



# Vietnam Veterans Association of Australia Victorian Branch Inc.

AUTUMN 2013 EDITION



## Seymour Vietnam Veterans Commemorative Walk

Lest we Forget

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

ESB-VIC





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

# FROM THE PRESIDENT



Welcome to this edition of *FSB Vic*, I hope you enjoy the contents. Maurie Benson is back as office manager and newsletter editor, replacing David Weekes who did a magnificent editorial job

last year. On the subject of the newsletter, the last 2012 edition was superb, and made all the better by the excellent input from the sub-branches.

After an extremely busy 2012, we are already off and running this year. Our AGM and first State Council for the year at Horsham out of the way, the Seymour Vietnam Veterans Commemorative Walk Project Phase II has been officially opened, what a great day. VetRide 2013 has been completed, amendments to our constitution are underway and the next iteration of our closure plan has been distributed.

Before moving on to what's on the horizon, I wish to pay special thanks to all of the volunteers across the state who worked so magnificently for the branch and in support of veterans. To those taking a well earned spell, a heartfelt thanks for your contribution to veteran welfare, to the newcomers, welcome aboard I am sure you will enjoy the camaraderie and get a kick out of watching your efforts benefit veterans. And to the stalwarts going around again, you are the salt of the earth and your blood worth bottling-but not immediately after a session at Melton, Noble Park or the DViets! I am delighted on your behalf to welcome Ken Baker to your executive; Ken brings a wealth of knowledge and will be a great asset to the executive team.

It has been interesting to watch the gyrations of the politicians, even at this early stage of the non-election campaign. There seems to be much more movement in the state than we have been accustomed to for some time, and I am sure that we will see more visits, and more interest in us as an association as the election draws near; funny that. Perhaps an early pointer is the complete about face by the Australian War Memorial Council in relation to the placing of the peacekeeper names on the honour rolls at the AWM. Do you reckon there was any political pressure? What it says to me is that we will likely be an important lobby group again as

the political scene heats up, and we need to be prepared to lobby as hard as we can for the values we hold dear and protect with all our might the conditions we currently have. As one prominent politician recently said to me "they won't believe me unless it is tattooed on my bum", well I can recommend some good tattooists!

As you will know, I keep banging on about grass roots welfare; because I am of the opinion that if you strip back all the other stuff we do across the branch, the only really worthwhile endeavour is that of helping out our fellow veterans. Recently Sue McQueen and I, with support from Swan Hill sub-branch and local RSL sub-branches, buried a Vietnam veteran in Kerang. Unfortunately he had been dead in his house for some time before being found and then his remains lay in the Bendigo morgue for nearly three weeks before we were alerted.

Thanks to Sue's the great work, we managed to get his ex wife and a scattered and fractured family together and the service went off with the sort of dignity and farewell a veteran deserves-he was headed for a pauper's grave. Please reflect on that sad end, let's all redouble our efforts to make sure we know where our members are and how they are travelling. Maybe it's time also to renew acquaintances with the local hospital, police, Salvo's and other community agencies and remind them to seek us out if they come in contact with a veteran-of any era. They are out there and they need our help. If we needed any more convincing that there are veterans out there who need our help, then we need only to refer to the shocking newspaper revelations of suicide within the younger veteran cohort and the shortcomings of the "system".

The existence of our closure plan paper has drawn interesting comment from some of the other states, to which I have responded. Rather than being seen as a negative approach as described by others, I like to think that the plan is in fact positive and sensible planning for the future. Rather than sit back and look through rose coloured glasses and expect sons and daughters and younger vets to keep the association going after we have gone, I prefer that we get on the front foot and plan our eventual decline in the way that we want. Experience tells me that our children and younger vets are not join-

## FROM THE PRESIDENT ( cont'd )

ers, and they do not want to be involved with the running of the branch to any great capacity. Further, there is clear evidence that as our veteran members age, their minds turn to their own health and well being at the expense of the broader activities of the branch, and as they leave the branch for whatever reason, that their partner and/or children leave also.

There is a glimmer of hope for the civilian nurses. Recent revelations in the press and some work done at national have given rise to renewed hope that a claim submitted to DVA might have a chance if it can be proven that the nurses responded to Australian military requests; there is also a chance that responding to ARVN requests could also be accepted. Noble Park and Box Hill sub-branches have taken renewed interest and attempting to work up a test case with the nurses-fingers crossed!

In collaboration with the education team, two bursaries for Vietnamese students are to be created and awarded for the first time this year. I believe that this is an excellent initiative, one that will not cost a lot of money but is likely to be very well received by the Vietnamese community and further cement our good relations. This is possible because of the financial health of our education welfare account which was swelled by a \$7000 cheque from the E Team, being the proceeds of donations from schools.

I am excited at the decision of the state council to support a car in this year's Variety Bash for Kids in August. A levy of \$25 per sub-branch, to be matched by state will be initially donated, and I have already put the screws on the national council to match our effort-the response has been pretty good. The car will bear the VVAA logo and carry a VVAA flag, and in so doing provide us with some good PR. The car will be available for PR efforts with local sub-branches along the way. The bash begins in Melbourne and ends in Broome after going across the top end.

There has been advice from our representative at the DVA Victoria Deputy Commissioner's Forum that ward 17 in the Coral/Balmoral facility at Heidelberg is full and overflow patients are being sent to other hospitals at DVA expense. Additionally, it seems that there is a waiting list. Your executive is asking questions of DVA in relation to how many beds DVA funds in ward 17 for veterans, and

whether in fact these beds are being occupied by veterans or others-I understand that the ward takes ambos', police, fires and public servants. This is a disturbing trend and we are seeking assurances that veterans have priority access to the DVA funded beds and that everything is being done to support ill veterans. Just a reminder for members that Coral/Balmoral is run by Austin Health, there is no emergency admission facility there, and all patients need a referral from a doctor.

We have spoken often about the need to ensure that our members are medicating themselves correctly, and there is an article in this newsletter addressing that very subject-I commend it to all of you. We have received advice that prescriptions or medicines provided for Veterans are finding their way onto the black market, and I ask that all sub-branches raise this important matter with their members. All members should be aware that DVA has visibility of all prescriptions provided to veterans.

I have noted on a number of occasions the funding problems being experienced by the Regional Veteran Centre Project, funding problems that are not likely to get better, at least in the short term. To further exacerbate the problem this year, at the time of writing, the issue of the BEST funding guidelines has been delayed, the provision of BEST funding application forms has been delayed, there is as yet no indication of the funding level and no indication of the statistics required to be returned. The questions have to be asked: is this really the way to do business? Is this really the way to treat a largely volunteer workforce that saves the Government literally millions of dollars?

I thank and congratulate the state council and in particular the sub-branches who took the lead in discussions relating to the conduct of Vietnam Veterans Day leading up to 2016. The generous offer to subsidise the provision of refreshments at the Shrine is gratefully accepted and will ensure that attendees can get a brew, something to eat and have a good chin wag before the ceremony.

You will notice some major changes to our website this year as the site is completely overhauled and updated, the result should be very exciting and provide much easier access to all of the features. I acknowledge and thank Len Barlow for his continued



## FROM THE PRESIDENT ( cont'd )

work on our behalf as website manager. By the way, anyone out there interested in understudying Len, give the secretary a call.

I wish to note the excellent work of David Weekes in his time on your executive. All of the executive thank you for your support over the past year and look forward to another successful year.

Have you taken the opportunity to visit the Seymour Walk yet? It's quite surreal to see your name on the wall-so I was really there! It's a real walk

down memory lane when you see the names of your mates.

I conclude by wishing all members good fortune and good health for 2013. For me, it's off to Europe with Lyn for a long awaited holiday put on hold in 2011.

Regards, Bob Elworthy

*PS: Since writing the President's Report BEST funding has been received, albeit quite late and at reduced funding level.*

## FROM THE SECRETARY

Firstly, thanks to the State Executive for their efforts throughout the year – the job is easier when working with a good team. A special thanks to the Assistance Secretary Sue McQueen for her dedicated and invaluable input and sage advice – tends to keep one on the straight and narrow.

Thanks also to the:

- Fellows who staff the office at ANZAC House during the week – a sometimes boring task but it is very much appreciated.
- Our Webmaster Len Barlow – Len does an excellent job looking after the website and very much likes to get things right as quickly as possible.
- To the Sub-Branch Secretaries:

Those of you who are standing down – thank you for your work and I trust you will enjoy your “retirement”, and if you are doing a grey nomad travel bit, please travel carefully.

To those of you who are staying on – you must be gluttons for punishment but in the long term, it's all worthwhile in the end.

Passage of information – how do you communicate with your members? Email, newsletter, noticeboards, word of mouth – there have been instances where information is not getting out and we can easily disadvantage members if we are not careful. No method is infallible however it behooves us to try our hardest to get information out to members.

I am more than happy to discuss any issues that may arise from time to time – my contact details are on each and every e-mail sent out and in this and each edition of *FSB-Vic*. Please make use of this offer wherever and whenever you can.

Peter Bright  
State Secretary

## NEW DVA SECRETARY

The Prime Minister has announced that Mr Simon Lewis has been appointed Secretary, Department of Veterans' Affairs following retirement due to ill health of the current Secretary Mr Ian Campbell.

Mr Lewis has been with the Public Service since 1976 and currently is Associate Secretary and Chief Operating Officer in the Department of Defence.

Mr Campbell will step down effective from 1 July this year.

## Vietnamese Student Awards

Following representation by the VVAA Vic Education Team it has been agreed that the State Branch and the Branch E Team are to sponsor two annual Bursaries for Vietnamese students.

The State Branch welcomes this further initiative with the Vietnamese Community who themselves are significant supporters and contributors to the Vietnam Veteran Community in Victoria.

Applicants will be assessed in accordance with guidelines similar to existing Bursary arrangements and will be presented by VVAA Vic Branch at the TET Festival Jan/Feb each year.

# HORSHAM STATE COUNCIL MEETING/AGM

State Delegates assembled at Horsham in February for the VVAA Vic State AGM/State Council Meeting (SCM).

Thanks to VVAA Wimmera President Rex Dumesny, his troops and the Horsham RSL all enjoyed the venue of the Horsham RSL where we were well provide for in terms of Meeting room requirements, food and refreshments.

The Meeting opened with an address by Cr Mark



Radford, deputising for the Mayor and then followed by an address by the Hon Hugh Delahunty MLA, Minister for Veterans' Affairs, Victoria.



Minister Delahunty, a Local who has his Electoral Office in Horsham, also has a sporting background having once played VFL football for Essendon; we won't hold that against him!

Matters arising at the SCM include:

- Insurance matters pertaining to Pension/Welfare Officers.
- Story Writing & Arts Competition. Sub Branches to let Members know details of the SWAC 2013 .
- Vietnam Veterans Day. Sub Branches to discuss sponsorship for VV Day at the Melbourne Shrine. For discussion at next SCM.
- Under our Control. Sub Branches to review and develop their own plans. For discussion at next SCM.
- State Constitution. Review document and respond to State Sec.
- DVA Communication with Clients. DVA is to establish a system whereby they will contact a client once a claim has been submitted without 1st contacting the Pension Officer. State Council believes this is disadvantageous to the client.  
*Editor comment:*  
*State Council Members and VVAA Members are of the opinion that this move is not in the best interest of the client who, in a complex and stressful claim process, is relying on the Pension Officer to act as his/her "Advocate". The Pension Officer is trained to manage the process, understands what DVA requires and can answer questions in a far more precise and meaningful manner than the client.*
- Education Bursaries. A William Hacking Bursary is available. Interested applicants should contact the State Secretary; conditions apply. State Council has agreed to a request for an Education Grant to a Vietnamese student.

The VVAA Vic AGM and elections was held with some new members going forward into 2013/14.

Details of Office Bearers are shown on Page 2 of this Newsletter.

President Bob Elworthy is now the longest serving Victorian State President and we welcome his considerable expertise in heading VVAA Vic.



## SUB BRANCHES ~ WHAT'S ON



A relatively quiet period for the RAAFVVA with highlight being the Air Force Association RAAF Vietnam Branch and the RAAFVVA AGM's held concurrently on the 10<sup>th</sup> of February. Some 45 members and guests attended. RAAFVVA member and former committee member David Weeks attended on behalf of the VVAA Vic Branch as an Observer. 3 Bursaries were presented with 1 Encouragement Award. Bursaries were presented to Jacob Rowe, Christopher Lynch and McKenzie Lewino, and an Encouragement Award was presented to Bronte



Hudnott pictured here receiving her award from the Air Force Association Foundation President Air Commodore (Rtd) Bill Belton AM.

Foundation Member awards were presented

to Rob O'Brien, Chick Mercieca, Snow Coughlan and Tony Pahl who was unable to attend. These members were all former Presidents of the RAAFVVA.

Left to right Rob O'Brien, Chick Mercieca, John "Snow" Coughlan with President Lee Scully.



Both Rob O'Brien and Chick Mercieca both gave amusing stories of the initial days of the RAAFVVA especially ANZAC Day marches and functions.

RAAFVVA/AFA Vietnam Branch members attended the Stage 2 opening of the Vietnam Veterans Commemorative Walk on Saturday the 9<sup>th</sup> of March. Comments from all attendees was "magnificent". Air Force Vietnam veterans led the march to Kings Park past the Memorial Wall. All in all a great day despite the heat.

Planning for ANZAC Day is in hand with a combined reunion after the march with the older Air Force Association (AFA) veterans and the RAAFVVA members attending.

Letters of appreciation are starting to trickle in from the MEAO in regards to the Care packages sent by AFA/RAAFVVA to serving members.

*Vale: 11.4.2013*

*A220788*

*"Snow" John Desmond Coughlan CGM*

# SUB BRANCHES ~ WHAT'S ON

## MELTON



Australia Day Celebrations was a fun filled family day with entertainment by our own Frank Gilbey who delivered a range of Australian songs that everybody sang and danced along with. The food and drink was abundant with a selection of 3 roasts and a variety of vegetables and salad.

The house was decorated with Aussie Flags, football, meat pies, kangaroos and Holden Cars. A true Aussie experience.



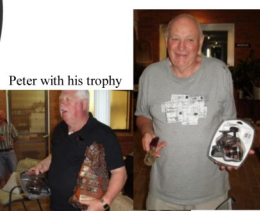
## Annual Mulwala Fishing Trip



Annual Mulwala Fishing Trip

A group of fishing (and non fishing) enthusiasts spent a few days in Mulwala staying at the Capricorn Motor Inn for the annual fishing trip. Peter Sheehan was the overall winner with his prize catch.

Whilst the enthusiasts were fishing in the hot sun the rest of the group were relaxing in either the swimming pool or sitting around enjoying a few chilled refreshments.



Peter with his trophy

Runner up Graham Sertori

## GEELONG & DISTRICTS



In March, stalwart of the Geelong and District Sub-Branch, Nigel Wilson, was rewarded for his many years of committed service with life membership. Branch President Rieny Nieuwenhof said it was an honour and listed Nigel's involvements:

He had been a committee member since 1995, Vice-President 2004 and acting President for four months in 2005 and a member of the memorial sub-committee that worked on lighting for the Avenue of Honour. Nigel was active in the preparation of many funding applications and heavily involved with the success of the St Paul's Vietnam Veterans plaque project and the Geelong Peace Memorial Vietnam tablet project.

He has been an Osborne Park Association delegate, and has been engaged in many other activities which included such things as school visits, veteran's tennis, Pulse Radio interviews, Blokes Day Out promotion, annual Anzac Day badge selling, Vietnam Veterans' Centre duty supervisor, and sausage sizzles at Heritage Meats and Bunning's.

Accepting the award Nigel said he was speechless, but was very proud and grateful to have been made a Life Member. He said it was a fantastic honour that he greatly appreciated it and would continue to work for the benefit of veterans.

Congratulations Nigel from the Vietnam Veterans Association.

Minister for Defence Warren Snowden and his adjutant took time out from the centenary celebrations at Osborne House in March to visit the Geelong sub-branches veterans museum with president Rieny Nieuwenhof. Osborne House was the first Australian Naval Cadet college and houses the sub-branches offices, bar and museum.





## ECHUCA

### ANNUAL DUNNY RUN

The Echuca District Sub-Branch has the dubious honour each year to assist the YMCA in running their annual Murray River Canoe Marathon. Echuca members tow a number of portable dunnies from Echuca to the starting point of the marathon in Yarrawonga and throughout the next four days along the course of the marathon to Torrumbarry, just east of Echuca. When empties are cleaned they are then towed to Cohuna whence our Swan Hill neighbours take over for the finish of the event.

This task is never without its excitements and 2013 proved to be no exception. Two drivers with a poor sense of direction, and smell of course, placed the dunnies where they were an unexpected convenience for campers and visitors and not the paddlers. The erstwhile organizer once again managed to perform a nose dive out of one dunny luckily landing on dry land and not in the goods being carried. And yet another driver accompanied by a jockey, both nose dead of course, managed to burn out a wheel bearing in their trailer, leaving it absolutely useless for the Swan Hill people the next day.

Talk about being in the sh\*t again.

### PRESIDENT KEN JONES

The President of the Echuca District Sub-Branch Ken Jones was awarded the 2013 Citizen of the Year Award in the Murray Shire NSW. The Murray Shire takes in Moama just over the Border from Echuca.

The award states:

“Ken Jones is one of those unassuming people who works for others without accepting thanks or money. Ken started helping the homeless many years ago at the request of Father John (Tink) Tinkler for a three week period, but still cooks breakfast, finds food, assists with urgent accommodation needs and rarely misses looking after their interests. Ken is involved with arranging toys for the disadvantaged through a toy supplier and hands the toys out at Christmas to the kids through various organisations. He is a valued member of Vietnam Veterans, arranging help for veteran problems such as pension entitlements and medical support. He is also involved in the school camps to Anglesea and without his support and involvement,

the camps would not continue. Ken has a great attitude, never seeks to ingratiate himself and demonstrates a very caring nature, particularly to the disadvantaged. You could say that Ken is a grassroots person.”

In his spare time Ken was also a member of the victorious RSL bowling team that won the National Championships in Melbourne last year.

A great effort by a good bloke - an ex-sig. of course.

## DIAMOND VALLEY

The year has started well for the DViets and attendances are good at our Friday meetings.

Membership is steady around the 200 mark and hopefully this will grow as the year progresses.

We have been quite active and our AGM in February returned a new Secretary Gary Scott and two new Committee members Alan Comben and Derrick Williams, the remaining executive and committee has continued on for this year.

We had two buses with about 80 members and partners and many more travelling privately go to the opening of the Seymour Walk and our congratulations must go to the organisers at Seymour for their brilliant efforts for the day and the memorial as a whole. All I have had are great comments about the place and I am sure a lot more will attend over the years.

It was pleasing to see our pavers for the DViets in place and stroll down the wall find your name and those of the many mates that you don't see nowadays but bring back such vivid memories.

The DViets held our annual bowls day on 17 March at Diamond Creek RSL/ Bowling club with the Regs taking on the Nashos and this year the Nashos prevailed, however the Regs are still up by about 7 wins to 4 to Nashos, this simply proves that the Regs had an easy life and had so much more time to practice over the years.

We are still running our monthly Bunnings BBQ and topping up our Welfare fund, this also keeps our name

## DIAMOND VALLEY cont'd

out their in the community and encourages support when we do our badge selling throughout the year.

We are all participating in the various Anzac Day marches at Greensborough, Austin Repat Hospital and the Shrine and look forward to catching up with a few mates and enjoying their company.

Peter Blackman

President

## CENTRAL HIGHLANDS

Our major activities since the last edition of the FSB have been our Christmas Lunch, Annual General Meeting and General Meeting and the trip to Seymour for the opening of the Vietnam Veterans Commemorative Walk. Our Christmas Lunch was held at Woodend RSL. Fittingly we had a visit from Santa and everyone received a present arranged along the lines of a Kris Kringle. Santa was ably represented by our Treasurer Ken Byrce who was kept on track by Edwina Carpenter and wife Marilyn.



Our Annual General Meeting went smoothly with the incumbent office bearers being re-elected unopposed. The consensus being that they needed more experience before being retired. The one change to proceedings was where a representative from State Branch, David Weeks, joined us on the day which was nice. We hope that David can find time to join us again in

the future.

Fifteen members went to Seymour. The rest being either away on caravan holidays, overseas or taking it quiet after operations. The day was a complete success although our lack of a banner was very noticeable and steps are being undertaken to get a banner for use in the future. Members who marched joined in with other groups.

Members were all impressed with the Memorial Walk and all the work done by Mitchell Sub Branch in making the day such a success.

Our next social function is a day trip to The Museum at Phillip Island.

## BALLARAT

Ballarat ended 2012 on a good note, our Christmas Party was a great success and there was plenty of fun, laughter and a visit from the man in Red who had a bag of goodies for all in attendance.

We also celebrated a special birthday for our president Garry Vapp, with a surprise cake, not only was it a



surprise for Garry but a lesson well learned. When ordering a cake and you ask for a large one, even though the price was good Don't do it over the phone check it out at the Baker's first, as it took two to carry and we nearly didn't make it to the table it was sooo

## SUB BRANCHES ~ WHAT'S ON

### BALLARAT cont'd

big, but yummy, and a great Birthday surprise for Garry.

Our Ballarat members that attended the Seymour Walk have spoken highly of the day's event and the completed project. A Great job well done, a big thank you to all those who have been involved in this project you can and should be proud of all your hard work to honour all Vietnam Veterans.

### FRANKSTON

We held our Christmas breakup in early December and 80 members came along and enjoyed themselves. This year we hope to have more outings that the members & their families can participate in.

Our Sub Branch started the year out with its Annual General meeting in February, and the elections saw little change in the Committee, Ray Weston is still President and I (Cheryl Myers) am still Secretary.

As you know in March, Mitchell Sub-Branch unveiled a Memorial Walk to honour all those who participated in the Vietnam conflict. We had many members that stayed in Seymour for the weekend and we also took 2 buses along on the day for the unveiling. Those who attended found it very moving and they were very impressed with the design and layout of the panels.

Over the last month we have been active within our



### FRANKSTON cont'd

community; our Sub branch donated \$1000 to the Pearcedale Primary school towards the purchase of 2 special microphones which gives the hearing impaired students a better chance of learning (see photo) and we had a sausage sizzle at Bunnings. We are hoping for good turn up for the Anzac Day march and it will be good to be able to catch up with friends back at the RSL after the service.

The Frankston Sub-Branch meets on the First Monday of the month at 7.30pm at the Frankston RSL in the Simpson Room 2. Any Veteran or partner who is in the area on the day is more than welcome to come along to a meeting.

For any information please contact the President Ray Weston on 97725351 or the Secretary Cheryl Myers on 97766600.





# MEN'S PEER HEALTH

## Introducing Gary Treeve and his important role in developing DVA's Men's Health Peer Education program in Victoria:

Firstly a little bit about myself. I was called-up for National Service in 1967, but at the time I had just commenced my 4<sup>th</sup> year of a five year indentured apprenticeship in boiler-maker welder and was granted a two year deferment. I thought the Army would forget me after two years - how wrong I was! I started my National Service at the 3rd Training Battalion Singleton NSW, after 10 weeks training I was posted to 1 Company RAASC Ingleburn. Later Corps transferred to RAEME to continue my trade.



I was posted to RMC Workshop Platoon in Canberra. During this posting I meet and married my wife Midori, three weeks later I was in Vietnam 71-72. I extended my National Service by one year to go to Vietnam. While serving in Vietnam I joined the Regular Army where my career spanned for 20 years and retired as a Warrant Officer Class One (WO1). During this time I was posted to:

- 3 Base Workshop Battalion,
- Puckapunyal Workshop Company
- 5 Base Workshop Battalion, Aviation Oakey
- Army Apprentices School Balcombe
- Armament Wing RAEME Training Centre Bandiana, and finally
- Maintenance Engineering Agency (MEA) in St Kilda Road Melbourne.

After leaving the Army I worked at Wodonga Tafe for 11 years teaching engineering, welding construction and as an Industry Training Consultant in OH&S.

In January 2000 due to medical reasons I was forced into early retirement.

In that year, the Department of Veterans' Affairs (DVA) were looking for volunteers to join the Men's Health Peer Education program (MHPE).

The MHPE program aims to raise awareness about men's health issues by encouraging members of the veteran and ex-service community to share the responsibility for managing their own health and wellbeing. The program trains volunteers from all age groups to provide health information to members of the veteran and ex-service communities. After attending a training course run by DVA for volunteers I agree to share this health information with others. This can be done via many channels: for example, giving a talk on a health issue at a local community group or ex-service organisation meeting; setting up or working with 'Men's Sheds', running a stand at a community expo' or personally chatting to a person, such as a mate at a barbecue.

The range of ways to spread the word on men's health is quite diverse. How volunteer choose to do this is up to their own personal style and what they feel most comfortable doing.

It is also up to volunteers to decide on their own time commitment. Some may predominantly 'work' one day or night per week, while others may opt to 'work' when events come up (for example, setting up a stall at an air-show and manning it for the whole weekend).

I attended the first ever MHPE training in 2000. I am the Regional Representative for Victoria since December 2012. I have previously been the state Volunteer representative. I am also the only active MHPE volunteer who has done over 10 years MHPE service!

I personally have benefitted from being a MHPE volunteer as it has been good therapy for me. I feel the ongoing information provided about health topics, enables me to reach out to veterans and veteran communities by making them aware of the benefits to health and thinking about your health. My training background enables me to give presentations to lots of different groups about men's health. My simple message is go to your doctor and get checked!

One example of this was a presentation I delivered about lifestyle and type 2 diabetes. A veteran in the audience heard the information which prompted him to seek medical advice. This veteran then approached me to tell me that as a result of this check-up, his sugar reading was high and needed to commence treatment and diabetes education. I gain tremendous satisfaction knowing I am making a real difference to help veterans look after their health better.



## Pension increase for the veteran community

New pension and income support payments rates for veterans, their partners, war widows and widowers across Australia come into effect from today, 20 March 2013.

The Minister for Veterans' Affairs, Warren Snowdon, announced the increase is part of the bi-annual indexation process. Veterans, partners, war widows and widowers will also receive a boost to their payments through the Clean Energy Supplement, a regular payment under the Household Assistance Package to help meet household costs associated with the carbon price.

The first payday which will include payments under the new rates will be 4 April 2013.

Pension	Old Rate (per fortnight)	New Rate (per fortnight)	Indexation increase component	Clean Energy Supplement component
Service Pension—single	\$772.60	\$808.40	\$22.30	\$13.50
Service Pension—couples	\$1,164.80 couple	\$1,218.80 couple	\$33.60	\$20.40
	\$582.40 each	\$609.40 each	\$16.80	\$10.20
War Widow Pension	\$783.60	\$820.70	\$23.40	\$13.70
Income Support Supplement	\$234.40	\$241.50	\$7.10	Nil
Special Rate (TPI) Pension	\$1,182.00	\$1,238.20	\$35.50	\$20.70
Intermediate Rate Disability Pension	\$802.30	\$840.40	\$24.10	\$14.00
Extreme Disablement Adjustment	\$652.70	\$683.70	\$19.60	\$11.40
100 per cent General Rate of Disability	\$420.00	\$440.00	\$12.60	\$7.40

### FITTING END FOR VETERAN.

In late January VVAA Vic executive received word of a Vietnam Veteran, David William Bachelor, who had apparently been deceased in Bendigo for 3 weeks with no-one to bury him.

After some short discussion it was decided that this Vietnam Veteran would be given a fitting and dignified funeral.

It transpired David had passed away at home in Mincha, Central Victoria on 6<sup>th</sup> January with no known next of kin and it took several weeks for the Coroner to locate one. Consequently David was cremated without a service or any family present.

Liaison with authorities, Ex Service Organisations, and his estranged family resulted in David being laid to rest in Kerang where his parents are buried, with the dignity befitting a Vietnam Veteran on 27<sup>th</sup> February 2013.

A Memorial service was conducted by President Bob Elworthy, ably assisted by Asst Secretary Sue McQueen in the presence of about 50 people including some family members, members of Bendigo & Swan Hill VVAA, Kerang & Pyramid Hill RSL's and some of David's neighbours.

The Memorial Service, Niche, plaque and associated costs were covered by VVAA Vic with the assistance of the above mentioned ESO's. **'Grass Roots Welfare at work'**.

This matter should serve as a timely reminder to all Vets to get their affairs in order, now.

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

# VIETNAM VETERANS COMMEMORATIVE WALK SEYMOUR VICTORIA



*Saturday 9th March 2013*

Under a blazing sun at Seymour Victoria a large crowd of several thousand people gathered for the opening of the 2nd Stage of the Vietnam Veterans' Commemorative Walk.

The Commemorative Walk is not to memorialise those who served in Vietnam and/or those who paid the ultimate price, but to commemorate the service of all who played their part in what turned out to be a tumultuous part of Australia's history. It does, in the interpretive centre, give an accurate history of the times prior to military commitment, the period of our involvement and the aftermath.



The Walk is a meandering red earth path set in native trees (400 Spotted Gums) and grasses that resemble rubber trees and rice paddies. These two plants are synonymous with Vietnam. Along the length of this Walk are walls made up of panels of DigiGlass with the name of every Serviceman and Servicewoman who served in their various capacities. The names are separated only by the Service in which they served in alphabetical order. The plinths on which the panels stand have holes for Poppies; the effect is to have a field of Poppies under the names. Behind the names is the picture story of the Vietnam conflict. There will be areas of contemplation for people to use along



the length of this walk and Military artefacts of the period, an Iroquois Helicopter, M2A2 howitzers, M113 APC's and a Centurion Tank.

The Long Tan Cross, constructed by Cpl Barry McAvinue, 6RAR/NZ (ANZAC) Battalion, who made the original Long Tan Cross in 1968, sits amid Spotted Gums which, when mature, will simulate the Rubber Trees of Vietnam.



Following conclusion of the

formal Service there was a March of Veterans past the Walk area and on into Kings Park. The streets were lined with supporters and well wishes, a feeling not unlike that of Sydney '87.







Vietnam Veterans Association of Australia  
(Victorian Branch)

## VetRide 2013



The 2nd VetRide was been attended by approx 50 fun lovers who assembled at Myrtleford in March for what can only be described as an idyllic location and experience in the Victorian High Country.

The roads and Rail Trails within a 100K radius of Myrtleford provided a great range of experiences for both the experienced rider and those who wished to travel at a more leisurely pace; the scenery was magnificent with blue sky and full sun each day.

For those who wanted to mix riding with a bit of the good life there were always the coffee shops of Beechworth and Bright to put some energy back into the legs; some may have even dropped in at a winery along the way.

Our base was the Myrtleford Holiday Park where we were extremely well looked after by Park Managers Steve & Kim. Catering for ourselves in the Camp Kitchen and having full use of camp facilities the group was well looked after.

There will be some who may look at a Ride like VetRide as being for the “Lychra Lizzards” who we see travelling at a great pace around our streets and question their own ability to take part in such an event. VetRide 2013 saw a range of riders from Vietnam era to an 11 year old boy who rode each day. There were those who wished to complete 100K + on a day’s ride. There were those who enjoyed some of the Rail Trails and there were those who completed only what they felt comfortable with and were transported back to camp.

VetRide 2014 is already in the planning and a location will be announced shortly. In the meantime you now have less than 12 months to be part of the next VetRide so have a think about dusting off the bike and get some practice in. You need to also remember it is not only about the boys as we have some very competent women and under 20 year olds as part of the rider group.

A big thank you to VetRide Organiser Peter Liefman, his support group and the Riders who make it all worthwhile.

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

## Sons of ANZAC's Vietnam Memorial Tour



PATRON.

MAJGEN David McLachlan AO (Retired)

President Of RS&L. Victoria. (No relation to Mat McLachlan)

In 2015 it will be the centennial of the landing at Anzac Cove and coincidentally a significant anniversary for Vietnam Veterans, being 50 years since the deployment of our first battle group. That deployment went on to last 10 years.

The synergy between the first ANZACS and Vietnam Veterans is that their grandfathers' fought at ANZAC cove and WW1. To commemorate this fact: We have approached the highly advocated 'Mat McLachlan Battlefield Tours' and LT.COL Gary McKay (Retired), a prolific author and historian on Vietnam. Mat and Gary will be tour leaders and lecturers, at the sites of Australia's major engagements.

At the Long Tan Cross there will be a significant memorial service honouring our generations who have died in uniform for Australia, Army, Navy and Airforce.

Mat and his company have enthusiastically embraced this event; as an Historian he understands the significance. Matt's company will arrange all of your travel arrangements and in country logistics. There will be a series of additional tours to see Vietnam if desired.

It is envisaged that an initial tour of approx 7 days will cover the 'battlefield' tour experience, with further options for you to understand Vietnam today.

Your assistance in spreading the word through your website, and/or newsletter, would be greatly appreciated our website is: <http://battlefields.com.au/index.php/tours/69> details of the Tour can be found there with contact information etc.

Many thanks,

SAVMT committee.

LTCOL Gary McKay MC (retired) Gary Phillips, Geoff Lowe Stretcher Bearers and Members of the 5rar band 1<sup>st</sup> tour, Mat McLachlan of Battlefield tours.



A vulture carrying two dead raccoons boards an airplane.

The stewardess looks at him and says:

'I'm sorry, sir, only one carrion allowed per passenger.'

\*\*\*\*\*

The soldier who survived mustard gas and pepper spray is now a seasoned veteran.



## UBON VETERANS FINALLY RECOGNISED

***Parliamentary Secretary for Defence - Justice:  
Ubon Veterans finally recognised.***

21 February 2013

Members of the Royal Australian Air Force (RAAF) who were posted to Thailand's Ubon Air Base between 25 June 1965 and 31 August 1968 are now finally eligible for the Vietnam Logistic and Support Medal.

Parliamentary Secretary for Defence Senator David Feeney, said it was an honour to right such a wrong.

"These are veterans who have served their nation with pride, who put themselves into harm's way for the good of Australia. I am proud to have implemented this change and to see that these veterans are finally recognised for their efforts toward the Vietnam War."

The matter as to whether to award the VLISM to RAAF members at Ubon was referred to the Defence Honours and Awards Appeals Tribunal. The Tribunal found that RAAF personnel who served at Ubon should be awarded the VLISM.

Senator Feeney has accepted this finding on behalf of the Australian Government.

Head of the RAAF Ubon Recognition Group, Mr Mal Barnes, said it was a decision they have waited over 45 years for.

"We always knew this was a medal we deserved, a medal we had earned. This is something we should never have had to campaign for, but we did. It is a relief for all RAAF veterans who were at Ubon to finally be recognised for their service. This is something the Coalition had the power to fix and never did," Mr Barnes said.

Ubon is a Royal Thai Air Force base in South Eastern Thailand. From 1965, the United States Air Force (USAF) started using Ubon in support of Thailand, and later as a base to attack North Vietnam. RAAF No 79 Squadron remained at Ubon to provide a joint presence to confront the spread of communism in South East Asia.

From March 1965, USAF increased its bombing of North Vietnamese targets, with Ubon being one of the bases used. As a result, Ubon became a significant target for retaliatory raids.

On 25 June 1965, RAAF No 79 Squadron commenced the highest sustainable armed air defence alert. This applied dawn to dusk, seven days per week. Two Sabre jets remained armed and ready for takeoff with five minutes notice. Guards were also sent to protect the base from ground attack. They patrolled 24 hours a day, seven days a week.

"There is no doubt in my mind that these were warlike conditions. There was a very real risk, as demonstrated by the protection measures undertaken. This is a squadron that made a very significant difference to the campaign directed against North Vietnam and the protection of a base on behalf of the USAF.

"Awarding the VLISM will show for once and for all that these veterans gave essential and direct logistic support to Australian forces in Vietnam," Senator Feeney said.

Royal Australian Air Force members who believe they may now be entitled to the Vietnam Logistic and Support Medal, are invited to make application to the Directorate of Honours and Awards. Eligible next-of-kin may apply on behalf of deceased former members. Application forms can be obtained from [www.defence.gov.au/medals/](http://www.defence.gov.au/medals/) or by calling the Directorate of Honours and Awards, toll free, on 1800 111 321

The medal may not be awarded to a member who is eligible for the Vietnam Medal.

Members who have already submitted an application are not required to re-apply.

The Tribunal's full report is available at <http://defence-honours-tribunal.gov.au/inquiries/completed-inquiries/raaf-ubon/>.



# Children and Grand Children of Vietnam Veterans Network



## 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)

20 March 2013

**Ken O'Brien**  
CEO  
Children and Grand Children of Vietnam Veterans Network

Dear Ken,

At a recent meeting, the State Council of the Victorian Branch of the Vietnam Veterans Association of Australia endorsed the Children and Grand Children of Vietnam Veterans Network as a key focus organisation for the descendants of Vietnam Veterans.

The council noted and strongly supported the intentions of the network to expand its presence in Victoria and agreed that the branch would provide support and promotion of the network's presence in Victoria where practical to do so.

Yours sincerely,

**R W (Bob) Elworthy**  
State President

*Editor's note:*

*Please note that State Council Members, representing Sub Branches and Members, have endorsed supporting the work carried out by Dr Ken O'Brien and his Foundation. Refer comments in letter from VVAA Vic State President.*

## Vietnam Veterans Thank You Pens.

The Vietnam Vets Thank You pens are part of the Woodwork Forums Australia, "Pens for the Troops", these can also be seen on FaceBook. Pens for The Troops is a community based project to show our respect for our troops serving overseas. It is run by the pen turning section of the Ubeaut Woodwork Forum. Pens are distributed via the Padre's in the armed services.

Each Christmas and Anzac day pens donated pen crafters are sent to encourage our serving troops, in 2011 over 500 pens were sent, 200 of those were made from pen kits donated by the Outer Eastern Vietnam Veterans Association.

If you would like to contribute towards the cost of kits, then contact Amos at [sales@woodenink.com](mailto:sales@woodenink.com), meanwhile we thank you each Vet heartily for their service for our country.

Amos De Pasquale (ex RAAF)





# Children and Grand Children of Vietnam Veterans Network



## Defending the Families that Defend the Nation

### Families After Trauma Foundation

The Families After Trauma Foundation is committed to supporting military families and their children's families in understanding and providing meaning to their experiences.



### Dedicated Peer-Support Phone Service

We provide a phone support service run by members to benefit members. This is a peer-support network service that operates outside normal business hours.



### Committed Online Support Community

We have a highly prominent Facebook facility that provides an international interface for many of our members around the world. It is a place where members can express their views and share their experiences with others like themselves and to receive feedback for their questions and enquiries. We have several mirror sites around the world and are affiliated with many more.



### Research Facility

We run an active research facility through our online communities, enabling access to a ready pool of qualitative and quantitative research participants to aspiring researchers in the fields of Post Traumatic Stress Disorder, genetics, family and community studies, social sciences, humanities, psychology, neurology and genealogy.



### Conventions & Seminars

We run regular seminars and conventions that showcase the latest findings from the field. These often incorporate guest speakers from local, interstate or international facilities and centres.



Furthermore we initiate, mentor and support research initiatives into the health and wellbeing of current and recent peacekeepers and active service personnel's families.



**FAMILIES AFTER TRAUMA FOUNDATION**  
Defending the Families that Defend the Nation



### Training and Courses

We develop and facilitate a range of training and development courses that are unique to Australia and perhaps the world. These range from self-help workshops to political and policy information sessions. Our crown jewel is our Australian Military Families on Edge program which provides critical information and guidance to Medical and Mental Health practitioners on the appropriate and realistic cultural applications of their practice in respect to the intergenerational impacts of military service on Australian military families.



### Advocacy

Our activities influence the development of government policy and practice. Our members and associates are active on Federal and State committees and boards and participate in the design and delivery of legislation and research at the social level. We have national influence and presence. We represent the issues and needs of Children and families of veterans and proactively address the intergenerational issues of the military community at large.



### Future Projects: Military Family Workshops

In the near future we aim to host a unique, family workshop and training service strategically and specifically designed for military families, particularly with multigenerational issues. This service will complement existing government services. Our support workers will be qualified in mainstream family approaches but have personal experience either as a service person, or an immediate family member of a service person. Therefore we will provide cultural understanding.



*Families After Trauma Foundation is committed to supporting military families and their children's families in understanding and providing meaning to their experiences.*

Foundation CEO Dr Kenneth O'Brien provides specialised and innovative skills dealing with intergenerational impacts of trauma and military service. He is recognised nationally and internationally for the influence of his work on family health and welfare in general.

The Foundation emerged from public interest in Dr O'Brien's other pet project "*The Children & Grandchildren of Vietnam Veteran's Network*".

Dr O'Brien provides expert advice as a Member of the Australian Department of Veterans' Affairs Consultative Forum guiding their study on the health and wellbeing of Vietnam Veteran Families.

## DOG TAG MEMORIAL CHICAGO

When visitors first enter the Museum they will hear a sound like wind chimes coming from above them and their attention will be drawn upward 24 feet to the ceiling of the two-story high atrium.



Dog tags of the more than 58,000 Service men and women who died in the Vietnam War hang from the ceiling of the National Vietnam Veterans Art Museum in Chicago on Veterans Day, November 11, 2010. The 10-by-40-foot sculpture, entitled *Above & Beyond*, was designed by Ned Broderick and Richard Steinbock. The tens of thousands of metal dog tags are suspended 24 feet in the air, 1 inch apart, from fine lines that allow them to move and chime with shifting air currents. Museum employees using a ki-

osk and laser pointer help visitors locate the exact dog tag with the imprinted name of their lost friend or relative.

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



## Are you confused about your medications?

- Do you take 5 or more regular medications?
- Do you take more than 12 doses of medication per day?
- Do you have 3 or more medical conditions?
- Have you had significant changes to your medication regimen in the last 3 months?
- Do you have difficulties managing your medications?
- Do you experience side effects from your medications?
- Have you been discharged from hospital in the last month?
- Are you confused about your medications or dosage aids?
- Are you attending a number of different doctors, both GPs and specialists?
- Do you have difficulties taking your medications?

If you answered **YES** to any of the questions above you may benefit from a **FREE** Government funded Home Medication Review (HMR).

Each year approximately 140,000 Australian's are admitted to hospital as a result of medication related problems. It has been estimated that up to 69% of these incidents can be avoided. To try to reduce your risk of a trip to hospital due to a medication related problem the Australian Government is now funding a free health service called a HMR. The HMR is conducted in your home environment by a specially trained Pharmacist who reviews your medication and reports back to your GP. By working together with your HMR Pharmacist and GP, you can make sure you are getting the best possible treatment options. During your time with the HMR Pharmacist, they will strive to improve your knowledge about your medications and increase your confidence in using your medications.

If you think you would benefit from a HMR and have a current Medicare or Department of Veteran Affairs Card, ask your Doctor for a referral.

If you would like further information on the program or would like to organise a time to see a HMR Pharmacist please contact me by email at [Tamara@patientfirst.net.au](mailto:Tamara@patientfirst.net.au) or by phone on 0432 572 341.

Tamara Lee B.Pharm (JCU) AACPA MPS MSHP  
Tamara is a current serving Military and Consultant Pharmacist





## T4DM Study - VOLUNTEERS REQUIRED

Repat Campus Austin Health (Jenny Healy) is coordinating a trial and is looking for volunteers to participate.

The study involves an injection of testosterone or a placebo every 3 months with diet to prevent diabetes type 2. It is a 2 year trial for men aged 50-74 with a waist circumference of 95cm or more and they get **2 years free Weight Watchers membership** if they are eligible to

participate; ( they would need to have a blood test if they pass the screening process to check blood levels of glucose & testosterone).

Men can find out more and screen themselves at [www.t4dm.org.au](http://www.t4dm.org.au) or can ring Jenny as below.

Jenny [jenny.healy@unimelb.edu.au](mailto:jenny.healy@unimelb.edu.au)  
(03) 9496 2282

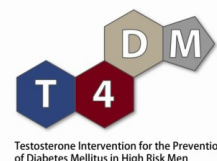
**Are you male?**  
**Aged 50 - 74?**



Why not join T4DM, a research study using diet and testosterone treatment to prevent type 2 diabetes?

To find out how to join; and receive free access to Weight Watchers plus treatment with either testosterone or a placebo, visit [www.t4dm.org.au](http://www.t4dm.org.au) or contact your local study coordinator at the Austin Hospital, Ms Jenny Healy,:  
Tel: 03 9496 2282 Email: [t4dm-Austin@unimelb.edu.au](mailto:t4dm-Austin@unimelb.edu.au)

*The T4DM study proudly supported here by Austin Health, the University of Melbourne, the University of Adelaide and the National Health and Medical Research Council (NHMRC)*





## Media Release

The Hon Warren Snowdon MP

Minister for Veterans' Affairs

Minister for Defence Science and Personnel

Minister for Indigenous Health

Minister Assisting the Prime Minister on the Centenary of Anzac

Monday, 18 February 2013

### NEW MENTAL HEALTH APP FOR VETERANS AND ADF MEMBERS

A new smart phone application helping current and former serving members of the Australian Defence Force to identify and manage mental health symptoms was launched today by the Minister for Veterans' Affairs, Warren Snowdon.

Demonstrating the app to troops at Robertson Barracks in Darwin, Mr Snowdon said that *PTSD Coach Australia* was developed to help veterans identify the signs of Posttraumatic Stress Disorder (PTSD) and encourage them to seek help.

"A priority for this government is ensuring that a range of mental health services and support are available for veterans of all ages—young and old—and that these services are tailored to their needs and the needs of their families," Mr Snowdon said.

"*PTSD Coach Australia* provides them with education about PTSD, information about self assessment and professional care, and tools to manage the stresses of daily life with PTSD."

Based on an app first developed in 2011 for US veterans, *PTSD Coach Australia* comprises tools for relaxation, positive self-talk, anger management and a scheduler to help users manage their self care, health appointments and other activities.

Mr Snowdon said *PTSD Coach Australia* was not designed as a stand-alone treatment or self diagnosis, but as part of a toolkit to assist people in managing PTSD.

"This app doesn't replace clinical assessment and treatment by a qualified mental health clinician. A Clinicians Guide on integrating *PTSD Coach Australia* into treatment is available on DVA's At-Ease website," he said.

*PTSD Coach Australia* was developed by the Australian Centre for Posttraumatic Health for the Department of Veterans' Affairs (DVA) and the Australian Defence Force (ADF) and is available for Apple and Android devices. To download the app visit the App Store, Google Play or the At-Ease website [www.at-ease.dva.gov.au](http://www.at-ease.dva.gov.au).

For professional, interpersonal care, the Veterans and Veterans Families Counselling Service (VVCS) provides counselling and group programs to veterans, peacekeepers and eligible family members. It is a specialised, free and confidential Australia-wide service and may be contacted 24 hours a day on freecall **1800 011 046**.

**Media inquiries:** Minister Snowdon: Lidija Ivanovski 02 6277 7820 / 0407 108 935 Department of Veterans' Affairs Media: 02 6289 6203 *Subscribe to media releases at [minister.dva.gov.au/subscribe.htm](http://minister.dva.gov.au/subscribe.htm)*

**Veterans and Veterans Families Counselling Service (VVCS)**  
**VVCS Victoria Group Programs**  
**January-December 2013**

**Mastering Anxiety**

**Veterans Program**

Melbourne.

23rd - 25th June 2013

10:00am - 12:30pm

**Veterans & Partners**

**Workshop**

Wodonga workshop.

14th & 15th November 2013

9:30am - 4:00pm

**Doing Anger Differently**

**Veterans Workshop**

Mornington workshop.

9th & 10th May 2013

9:30am - 4:00pm

Geelong workshop.

5th & 6th September 2013

9:30am - 4:00pm

**Building Better Relationships**

**Veterans & Partners**

**Program**

Ballarat program.

Monday 18th March - 20th May 2013

10:30am - 1:00pm

Melbourne program.

Thursday 18th April - 13th June 2013

6:00pm - 8:30pm

**Residential Lifestyle**

**Veterans & Partners**

**Program (6 days)**

Flowerdale:

25th - 30th August 2013

Flowerdale:

24th - 29th November 2013

**Younger Veterans & Partners Program (2 weekends)**

24th - 26th May 2013

21st - 23rd June 2013

**Pain Management**

**Veterans & Partners**

**Workshop**

Echuca workshop.

14th & 15th October 2013

9:30am - 3:30pm

Werribee workshop.

28th & 29th October 2013

9:30am - 3:30pm

Greensborough workshop.

25th & 26th November 2013

9:30am - 3:30pm

Frankston workshop.

Young Veterans & Families

Wellbeing Centre.

17th & 18th July 2013

9:30am - 3:30pm

**Sleeping Better**

**Veterans & Partners**

**Workshop**

Eltham workshop.

16th & 17th May 2013

9:30am - 4:00pm

**Veterans & Partners**

**Program**

Melbourne program.

18th July - 29th August 2013

6:00pm - 8:30pm

**Stepping Out**

**ADF Transition Workshop**

Melbourne workshop.

15th & 16th July 2013

9:00am - 4:00pm

Wodonga workshop.

22nd & 23rd July 2013

9:00am - 4:00pm

Melbourne workshop.

11th & 12th November 2013

9:00am - 4:00pm

**Beating the Blues**

**Veterans Program**

Wodonga program.

24th April - 26th June 2013

10:00am - 12:30pm

Melbourne program..

10th October - 12th December 2013

6:00pm - 8:30pm

**Veterans Workshop**

Ringwood workshop.

5th & 6th September 2013

9:30am - 4:00pm

**Partners Self Care**

**Younger Partners Program**

Frankston program.

Young Veterans & Families Wellbeing

Centre

9th October - 11th December 2013

6:00pm - 8:30pm

**Parenting Skills**

**Younger Veterans &**

**Partners Program**

Melbourne program.

16th July - 20th August 2013

6:00pm - 8:30pm

**Heart Health**

Ballarat

Wodonga

Melton/Sunbury

Greensborough

**To register for group programs, or to make further enquiries about the programs please contact VVCS Victoria**

**on 1800 011 046**

**or email**

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



# 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.

Looking for Gerry (Gerard) Nicholson, last know address Quinninup QA. Originally from NSW. Married to Lyn. Medical Corps, 8th Field Ambulance. Service in Vietnam 20/11/1967-19/11/1968.

Anyone with info on Gerry have him contact Frank Naaykens 120 Nolan Rd, Lambells Lagoon 08 8988 779 Mob 04228 888 812.

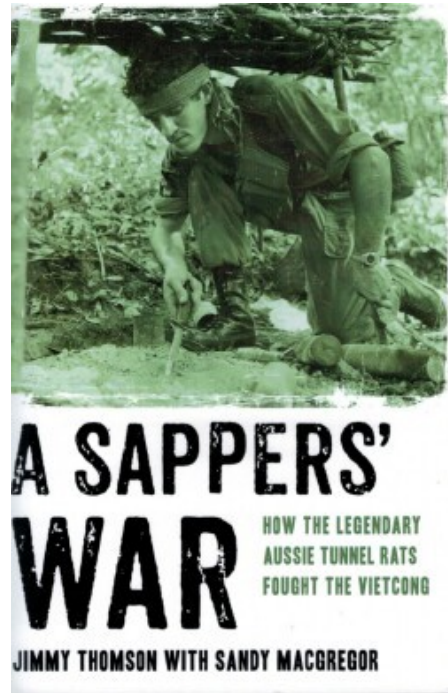
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New items in stock - Book

BK142 *A Sappers War* Retail \$25

VVAA Merchandise

Email: [VVAA.sec@bigpond.com](mailto:VVAA.sec@bigpond.com)



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State Directory current as at 26 Feb 2013

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



# VIETNAM VETERANS COMMEMORATIVE WALK SEYMOUR VICTORIA



The Vietnam Veterans of Australia  
sincerely appreciate the following  
civilian organisations and personnel  
for their invaluable support  
during the Vietnam Conflict

The Returned and Services League of Australia,

The Red Cross,

The Salvation Army,

Everymans Welfare Organisation,

Entertainers, Performers & Technicians,

(under the auspices of either the Forces Advisory Committee on  
Entertainment or the Australian Forces Overseas Fund)

The Civilian Medical & Surgical Teams

from major Australian Hospitals,

Members of the Hospital Rebuilding Project,

Qantas and its Flight Crews,

Merchant Seamen

(who sailed on ships chartered by the Australian  
Government for transport to Vietnam),

War Correspondents,

Official War Artists, Historians & Photographers,

Dept of the Army Personnel,

Dept of Foreign Affairs Personnel,

Dept of Supply Personnel,

The Defend Australia Committee,

The Australian Vietnamese Civil Aid Project

and various other civilians,

public servants & contractors.





# VIETNAM VETERANS COMMEMORATIVE WALK SEYMOUR VICTORIA



## Vietnam Veterans Commemorative Walk

This  
Commemorative Walk  
is dedicated to the  
60,267 service personnel  
and  
11 tracker dogs  
who served in  
South Vietnam

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



# VIETNAM VETERANS COMMEMORATIVE WALK SEYMOUR VICTORIA

