made exercise

prescriptions that allow individuals to manage their own exercise programs. These programs are not intended to be an ongoing form of treatment; rather, the programs are tailored to specific clinical conditions that are adjusted as each condition improves.

The industry's peak body, Exercise and Sports Science Australia (ESSA) is working with EPs to clarify what

services they can provide to veterans through the program. If and when a doctor decides exercise physiology treatment is appropriate, they can refer patients for this treatment. Like most other referrals, a referral to an EP remains current for 12 months, during which the EP will assist in establishing an exercise regime for the particular condition. The EP checks in from time to time to ensure

goals are being met and all the necessary support is being provided. The exercises should be able to be undertaken in the home, without the need for costly gym equipment.

If you feel you would like to participate in a generalised exercise regime in addition to your rehabilitation, this is considered outside the objectives of the program and needs to be a private arrangement between

your EP and yourself. The program does not allow for general exercise programs or gym membership under Gold and White Card arrangements.

For more information see Factsheet HSV30 – Exercise Physiology available on the DVA website, or contact DVA on 133 254 or from regional Australia free call 1800 555 254.

### Clarification on the Department of Veterans' Affairs (DVA) funded Exercise Physiology Services

DVA has received a number of enquiries regarding a perceived reduction in access to services. There has been no change to DVA policy for the provision of exercise physiology services and no direction to reduce access to clinically necessary treatment.

#### Why was the policy reviewed?

The policy was reviewed because the fee schedule was not aligned with similar discipline fee schedules and there was concern that claiming patterns by exercise physiologists did not match expected patterns based on the policy.

#### What were the policy changes?

The review resulted in a number of alterations and additions to the fee schedule to provide clarity for existing services and to broaden the range of services. This includes the introduction of aquatic exercise physiology.

#### What was funded before the review?

Since 2007, DVA has been funding exercise physiology services to treat a specific condition, upon referral from a General Practitioner. Exercise physiology treatment can assist with rehabilitation from a major injury or illness, or to help manage a chronic disease like arthritis or diabetes.

#### What is funded now?

DVA continues to fund exercise physiology to treat a specific condition. In addition, exercise physiologists can now also provide aquatic exercise physiology treatment.

#### What was NOT funded before the review?

DVA has a long standing policy that it does not pay for ongoing, generalised exercise programs and classes or gym membership. DVA has never funded services for general fitness or exercise classes.

#### What is NOT funded now?

DVA continues to not fund participation in ongoing, generalised exercise programs or ongoing group exercise classes supervised by an exercise physiologist.

An expected outcome from a course of exercise physiology treatment is a program that can be undertaken independently without the need for costly gym equipment. If veterans wish to continue with an exercise program following their treatment, it becomes a private arrangement between the veteran and the gym or exercise physiologist.

#### What information is available?

DVA has provided a range of material to help inform both veterans and their health care providers about the operation of the exercise physiology arrangements:

- Flyer - Are you receiving exercise physiology services?
- Article on page 9 in Vetaffairs Spring 2013 edition
- Flyer - Are you providing exercise physiology services?

## Are you receiving exercise physiology services?

This flyer is designed to help you understand exercise physiology services funded through DVA arrangements.

Exercise physiology treatment can assist you with your rehabilitation from a major injury or illness, or to help you manage a chronic disease like arthritis or diabetes.



#### What is the aim of the exercise physiology program?

The aim of the program is to give you the skills to manage the exercise component of your health condition, on your own, through exercise.

#### Can I stay on the exercise physiology program for as long as I want?

No, the program is not meant to be an ongoing form of treatment. It is meant to teach you the skills you need to manage your exercise program. A referral is required from your General Practitioner to see an exercise physiologist. The referral will last 12 months, but this doesn't mean treatment will be for 12 months.

#### So, how long will DVA pay for my exercise physiology program?

Generally, DVA will pay for you to see an exercise physiologist until you are able to do your exercise program on your own. This will be established over one or more sessions.

#### What is the goal of my treatment?

The goal of your treatment is to work with your exercise physiologist to do the recommended exercises on your own. The exercises will be personalised to your specific condition, and may be changed as your condition improves. The exercise physiologist may check on you from time to time to make sure you are on track to meet your goals.

#### Do I need to join a gym to continue with my exercises?

No, you should be able to do the exercises on your own, in your home or outside, without the need for costly gym equipment.

#### If I take part in a general exercise program or join a gym will DVA pay for this?

No, DVA does not pay for general exercise programs or gym membership if you have a gold or white card. If you feel you would like to join a generalised exercise class or gym program, this needs to be a private arrangement between your exercise physiologist and yourself.

#### Where can I get more information?

For more information or how to find out if you are eligible for the program, see Factsheet HSV30 – Exercise Physiology available on the DVA website, or contact DVA on 133 254 or from regional Australia free call 1800 555 254. You can send an email to DVA at: [generalenquiries@dva.gov.au](mailto:generalenquiries@dva.gov.au)



www.Vecto.rs · 18113

# VETERAN WELLBEING

## ENTITLED DEPARTMENT OF VETERAN AFFAIRS CLIENTS

- 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.

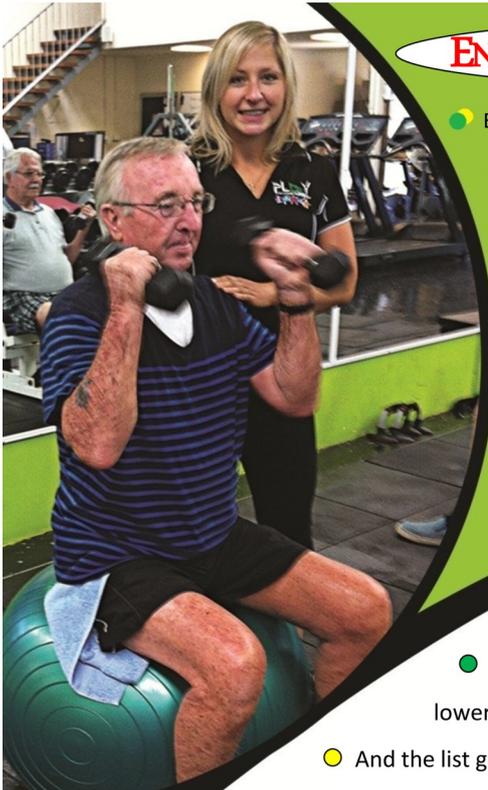
### DVA PAYS FOR THE CLINICALLY NECESSARY TREATMENT

- **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

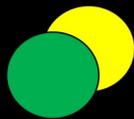
- Increase mobility and balance
- Reduce and manage age related illness
- Assist with the management of chronic health conditions, lower back pain, cardiovascular disease, arthritis & diabetes

● And the list goes on...

**GET STARTED TODAY!**



**NJF**  
Wellness Centres



**VICTORIA**  
[www.veteransexercise.com.au](http://www.veteransexercise.com.au)

*For Your Nearest Location Call*  
**1300 890 507 OR 0449 713 472**  
[nick@veteransexercise.com.au](mailto:nick@veteransexercise.com.au)

### Why should you be active?

Regular physical activity helps reduce the effects of aging such as limited mobility, balance, flexibility and muscle strength. It also decreases the risk of heart problems and osteoporosis, as well as keeping you in a happy and healthy frame of mind.

### It's never too late to start exercising.

There are no rules or age limits to physical activity. Irrespective of how old you are or how often you have exercised in the past, there's no time like the present to begin doing regular physical activity.

### How to get started.

Choose activities that you enjoy - you'll be surprised at how quickly time goes by. If you enjoy gardening, then make a point of doing it for a little longer. Or take the dog for a longer walk.

Activity ideas - Find a physical activity that suits you.

Walking is the most natural exercise of all and fits in with almost everyone's lifestyle.

Gentle exercise classes provide great opportunities for social interaction and support.

Swimming is a good all round exercise and a great way to get fit.

Aqua aerobics is a group exercise class done in water and is very popular with older adults.

Golf is very good for stamina and leg strength if played regularly.

Weight training helps to keep bones and muscles strong.

Tai Chi is a martial arts form of exercise combining a physical workout, relaxation and skilled learning.

Gardening provides hours of enjoyment while improving your strength, flexibility and suppleness.

***Honour the dead but fight like hell for the living***

# SWAC 2014

## Story Writing & Art Competition

---



Entries in the 2014 Victorian Story Writing & Art Competition will open on 1 April 2014 and we would like to encourage you all to exercise your writing, art, craft and photographic skills and join in the fun.

Entry is open to eligible members of the current and ex service community, including veterans, widows, children and grandchildren of the above, aged 18 years and over who reside in Victoria. The competition welcomes all entries, regardless of skill level.

1.

Entries in the art, craft and photography categories will be displayed at a public exhibition at the Heidelberg Repatriation Hospital in October. All winning entries will be included in the special annual publication, BRAVO! Awards for the best entries in each category will be presented at a ceremony in November.

The special writing category for 2014 is titled "**Mateship - Stories of Companionship**". Stories are to be based on fact, but not necessarily firsthand account and once again are limited to 1,500 words.

**Entries** for the competition **open** on 1 April and **close** on 31 July 2014.

For entry forms please call the SWAC Coordinator, Siobhan Hodgins on (03) 9496 2290.

You may also write to:

SWAC  
PO Box 5444  
Heidelberg West 3081 or  
[swac@austin.org.au](mailto:swac@austin.org.au)

Amat (Aff) Binnoore  
VVAA (Vic)  
[Binnoore@bigpond.net.au](mailto:Binnoore@bigpond.net.au)  
Mob; 0409365210

## SUNSHINE COAST RETREAT

VVAASC trading as:-

**ALARIC Veterans & Ex Servicemens'**

**Retreat**

**Reservations:-  
Duty Manager**

**Phone:/Fax 07 4656 4740**

**Postal Address:- C/- Quilpie Post Office  
Quilpie Qld 4480**

**Email:- [alaricretreat@activ8.net.au](mailto:alaricretreat@activ8.net.au)**

**Anyone interested in going to or supporting  
ALARIC, contact Duty Manager.**

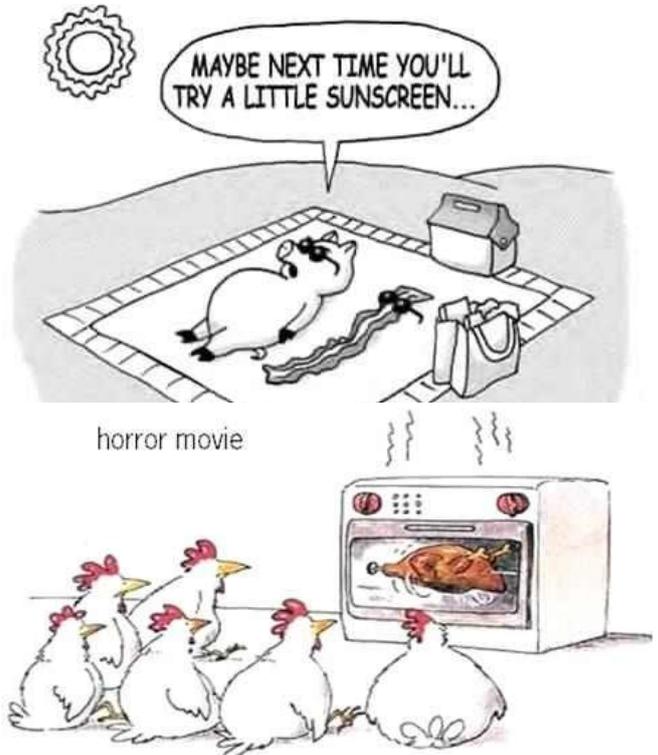
## GREY NOMAD SEASON

Yes, it's on again as the southern winter approaches and the Nomads head north or wherever. It's also a time where we need to follow a well worn path in preparing for our new adventure before heading off, regardless of whether you are new or experienced at the game.

- Ensure your vehicle, van and yourself has a full service before heading off.
- Plan thoroughly and don't overdo it. We are not as young as we think we are.
- Get your finances, mail etc all in place .
- Let someone know your travel plans.
- Happy travels.



'I THOUGHT YOU SAID IT WAS CHILD'S PLAY REVERSING A CARAVAN!'



When fish are in schools, they sometimes take debate.  
A thief who stole a calendar got twelve months.  
The batteries were given out free of charge.  
A dentist and a manicurist married. They fought tooth and nail.  
A will is a dead giveaway.  
With her marriage, she got a new name and a dress.  
A boiled egg is hard to beat.  
When you've seen one shopping Center you've seen a mall.  
Police were called to a day care Center where a three-year-old was resisting a rest.  
Did you hear about the fellow whose whole left side was cut off? He's all right now.  
A bicycle can't stand alone; it is two tired.  
When a clock is hungry it goes back four seconds.  
The guy who fell onto an upholstery machine is now fully recovered.  
He had a photographic memory which was never developed.  
When she saw her first strands of grey hair she thought she'd dye.  
Acupuncture is a jab well done. That's the point of it.  
Those who get too big for their pants will be exposed in the end.

**Honour the dead but fight like hell for the living**

# NOTICE BOARD

The Notice Board is intended to be similar to those you see in other Veteran publications and can include personal notices such as Wanted to find, Reunions, get togethers, hobby related matters etc.

The VVAA Victoria Branch President retains the right to refuse acceptance of any notice that does not accord with the aims and objectives of the VVAA.

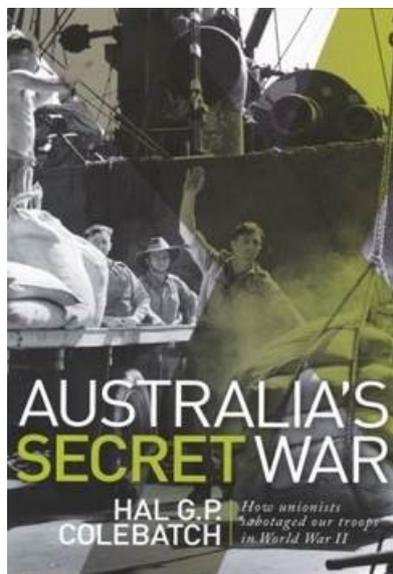
## Reunion

HQ Platoon 1 ARU Nui Dat Vietnam

18 /19th. August 2014

Bowral / Mittagong NSW

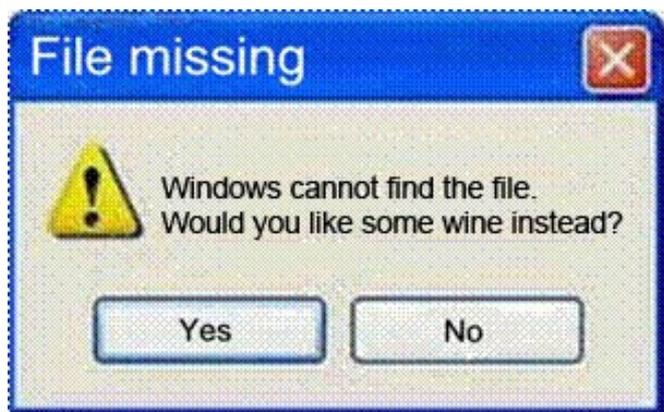
Ex HQ Platoon personal of 1ARU and partners are invited to join with us for a catch up, we will join with the Vietnam Veterans' Peacekeepers and Peacemakers Association of Australia (NSW Branch) Southern Highlands Sub-Branch, for their Commemoration Service on Long Tan Day and later at the Mittagong RSL for refreshments.



What the wharfies did to Australian troops - and their nation's war effort - between 1939 and 1945 is nothing short of an abomination.

Perth lawyer Hal Colebatch has done the nation a service with his groundbreaking book, *Australia's Secret War*, telling

the untold story of complete union bastardry during World War 2. Using diary entries, letters and interviews with key witnesses, he has pieced together with forensic precision the tale of how Australia's unions sabotaged the war effort, how wharfies vandalised, harassed, and robbed Australian troop ships, and probably cost lives.



## POSTAGE STAMP COST RISES TO 70 CENTS

### NEW POSTAGE CONCESSION FOR PENSIONERS

See below the details of the postage increase and how to get a concession stamp, also visit:

<http://auspost.com.au/about-us/increase-to-basic-postage-rate.html>

Australia Post will increase the basic postage rate from 60 to 70 cents from Monday 31 March and will introduce a concession rate 60 cent stamp to maintain postage for 5.7 million eligible Australians until 2017.

Being mindful of the potential cost-of-living impact this increase might have on Australians - particularly pensioners, job-seekers and low-income earners - a Concession Stamp Rate of 60 cent will be introduced and held for them until 2017.

Concession rate stamps will be available to any individual who has a Commonwealth Government concession card. Eligible customers will be required to register for an Australia Post concession card, and you should call at a Post Office as soon as possible to do this.

**Veterans and Veterans Families Counselling Service  
(VVCS)**

***A service founded by Vietnam Veterans  
VVCS GROUP PROGRAMS***

**Doing Anger  
Differently**

**Mastering Anxiety**

**Beating  
The Blues**

**Sleeping Better**

**Building Better  
Relationships**

**Changing The  
Mix**

**Partners  
Program**

**Residential  
Lifestyle**

**To REGISTER FOR A PROGRAM**

**Call VVCS Melbourne**

**Ph: 1800 011 046**

**Email: [vvcs@dva.gov.au](mailto:vvcs@dva.gov.au)**

***Honour the dead but fight like hell for the living***

# VVAA Victoria Sub Branches

<b>BALLARAT</b> President: Garry Vapp Secretary: Yvonne Thomas PO Box 180 SEBASTOPOL VIC 3356 secretary.ballarat@vvaavic.org.au	5334 7761 5335 8360		<b>MELTON &amp; DISTRICT</b> President: John Hodges Secretary: Jim Fitzgerald PO Box 981 MELTON 3337 secretary.melton@vvaavic.org.au	9746 0717 0447 508 251 0415 679 677
<b>BENDIGO</b> President: Neil Arnott Secretary: Maurie Betts PO Box 89 BENDIGO 3552 secretary.bendigo@vvaavic.org.au	5442 4485 5448 4470	0417 534 386 0400 979 042	<b>MITCHELL</b> President: Ross Stewart Secretary: Ross Gregson PO Box 812 SEYMOUR 3660 secretary.mitchell@vvaavic.org.au	5792 2666 5792 3227 0407 646 988 0417 973 573
<b>BOX HILL</b> President: John Haward Secretary: Rod Burgess PO Box 280 DINGLEY VILLAGE VIC 3172 secretary.boxhill@vvaavic.org.au	9803 3301	0439 378 989	<b>MORNINGTON PENINSULA</b> President: Kevin Mawdsley Secretary: Wayne Bastow PO Box 4012 ROSEBUD 3939 secretary.morningtonpeninsular@vvaavic.org.au	5982 0817 5985 7535 0429 633 081
<b>CASTLEMAINE</b> President: Alan Lane Secretary: Bob Miller 1A Myring Street CASTLEMAINE 3450 secretary.castlemaine@vvaavic.org.au	5472 3115 5472 4146	0428 567 794 0407 727 145	<b>MURRAY BORDER</b> President: Gary Treeve Secretary: Gary Treeve PO Box 8084 Birallee WONDOGA 3690 secretary.murrayborder@vvaavic.org.au	(02) 6059 2765 0407 480 201
<b>CENTRAL HIGHLANDS</b> President: Ken Bryce Secretary: Trish Power 53 High View Cresc. GISBORNE 3437 secretary.centralhighlands@vvaavic.org.au	5428 3290 5428 3243	0407 737 386 0409 333 235	<b>MUSEUM</b> President: John Methven Secretary: Bill Noble PO Box 318 SAN REMO 3925 secretary.museum@vvaavic.org.au	5678 5728 5678 5215 0417 247 551 0414 385 750
<b>DIAMOND VALLEY</b> President: Peter Blackman Secretary: Gary Scott PO Box 542 GREENSBOROUGH 3088 secretary.diamondvalleyanddistrict@vvaavic.org.au	9459 5117 9435 8155	0400 363 143 0405 324 099	<b>NOBLE PARK</b> President: Ray McCarthy Secretary: John Pilkington PO Box 295 NOBLE PARK 3174 secretary.noblepark@vvaavic.org.au	9798 5379 9737 9393 0418 552 804 0413 163 749
<b>ECHUCA</b> President: Ken Jones Secretary: Bob Johnson PO Box 743 MOAMA NSW 2731 secretary.echuca@vvaavic.org.au	5480 0139 5483 7411	0408 384 670 0409 971 726	<b>NORTH-WEST</b> President: Tom Clayton Secretary: Basil Tiligadis PO Box 211 GLENROY 3046 secretary.northwest@vvaavic.org.au	9306 7474 9354 5299 0438 306 709 0419 890 340
<b>FRANKSTON</b> President: Ray Weston Secretary: Cheryl Myers PO Box 1429 FRANKSTON 3199 secretary.frankston@vvaavic.org.au	9772 5351 9776 6600		<b>OUTER EASTERN</b> President: Amat (Aff) Binnore Secretary: Maree Ferguson PO Box 763 BORONIA 3155 secretary.outereasternmelbourne@vvaavic.org.au	9801 5537 9722 9787 0409 365 210 0414 369 213
<b>GEELONG &amp; DISTRICTS</b> President: Rieny (Reny) Nieuwenhof Secretary: David Weeks PO Box 484 GEELONG 3220 secretary.geelong@vvaavic.org.au	9747 0121	0407 378 808 0419 347 194	<b>RAAF</b> President: Lee Scully Secretary: Rick Holmes PO Box 462 ASCOT VALE 3032 secretary.raaf@vvaavic.org.au	9827 8313 9317 7304 0419 687 438
<b>GIPPSLAND</b> President: Lindsay Morton Secretary: Mick Hawryluk PO Box 902 SALE 3850 secretary.gippsland@vvaavic.org.au	5144 6526 5144 3542		<b>SWAN HILL</b> President: Harold Heslop JP Secretary: Maralyn Toppinen PO Box 1650 SWAN HILL 3585 secretary.swanhill@vvaavic.org.au	5033 1896 5033 2614 0448 778 010
<b>GOULBURN VALLEY</b> President: Kevin Heenan Secretary: Jeff Stanyer 139 Fuzzards Road, NUMURKAH VIC 3636 secretary.goulburnvalley@vvaavic.org.au	5829 2258 5862 3829	0418 507 396 0419 135 909	<b>WARRNAMBOOL</b> President: Don Roberts Secretary: Refer President C/- 9 James St PORT FAIRY 3284 secretary.warrnambool@vvaavic.org.au	5568 1837 0467 556 818
<b>MARYBOROUGH</b> President: Lee Turton Secretary: Daniel Melver OAM PO Box 274 MARYBOROUGH 3465 secretary.maryborough@vvaavic.org.au	5461 1962 5464 1219	0422 825 381	<b>WEST GIPPSLAND</b> President: Peter Liefman Secretary: Heather Sell PO Box 556 DROUIN 3818 secretary.westgippsland@vvaavic.org.au	5622 1301 0418 992 525 0407 268 305
<b>MELBOURNE WEST</b> President: Clement (Charles) Peterson Secretary: Ray Matthew PO Box 1430 WERRIBEE PLAZA VIC 3030 secretary.melbournwest@vvaavic.org.au	9395 9017 9749 2835	0466 936 556 0400 107 130	<b>WIMMERA</b> President: Ken Taylor Secretary: Tony Welbourn PO Box 345 HORSHAM 3400 secretary.wimmera@vvaavic.org.au	5385 2719 5381 2438 0428 852 719
State Directory current as at 20 August 2013			<b>INTERNATIONAL/ HEADQUARTERS</b> Administrator: State Secretary Direct all enquiries through State Secretary Refer contact details inside front cover.	



Vietnam Veterans Association of Australia  
(Victorian Branch)

# VetRide Trawool 2014



*VetRide 2014 was held over the Labour Day weekend in March 2014 and was based at the Comfort Inn at Trawool which many of those who spent time at Pucka may remember as the Trawool Pub on the Yea road out of Seymour. Our hosts Brian and Maureen Brew made us very welcome and their son Tim Brew pitched in and nothing was too much of an effort for him.*

*Trawool is an ideal location for a cycling and veteran related reasons, it being located right on a rail trail and with plenty of suitable road rides available in a 100k radius. The Great Victorian Rail Trail traverses the area for some 160 Kms through north/north east Victoria and provides magnificent cycling opportunities. Trawool also is an easy ride into Seymour and the Puckapunyal Military Area and the Vietnam Veterans Commemorative Walk.*

*Riders and supporters gathered on the 1<sup>st</sup> night for supper following the opening of VetRide 2014 by Victorian Upper House Member Mrs Amanda Millar. Show bags, courtesy of DVA, were distributed by VAN Officer John Heizer. The following day riders saddled up for road and trail rides. During the weekend the group met at the Seymour Club for dinner, attended the Vietnam Veterans Commemorative Walk after dark – a very impressive and emotional experience for many - and enjoyed a memorable visit tour of the Tank Museum at Pucka. Quite a sight to see a*

*large group of cyclists converging on Pucka ... sorry about those other vehicles behind our Group who had a long wait while each VetRide person was given authorised entry. There was also a trip to Mitchelton Winery.*

*As with previous rides a great deal of generous support makes it all possible. Starting with VetRide Chair Peter Liefman, who remains a tireless driver behind VetRide, there is a strong supporter group. The DViets provided the Greensborough RSL bus again and their driver, Clive Edwards. Paul Beraldo (Beraldo Coffee) generously donated all of the beverages to be used at Trawool and our “cooks” provided a hot breakfast each morning on BBQs provided by Ross Gregson/VVAA Mitchell Sub Branch. A big thanks to Ross for all the hard work and effort put in. VVAA State volunteers Maurie Benson and Martin Rudelbach worked as cooks, drivers, admin etc. Ray Baker acted as driver/cook and new helper Ken Dowling as cartographer. Medic Mick Walker was on duty again and responded well when needed. The kitchen and dining room were “staffed” by a very energetic/efficient group of ladies who will not be named for fear of leaving anyone out.*

**Honour the dead but fight like hell for the living**

