



# Vietnam Veterans Association of Australia Victorian Branch Inc.

SUMMER 2014 EDITION



## Vietnam Veterans to lead 2016 ANZAC Day Parade in Melbourne



### IN THIS ISSUE

- ◆ *President/Secretary Reports.*
- ◆ *Sub Branch activities.*
- ◆ *VV Day 2014 & 2016*
- ◆ *DVA News.*
- ◆ *Medical/Health/Wellbeing issues.*
- ◆ *Seymour Walk (Mitchell SB)*
- ◆ *VetRide 2015.*
- ◆ *SWAC 2014*

*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> * See below for Mailing Address	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 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 Executive Member Editor <i>FSB-VIC</i></b>	Maurie BENSON	9655 5588 Mob: 0417 588 886
<b>VVAA Vic Education Team</b>	Phil White OAM	0412 592 915 pswhite48@bigpond.com

---

## VVAA Victorian Branch—State Office

<b>Address:</b>	VVAA Victorian Branch Anzac House L3/4 Collins St MELBOURNE VIC 3000	<b>MEMBERSHIP MAIL:</b> C/O CVVSC PO BOX 820 BENDIGO VIC 3552
<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	

**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



**Major Robert William  
ELWORTHY AM**

For significant service to veterans and their families, particularly to those who served in Vietnam, and to community health care.

An award well deserved and applauded by his veteran mates.

\*\*\*\*\*

## Great News!

You will recall that I wrote to the Victorian ANZAC Day Commemoration Committee in September 2013 seeking agreement for Vietnam veterans to lead the ANZAC Day march in Melbourne in 2016 in recognition of the 50<sup>th</sup> anniversary of the battle of Long Tan. I am delighted to confirm that the ADCC has afforded us that honour; **we will be leading the march through the streets of Melbourne in 2016!**

On that exciting news, welcome to this edition of *FSB Vic*, I hope you find it interesting and informative. Don't forget that if you have any feedback we would love to hear from you.

What a difference a few months makes! Who would have thought that our front page statement from our winter edition of *FSB Vic* - "**We Support our Troops Unconditionally**" would turn out to be so prophetic. Now we have a situation in our own country where our defence force personnel, who are held in the highest regard by all right minded people, are being warned not to wear their uniforms-a clear and revered symbol of service to our nation-in public for fear of drawing unwanted attention from radical elements-would be terrorists- in our society. But that is not the end of it, emergency response workers have been cautioned and even school cadets have been told not to wear their uniforms to or from school. Now we have T Shirts bearing the Aussie flag and the message "*Love it or Leave*" being banned by a major retail chain, body corporates telling unit owners to take down the national flag for fear of offence to others and so it goes. Just what the hell is going on in our

country? Sadly, as I wrote this report, news has come through that Canadian soldiers have been murdered in what looks suspiciously like terrorist attacks against service personnel there.

To happier things: Mr Minh Van Le-Minh the Marathon Man- has completed the Melbourne marathon and raised some serious money for us along the way. An article on his exploit appears further on in the newsletter.

There have been significant advances with preparations for our 2016 commemorations, with the 2016 ANZAC Day march locked in, the gravesite vigil planning has been taking centre stage. As predicted, checking and reporting on the gravesites in Victoria is a time-consuming task, and one that needs the full support of all sub-branches, and already visits to cemeteries have identified errors and omissions with the Office of Australian War Graves information and some graves that need repair work. If our 2016 commemorations are to have real meaning then we need unconditional support from all our members, particularly for the vigil-I challenge any of you to go and visit some of the graves and not be moved. Work also continues on the other key activities under the stewardship of Ken Baker and the committee.

I want to particularly highlight the exciting plans for our state branch quilt being coordinated by Alma Elliott, for which we are tasking each sub-branch to prepare a patch that represents their area for sewing onto the quilt. The quilt, along with making poppies for the vigil and VV Day 2016, are great opportunities for our ladies to be involved and to be a special part of our 2016 commemorations. The plan is to have the quilt and poppies finished by November next year in time for the quilt to go on tour 2016, and the poppies to be ready for the early 2016 vigil. But, we must act NOW to meet these deadlines.

The Frankston VAN office has now closed, completing the Victorian office closures advised by the Minister for Veterans' Affairs. It will now be interesting to watch how the arrangements made for VAN-like services delivered out of Department of Human Services offices (read Centrelink) will work. I don't know

## FROM THE PRESIDENT ( cont'd )

about you, but even accepting that some VAN offices had to close, I do not accept that Veterans, War Widows and the like should be required to use Centrelink for services relating to Veterans' Affairs matters. I believe that collectively we deserve better than that.

There have been significant changes at national level with the resignations of the National Treasurer and National Merchandise Manager prompting the appointment of a temporary treasurer and plans to move the merchandising from Tasmania. Suffice to say that there have been some issues that caused the National Executive to act. I have provided a discussion paper to national relating to how the merchandise account should be regarded; a business or a service to veterans, which was the nub of disquiet from some national quarters about the level of income from merchandising. I want to place on record my personal thanks to Rob Cox OAM and Kath Coxon for their long and faithful service as treasurer and merchandise manager respectively.

On the subject of changes, the National Vietnam Veterans Museum Board of Directors decided to cancel the contract of the Museum CEO in September, purely on financial grounds. The museum has seen significant and professional change under the CEO, including the raising of the "*Friends of the Museum*", conduct of seminars at the museum and regularly changing themed displays. However in the move towards a more professional and accredited museum we were running too fast for our financial ability to keep up. John Methven OAM has been appointed as the voluntary CEO and the "*Friends*" program will continue with some changes at the top end. The Nui Dat café was closed for a short while and has now re-opened with a fantastic young lady running the café as her business and providing a great service to visitors. Members may be aware of a break in at the museum during which a number of inert firearms were stolen.

Victoria is hosting the National Vietnam Veterans Association Congress in Seymour in May next year with the help of the Mitchell Sub-Branch. For many national delegates it will be their first look at the me-

morial walk, an opportunity to promote it to them and a great opportunity for us to take national delegates "bush". Jim Coghlan has been putting the finishing touches to the program and I welcome the attendance of veterans at the meetings where you will have the opportunity to listen to and meet senior politicians and public servants involved in veterans' affairs matters and ESO leaders.

I am delighted to report that our membership numbers are holding up very well indeed and I was very proud to note at the national council meeting in Adelaide in September that Victoria contributed 43% of capita-tions received by the National Treasurer. Sadly, however, some great mates have passed on this year and we will miss them terribly. All the more reason why all of us must make a special effort to look after each other, chase up lost members, seek out new members and to involve them and all of our current members in what will be a magnificent 2016-a time not to be missed- and probably the last chance for many of us to be part of something so significant. If ANZAC Day 2016 for starters doesn't whet your appetite then nothing will!

It is hard to believe that the end of 2014 is upon us and we will soon be in the middle of the 2015 Centenary of ANZAC commemorations which will hit full speed ahead next year. Many of you will be involved in the commemorations and I wish you good luck with the planning and conduct of activities. Through all the ANZAC commemorations and their national importance, it is important to remind ourselves, and others, that we too are an important part of the ANZAC tradition and that we Vietnam veterans upheld those fine ideals when it was our time.

Lyn and I thank you all for your support during the year and for your humbling messages of good will on my award in the Queen's Birthday Honors-I wear it with pride on behalf of all Vietnam veterans. To you and yours a safe and holy Christmas And a bright and rewarding New Year.

Bob Elworthy

## Victoria Backs Proportional Voting

Members will recall the number of times that Victoria was unsuccessful in having its preferred candidate or candidates elected to national executive positions under previous regimes because of the One State One Vote policy. Under this policy, that was supposedly to protect smaller state branches from being swamped by the larger branches—and which in my time at National has never happened on any issue—Victoria’s vote would regularly be defeated by states with much smaller membership bases combining their votes. Also, under this system, if there was a tie then subsequent ballots would occur until one or more branches changed their vote in order to break the deadlock.

Under a new system of voting for national executive elections proposed by ACT and strongly supported by Victoria, should there be a tie for any national executive position, then the election would be decided by tallying the number of memberships for each of the states supporting each candidate with the winner decided by the total number of memberships. Under this system, should Victoria end up in a tied vote, then our membership base would carry significant weight. It needs to be stressed that should this proportional voting system be adopted that it will only apply to national executive elections.

## *Remember our Troops at Christmas.*



## Is CPI Indexation Fair or not Minister?

In the lead up to the last Federal Election, one of the key promises from the Coalition Shadow Minister for Veterans’ Affairs was to deliver fair indexation for DFRDB and DFRB scheme superannuation recipients over the age of 55 years. Shortly after being elected, the coalition government delivered on the promise. As DFRDB and DFDB super recipients would know, their schemes were indexed to movements in the Consumer Price Index (CPI) until the change. In the build up to the election, the coalition introduced the **“Fair Indexation Bill”** to quote “provide fair indexation to DFRDB and DFRB scheme superannuation pensioners”. When speaking to the bill, Senator Ronaldson said “The measures in this bill will ensure..... superannuation pensions are indexed more fairly and in a manner that better reflects changes in the cost of living” The Australian Morning Mail of 30 March 2014 carried the following quotes from the Senator: “57000 DFRB and DFRDB military superannuants and their families will finally get the fair go they deserve”, and “addressing fair indexation was an article of faith for the Abbott opposition and will now be delivered by the Abbott Government”.

In other words, the Senator conceded that CPI indexation was unfair, so he fixed it for 57000 military superannuation recipients, and he is to be congratulated for that and for delivering on his promise to do so. But this is where I get a bit confused. If, as the Senator tells us, that CPI indexation is so unfair, why then has the Abbott Government forecast in its recent budget a return to “unfair” (my emphasis) CPI indexation for Service Pensions, TPI and other veteran pensions, Income Support Supplement, War Widows Pension and equivalent MRCA payments and Commonwealth Seniors Card income thresholds from 2017 should it be reelected? And I’m sure that these changes will impact on more than 57000 veterans and their families.

So just when is CPI indexation fair or unfair?



## FROM THE SECRETARY

2014 has again been a busy year with a steady flow of correspondence throughout the year that has been dealt with in accordance with the relevant priority. Where applicable, this correspondence has been on-forwarded to Sub-Branches.

All correspondence to the State Branch should be addressed to (postal) Victorian State Branch (VVAA), ANZAC House, 4 Collins Street, MELBOURNE VIC 3000 or (email) to secretary@vvaavic.org.au.

There have also been numerous enquiries from Sub-Branches regarding administration practices for which responses were provided. Please remember that I am only too happy to respond to your enquiries.

From a secretarial perspective, the organisational side of things has functioned well although for 2015 adherence to timeframes and updating of Sub-Branch contact details are two areas where we can improve our administrative work.

I would like to take this opportunity to thank the following members - the work they have done has assisted me very much as the State Secretary:

Sue McQueen (Assistant Secretary) - no need to worry with Sue as a back-up. Sue keeps me on my toes and is a constant source of knowledgeable advice – greatly valued support. Sue and

Lindsay (McQueen) are also the State Membership Managers – a sometimes difficult job that is done extremely well.

Len Barlow: for his learned advice and also for his work as our webmaster. Involvement and efforts very much appreciated.

Maurie Benson: for working as the State Office Manager – job well done and very much appreciated. Maurie is also the FSB-VIC Newsletter Editor and a major player in the organisation of VV Day each year.

Martin Rudelbach, Barry Brewer, Murray Lewis and Rob Huggan for working at the State Office at ANZAC House during the week. Contributions and endeavours very much appreciated.

Finally, best wishes for the coming festive season and if you are travelling, please drive carefully and aim to arrive at your destination, and ultimately at home, safely.

Peter Bright



## EDITOR'S WORD

Being your Editor is an honour in that not only do I get to put together a Newsletter that attracts widespread positive comment but thanks to all the great articles, stories and pictures contributed by our Sub Branches we put a real face and meaning to Vietnam Veteran Welfare, something we all do very well.

Thanks Bob (State Pres) for your sage advice and guidance.

To all have a safe and restful time with family and friends over this Christmas/New Year period and let's line up for 2015 with all the energy we can muster, despite the fact that some of us need a little more maintenance these days.

## FOR THE CALENDAR

**State Office closure** Christmas/New Year 2014/15.

- ◆ Closes 19 Dec 2014
- ◆ Reopens 12 Jan 2015

**Emergency Contacts.**

- ◆ State President Bob Elworthy 0402 106 262
- ◆ State Secretary Peter Bright 0438 597 932

**Next AGM/State Council Meeting.**

- ◆ 28th Feb 2015 at Albury/Wodonga.

# SUB BRANCHES ~ WHAT'S ON

## OUTER EASTERN

Many of our members, in collaboration with local RSL's, participated in conducting ANZAC Day services and functions throughout our region. We place particular importance on supporting "Spirit of ANZAC Day" Award ceremonies at youth sporting clubs and promoting an awareness of Australia's military history at various combined schools services.



Sub-branch membership numbers continue to increase and we take the opportunity to welcome and get to know our new members at a "New Members Breakfast" which is held annually at a location in the Dandenong Ranges. Throughout the year we hold various activities to strengthen the bond between members. This year we also included an old fashioned "bring a plate Sunday casserole lunch" which was well attended and very well received.

Other recent social activities included trips by our "Gypsy" caravan club to Marong in June and more recently to Wangaratta, as well as our popular "Grand Final Breakfast" which nearly spilled over into a grand final lunch.

Vietnam Veterans Day services were conducted at a number of locations within the region. The annual Yarra Valley Vietnam Veterans Day Commemoration Service and march this year was hosted through the Mt Evelyn RSL. We thank them for organising this successful event and for the refreshments after the march.



We are all very proud of the effort of our member Steve Masters, who rode his bicycle, un-supported, from Townsville to The Basin, at the foot of the Dandenong Ranges, raising donations towards our Welfare Fund.

Steve commenced his journey on 1<sup>st</sup> August and, after 2,946 kms, completed the ride, arriving to a rousing reception, on 30 August.

Steve met a great many well-wishers and made many friends along the way. He is an inspiration to us all and we look forward to his next exploit – Darwin to Cairns.



Badge week continues to draw a large number of our members together to raise funds to support our welfare program. Even though we are all a year older, and the weather temperature seems to be ignoring global warming, we were very happy with the results and the generosity of the community within our Sub-branch region.

This year our members were successful in winning seven SWAC (Story Writing & Art Competition) awards. We would like to congratulate them and all those who took part in this year's SWAC Competition.

# SUB BRANCHES ~ WHAT'S ON

## MELBOURNE WEST



Melbourne West SB members attended an ANZAC Day ceremony at Thomas Chirside Primary School on Monday 28 April 2014. It's the 10<sup>th</sup> year of our SB association with the school.



**Guess what this is....**

**Believe it or not, this is a woman in full body paint.....**

Clue: Her left leg pointing down like a tail,

her right knee is drawn up,

her right arm is braced on the stump,

her other arm is folded over her head.

*The bird's eye is in the center of her forehead.*

THE LONGER YOU LOOK--YOU'LL SEE HER VERY CLEARLY.

SHE'S SITTING ON THE WOOD STUMP...

## SWAN HILL

Swan Hill Sub-Branch continues to be active in a wide range of activities and had a very good attendance at our Vietnam veterans' Day Service.

Mayor Councillor Les McPhee was guest speaker and his address was well received.

At the conclusion of the service, Sub-Branch President Harold Heslop presented a limited edition print of the Battle of Long Tan painting to Peter Ritchie, Senior Vice President of the Swan Hill RSL Sub-Branch; Peter was very grateful for the presentation.



**MARYBOROUGH**

**May Magic 2014 Golf Day.**

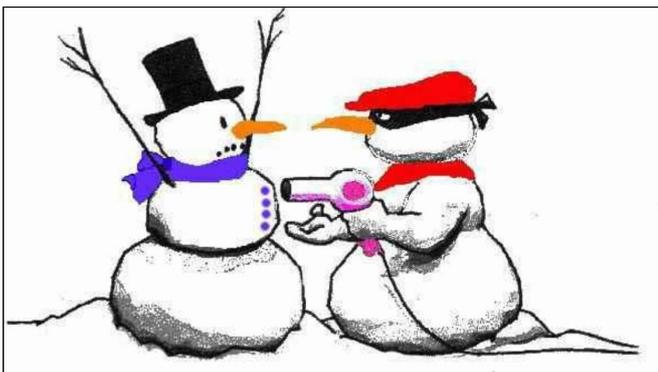
Unfortunately the day started with about 12 mm of rain early but all cleared to lovely sunshine. There were 87 hit off, an open event on diggers day seems to be the answer, from all over the place including Philip Island, Numurkah, Geelong, Ballarat, Bendigo and Castlemaine to name a few. It was great to have so many Viet Vets participate, and it appears all enjoyed the day. Thanks go out to all for participation and efforts. The Golf course was in excellent condition by all accounts; we had about 6 teams of ladies hit off for the first time and picked up some of the trophies.

Ben Holschers (VP) son Luke, only got his handicap



that week was lucky enough to share 6th place B Grade with his uncle.

Big thanks must go out to the major sponsors, Numurkah Golf and Bowls Club, Drummond Golf Ballarat, Crameri Timber and Hardware Maryborough.



**ECHUCA**

Twenty eight members including wives of the Echuca District Sub-branch visited Canberra in March. The visit included attendance at the opening and closing ceremonies and guided tours of the Australian War Memorial and the annex to the War Memorial.

The conviviality of the group was outstanding and thus the long hours of travel were quickly forgotten and the social activities very memorable.

For those who have never visited the Annex, this is a real treat. The number and range of articles held at the Annex for storage and restoration must be seen to be believed. Everyone, male and female alike were very much impressed with the in depth knowledge of our guides and the degree of research and loving care that goes into making sure that every aspect of the item is preserved and restored to its original condition.

Likewise, the formal closing ceremony including the ability to lay wreaths during the ceremony which is now conducted on a daily basis at the War Memorial was appreciated by all.



No names and no pack drill, but the chief organiser Drew Clyne (Travel and Logistics Officer) and Graeme Richter (Transport Officer) must be thanked for their outstanding efforts in putting together the trip. Their wives, Helen and Claire respectively, must also rate a mention for nibblies and refreshments. Our refreshment sponsor Kay Knight should also be mentioned in dispatches.

## DIAMOND VALLEY (DViets)

It has been a busy last half to the year for the DViets with our Annual Dinner Dance in July being its usual success with a 60's Rock and Roll Band proving we still have life in the old dog yet.

Vietnam Veterans Week was huge in the Diamond Valley and we kicked off with a Memorial Service in Greensborough Memorial Park with about 300 in attendance, including representatives from 12 Schools, Federal and State Politicians and the local RSL's; we also had the Viewbank College Senior Concert Band entertain us. The 39<sup>th</sup> Army Cadet and 402 Sqn Air Force Cadet Units provided our Catafalque party.



We were well represented at the Shrine Service and our Banner bearers discovered how hard it is walking into the wind; we will have to cut more wind holes in the Banner or get stronger Bearers. We returned to the RSL for our usual Steak Sandwich and get together.

On Sunday 24<sup>th</sup> we held our Chapel Service at Simpson Barracks followed by Lunch at the Sergeants Mess which was attended by app 80 people. Altogether a great week.



We had an excursion to Point Cook Air Strip and Museum in September which was enjoyed by all despite the weather being freezing (nice place Point Cook in the summer).



On 12<sup>th</sup> October we celebrated the DViets 15<sup>th</sup> Anniversary at Ashton Manor Diamond Creek with a 3 course luncheon and ample refreshments. The event was attended by VVAA Execs and some of the sub branch presidents and partners and feed back is they all enjoyed the day. Our Guest Speaker was Kel Glare Retired Commissioner of Police Victoria. Kel was very entertaining and he didn't hold back on what he told us. I would like to also thank the E Team for the wonderful Display they put on for us on the day and it was very much appreciated by the Vets and especially their partners.



The DViets are very involved in the planning for 2016 and the Grave Side vigil that is being planned will be very involved at Fawkner Memorial Park. In carrying out the vigil we will need the involvement of several sub branches so please check the list and let us know if you want to be involved.

As we move forward to Christmas I would like to wish all the sub branches a Merry Christmas and Happy New Year and look forward to next year.

# SUB BRANCHES ~ WHAT'S ON

## BALLARAT



Ballarat had a cold winter with heavy frost and snow falls, but that did not stop some of our members who shall remain nameless Mrs D, from having a snowball fight in the car park of Beechworth Bakery.



We were fortunate this year it didn't rain on Vietnam Veterans Day. Our guest speaker was State Secretary Mr Peter Bright. Peter spoke of his early days living in Ballarat and playing football in the cold until he enlisted in the Army. Did he join the Army to escape the Ballarat Cold? one could ask. Peter spoke well and we appreciate him coming to Ballarat and being part of our service.

From Ballarat to State Executive and Sub-Branches we wish you all a Merry Christmas and Happy and Safe New Year.



## GEELONG

The biggest crowd in many years of veterans, friends and families turned out in Geelong for Vietnam Veterans Day.

Guest speaker was VVAA State President Bob Elworthy AM. Mr Elworthy delivered an inspiring address which was followed by more than 30 wreaths being laid by community members, councillors and local politicians.

A highlight of the day was the presentation by President Rieny Nieuwenhof of Life Membership to long-time member of the GDVVAA and former President Mick Mutton.



Mick, his wife Deidre and their children, moved to Geelong in 2003 and he immediately joined the GDVVAA, assuming the office of Secretary. He then served two terms as President and under his guidance the Association went from strength to strength. Mick stayed on the Committee in the years following his Presidency, taking on the task of organising the annual dinner dance.

President Rieny told the gathering that Mick's leadership and skills in many areas made a big difference to the GDVVAA over the years.

In accepting the honour Mick paid tribute to many people, most especially his wife Deidre who has been a great strength to him.

Mick's thoroughly deserved Life Membership was acclaimed by all who were in attendance.

MORNINGTON PENINSULA

An active time for the Sub Branch during which time long time Sub Branch contributor Linton Soderholm was awarded Life Membership. Linton served in Vietnam during 1970/71, spent 22 years in the Regular Army reaching the rank of Sergeant and was part of the Royal Australian Corps of Signals. Married to Kath with 6 children to a previous marriage, Linton was a member of the Mornington Peninsula Sub Branch for over 20 years and an ex-president. He was a tireless and dedicated volunteer for welfare and held the interest of all veterans at heart: well done Linton. Early this year Linton had an operation on his mouth due to cancer but sadly passed away on 10th September. His funeral was at Rosebud Funerals and he was privately cremated. A good friend who will be missed by many.



Kevin Mawdsley President (right) presenting Linton (left) with his Life Membership Certificate

In May MPVVA visited the Seymour Walk. What a wonderful display; the Seymour Sub Branch must be very proud of their exhibition. It was great to see our own names on the wall and it certainly was worth the visit. During our two day trip we also visited the Tank Museum at Puckapunyal and the Tahbilk Winery at Nagambie.

On Saturday 9<sup>th</sup> June we had a Memorial Day at the HMAS Cerberus Cenotaph to remember our fallen sol-

diers, sailors and airmen. A breakfast at the Crib Point RSL was followed by a Remembrance Ceremony then back to the RSL for lunch. The weather was kind to us and many serving and past veterans, related groups, organisations, associations, politicians and family members turned up.

On Monday 18<sup>th</sup> August, MPVVA attended Rye RSL for a Vietnam Veterans' Day ceremony. Afterwards the President of Rye RSL John Wilson invited Vietnam Veterans in attendance for lunch which we enjoyed with our Patron Brigadier John Deighton.



Vietnam Members at HMAS Cerberus Memorial



Front row is MPVAA Secretary Wayne Bastow with Bob Sutton and Brigadier Deighton.

Those who can, do.

Those who can do more, volunteer.

RAAF

The RAAFVVA has had its first Leslie Farren Award winner with our member David Taffe being the first RAAF Vietnam Veteran to achieve this award. David, based in Kilmore, has been a long standing member of the RAAFVVA and despite being a Carer for his wife for many years, has been a tireless worker for veterans of all services and conflicts. The RSL awards this Memorial trophy to the member who provides the most significant service to returned members. A recognition greatly deserved and applauded by all RAAFVVA members.



See picture above for a small group at the October lunch, you may recognise some of the faces. Food and company is great so join us if you can. Plans are well under way for the “Back to Pt Cook” Pilgrimage on Sunday the 9<sup>th</sup> of November. Due to tightened Security arrangements attendees will have to list their names and guests with RAAFA Victoria Branch a week prior to the event.

To all veterans, from the President, Committee and members of the RAAFVVA we wish you all a safe and Merry Christmas and best wishes for 2015.

Rick Holmes  
Secretary  
RAAFVVA



*Pictured left to right Vice President RAAFVVA Gareth Davis, David Taffe with his award and RAAFVVA Secretary Rick Holmes.*

Monthly Lunches continue on the 3<sup>rd</sup> Wednesday of each month at the Mail Exchange Hotel cnr Bourke and Spencer Streets, Melbourne. All visiting veterans are invited so come along and join us. Assemble in the foyer at 1200 for sit down at 1230. If you plan to attend leave a message with Secretary Rick Holmes on 03 93177304 (for booking requirements).



## WEST GIPPSLAND

News from West Gippsland is that 2 of their members, Barry Sell and Gary Chippindale, plus "supporters" decided it would be a good idea to head off on an adventure on their Postie Bikes.

The trip began on 1st September and they made their return home on 15th September.

After all the preparations and covering the "what ifs" of their trip they headed from West Gippsland up toward the Murray through places like Ulupna, Kood-

drook, Balranald and further to Ivanhoe, Wilcannia, Eulo, then into Queensland to Cunamulla before heading back south through Cobar, Gilgundra, Koondrook and eventually back home to West Gippsland.

This intrepid group certainly had a memorable trip covering some 3,000 Kms, dealing with wild life of various sizes, fuel shortages, the odd mechanical issue, errant riding resulting in meeting an irrigation ditch the wrong way and overall a good experience. Well done.

## FRANKSTON

During 2014 the Frankston Sub Branch had a significant increase in membership; due not only to our social activities but to our partners becoming full members of our group. The social gatherings we have are varied and some of the recent things we have done are: a BBQ at the navy club which was well attended, and a tour of Parliament House where Geoff Shaw generously showed us around for several hours.

Upcoming events include going on the Tramcar restaurant in October, a tour of Victoria Barracks in November and a family fun day complete with a dunking machine.

A few months ago 16 of our members did a food handling course, which we will soon be putting into action with a sausage sizzle in December.

We held our Vietnam Veteran's Day service on the

17<sup>th</sup> August at the Frankston Cenotaph; this was well attended and again this year we had students from Pearce Dale primary school deaf signing choir come along to support us. Among Federal and State members we were privileged to have Dave Sabben MG MID, a platoon commander of Delta Company 6 RAR present.

In September our patron the Hon Bruce Billson MP issued Certificates of Service to 3 of our members



This was not only for service in South Vietnam but also for service in Malaya and in other theatres of conflict. This was a culminating point of a long road to acceptance for some of the veterans and it showed in their emotions.

As this will be the last edition of FSB before Christmas, I would like to wish everyone a Merry Christmas, and a safe and prosperous New Year.

The Frankston Sub-Branch meets on the First Monday of the month at 7.30pm at the Frankston RSL any Veteran or partner is more than welcome to come along.

For any information please contact the President Ray Weston on 9772 5351 or the Secretary Cheryl Myers on 9776 6600.



MITCHELL

The *Vietnam Veterans Commemorative Walk* adds some more artefacts to the site, the much revered and loved “Huey”.



The two Ross’s went to Brisbane to sign for and pick up the Huey and to learn again how to jump through hoops for an overly pedantic Defence Disposals team. Funny, they all came from the Army Aviation section and I bet they didn’t do these things when they were in Service.

Not to worry we have it now and after bringing it back to drab green from camo colours had it mounted on the stand. All good.



Another addition to the Walk is the panels for the four Victoria Cross recipients, Kevin Wheatley, Peter Badcoe, Ray Simpson and Keith Payne. We had a small unveiling on the 22<sup>nd</sup> October without too much fanfare.

We have also been notified by Disposals that the long sort after M2A2 Howitzer is being released, I won’t



go into that saga but we should be able to pick it up from Bandiana mid December. The slab you have all seen near the Luscombe Bowl will finally have an occupant.

That leaves just one more item to finish off the Walk,



an M113 Armoured Personnel Carrier. That really is in the lap of the Gods when we can set one up coming out of the trees down the Eastern end near the Bofor.



# VIETNAM VETERANS DAY 2014

## Melbourne Shrine of Remembrance



# V I E T N A M V E T E R A N S D A Y 2 0 1 6

As part of 2016 Commemoration activities VVAA Victoria will place red knitted Poppies at the Melbourne Shrine of Remembrance on VV Day 2016 beside 521 white crosses for all Vietnam KIA/DOW. In addition, a knitted poppy will be placed at the graves of all Victorian KIA/DOW. The VVAA Victorian President and Executive therefore urge all knitters who wish to contribute their talents to this project to start knitting using the pattern below.



**Our target is 650 knitted red poppies to be handed to VVAA Vic by the end of 2015.**

Poppies can be handed into any VVAA Sub Branch or sent to VVAA Victorian State Office., ANZAC House, 4 Collins St MELBOURNE VIC 3000.

The pattern can be copied from this article or obtained from Alma Elliot (VVAA West Gippsland) at [galma@bigpond.com](mailto:galma@bigpond.com) or by calling MOB 0419 871 767.

## KNITTED POPPIES

This pattern gives a full ribbed knitted poppy and is an easy pattern for beginners. The ply of your yarn does not matter providing you adjust your needle size to suit. Use a smaller needle size than you may otherwise use. For instance if you are using 8 ply yarn and usually knit with 4mm needles, try a 3.75. The size of the poppy will change depending on your yarn and needles.

**Col A** 1 ball red yarn (one ball will make a number of poppies)

**Col B** Small amount of green for centre of poppy or a button.

**Col C** Scrap of black yarn.

### Body of Poppy

Using Col A Cast on 60 st

Row 1 –10 : K2 P2

Row 11 : K2 tog across the row.

Row 12 : Sl 1 K2 tog pssso.

Break off yarn with long tail and thread back through remaining stitches and pull tight. Join edges with mattress stitch

### Centre of Poppy

Using **Col B** Cast on 8 stitches and knit a square (approx 8-10 rows) of stocking stitch. Cut yarn leaving a tail and thread through live stitches as previously. **The purl side is the right side.** Run a line of running stitch around the outside of the knitted square and ease enough to pull the edges of the square into a round and tuck under.

### Finishing

Stitch the centre tucked side down to body of poppy and over stitch with black yarn , or alternatively use a black or green button as the centre of your poppy.



## CENTRAL HIGHLANDS

You can never be sure of the weather on Mount Macedon as the mountain is capable of generating its own weather and we were pleased to find that our Vietnam Veterans Day Service this year would be just a little damp and a slight breeze that blew tendrils of mist through the trees round the Memorial Garden. Just to be sure the executive members gathered an hour before the Service to set up and clean up the area. Cleaning up amounted to raking away leaves and grass that had blown down since the day before and scooping up the wallaby droppings from the lawn and paths.

The Sub Branch had 29 members at the time and we were gratified that more than 70 persons came and joined in our Service. Similar to last year we invited the local National Servicemen to lay a wreath at their Memorial adjacent to our Vietnam Veterans Memorial in recognition that nearly 50% of the casualties were National Servicemen. Dr Frank Donovan did

the prayers in a way that was all inclusive so that none of those attending could feel left out or excluded from the proceedings.

Colonel Colin Campbell (Retd.) gave an excellent speech outlining the contribution made by the Australian Forces in Vietnam praising their efforts both in the war and to a less than warm reception on their return to Australia. Colonel Campbell was the CO of a group of Infantry, Gunners and Armourers who borrowed some surplus American mechanised artillery. They came without manuals for the operation of the vehicles, guns or radios so there was a steep learning and training curve for the volunteers before they were ready for operation.

Following the Service a light lunch was served at the "Top of the Range" Café adjacent to the Memorial garden.

## CASTLEMAINE

As part of a local football clash between Castlemaine FNC and Golden Square the Castlemaine Vietnam Veterans were on hand to present a special service to commemorate Vietnam Veterans Day 2014.

The service was held prior to the seniors match and incorporated the "Ode to the Fallen". Special medals for the "Most Courageous Player" were also awarded for all grades of football and netball on the day.

The picture shows Castlemaine VVAA Sub Branch President Alan Lane with some of the proud recipients of the Vietnam Veterans medals for "Most Courageous Player".



**It's not whether you get knocked down;**

**It's whether you get back up.**

## PLANNING AHEAD

**DO YOU HAVE A CURRENT  
WILL?**



**HAS SOMEONE A POWER OF  
ATTORNEY (ENDURING/  
MEDICAL/FINANCIAL)**

Preparing for that unexpected event that impacts family life sadly is far too often left until it is too late and those left to manage a loved one's affairs are faced with difficulties that could have been avoided by a little timely preparation.

To assist people "get their ducks lined up" DVA has produced a document titled "*Planning ahead Kit*" which is designed to help veterans and their families prepare for bereavement and other incapacities. This helpful Kit can be accessed through the *DVA website* > *Planning ahead*.

Also produced by VVAA Vic is a document titled *When Death Comes Visiting* which not only covers bereavement but the need to detail individual circumstances and changes eg financial, medical etc. This document can be viewed/accessed through the *VVAA Vic website* [vvaavic.org.au](http://vvaavic.org.au).

It is essential to have specific and up to date Wills and Powers of Attorney so that when we are unable to manage our own affairs that task is made easier for whoever needs to step in and help. It is preferable to consult with a legal adviser on these matters and not leave it till it's too late.

### THE GRAVEYARD OF PAST DEADLINES



## Medical Care "Entitlement"

**Views of a young doctor .....**

Dear Prime Minister:

During my shift in the Emergency Room last night, I had the pleasure of evaluating a patient whose smile revealed an expensive shiny gold tooth, whose body was adorned with a wide assortment of elaborate and costly tattoos, who wore a very expensive brand of tennis shoes and who chatted on a new cell telephone equipped with a popular R&B ringtone.

While glancing over her patient chart, I happened to notice that her Medical status was listed as "Health Care Card"! During my examination of her, the patient informed me that she smokes more than one costly pack of cigarettes every day and somehow still has money to buy pretzels and beer.

And you and our Parliament expect me to pay for this woman's health care? I contend that our nation's "health care crisis" is not the result of a shortage of quality hospitals, doctors or nurses. Rather, it is the result of a "crisis of culture", a culture in which it is perfectly acceptable to spend money on luxuries and vices while refusing to take care of one's self or, heaven forbid, purchase health insurance. It is a culture based in the irresponsible credo that

***I can do whatever I want to because someone else will always take care of me!***



*And we wonder why veteran pensions and fought for entitlements are under attack yet again.*

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

## D V A O F F I C E C L O S U R E S

The Minister for Veterans' Affairs announced earlier in the year that certain VAN offices in Victoria were to close and that services in those areas affected by VAN office closures would be delivered from DHS offices in the future.

The Frankston VAN office shop front closed in October this year. Under the new service delivery arrangement, people in the Frankston area will be able to seek face to face Veteran Information Service (VIS) assistance delivered by Department of Human Services (DHS) staff who have undertaken DVA training. The address of the Frankston DHS office is: corner Davey Street and Young Street Frankston and services will be available from 8.30am to 4.30pm Monday to Friday.

According to advice from DVA, clients visiting the DHS building will be guided by signage to the DVA

trained staff member; veterans will not need to make an appointment to get assistance. DVA will also conduct regular outreach visits in the Frankston area, involving a DVA staff member visiting the region on specified dates to meet with clients who need additional assistance. The outreach visits will be advertised within the veteran community.

Similar VIS arrangements have been in place since July this year in Bendigo, Mildura and Warrnambool. Changes to the Victorian VAN will be reviewed within 12 months.

There are no changes to other ways of communication with DVA. Contact can be made calling metropolitan 133 254 or regional freecall 180555 254, by emailing [GeneralEnquiries@dva.gov.au](mailto:GeneralEnquiries@dva.gov.au), via DVA MyAccount online or by writing to DVA.



Vietnam Veterans Association of Australia  
(Victorian Branch)

### VetRide Bendigo 2015



**19 - 23 March 2015**

Central "Base" location.

Road & Trail Rides daily.

Arrive Bendigo Thursday 19th afternoon.

Day rides 20th, 21st and 22nd.

Short ride 23rd then departure.

For further information go to [VVAAVic.org.au](http://VVAAVic.org.au)

## LABOR TO OPPOSE PENSION CUTS

Dear Mr Foster,

Thank you for your correspondence of 7 July 2014 concerning the Social Services and Other Legislation Amendment (2014 Budget Measures No.2) Bill, and its implications for war veterans.

Labor will also oppose Tony Abbott's plans to cut the pension with lower indexation arrangements for the Age Pension, Disability Support Pension, Carers Payment, Veterans' Pensions, Wife and Widow Pension and Parenting Payment Single.

The Minister for Veterans' Affairs, Senator the Hon. Michael Ronaldson confirmed in Question Time last week that he will be cutting pensions' indexation to CPI despite saying before the election:

*"CPI has not been a measure of cost-of-living for at least 15 years. Aged pensioners don't have their index assessed in this way so they are falling further and further behind. It's basically unfair where they're at and they deserve a fair go and we're going to give it to them."*

***[The Northern Daily Leader - June 12, 2013]***

At the 2012 RSL Conference, Tony Abbott said:

*"If it's inadequate just to lift Centrelink pensions by the consumer price index, it's even less fair to apply solely that index to those who have risked their lives for our country. Loyalty goes both ways."*

***[Address to the 2012 National RSL Conference – September 25, 2012]***

Veterans' took the Prime Minister and the Minister for Veterans' Affairs at their word when they promised 'no cuts to pensions' before the election.

This is yet another broken promise made by this Government as part of its unfair Budget.



Veterans deserve our respect, not Tony Abbott's lies.

Labor will continue to fight to protect veterans from these unfair cuts to veterans' and their families.

Once again, thank you for bringing your concerns to my attention.

Yours sincerely,

**THE HON. DAVID FEENEY MP**

**Federal Member for Batman**

Shadow Assistant Minister for Defence

Shadow Minister for Veterans' Affairs



# Story Writing & Art Competition

## MINISTERIAL LAUNCH OF SWAC

At the Official Launch of SWAC at the RGH Heidelberg on the 26<sup>th</sup> Sept 2014, **The Minister for Veterans Affairs the Hon Michael Ronaldson M.P.** launched the Competition in front a very large Official Guest List including the State President of the Victorian RSL Maj Gen David Mc Lachlan AO (Ret) , the CEO of Austin Health & the Deputy Commissioner of the Dept of Veterans Affairs John Geary among other guests,

Some 150 plus Veterans and their families attended the launch where they heard the Minister talk about the Importance of this type of healing for Veterans of all conflicts. He commented on the level of entrant and the quality of the entries; his feeling was that these entries would easily challenge other entrants on open Competition.

Twice in his opening speech the Minister mentioned the wrong that had been done to Vietnam Veterans in the past on their return from Active Service; he spoke openly that as far as the present Government was concerned it would never happen again.

After the Launch the Minister mingled with the Guests and was able to talk to many of the entrants who attended.

Over the 8 Days the Exhibition was open to the General Public well in excess of 500 people attended.

The results of the Category that VVAA (Vic) Sponsors is as follows:

### **4A WAR/ARMED SERVICES**

**VVAA (Vic) Encouragement Award;** Went to Bill Waterman for a photo called “ When the Rains Came, FSB Jane 1971”; if shows the huge wet in Vietnam at FSB Jane, something that many Vietnam Veterans would be able to recall very easily.

Runner up in the Same Category was Sylvia Stoltz whose photo depicts” A Water Supply Point on South Brook Island Nth Queensland in 1944”.

### **4 B OPEN**

**The Prestigious National Vietnam Veterans Museum Award;** this Year went to Bill Mountford for a Photo called “Foggy Reflections”; a wonderful photo of a Lake shrouded in fog where you are unable to tell where the line of reflection starts.

Once again congratulations to everybody who entered the Competition for 2014, remember, you have the Talent & this is the venue to show that you have it.

Amat (Aff) Binnoore

VVAA (Vic) SWAC Steering Committee

*The Story Writing & Art Competition (SWAC) is a popular annual event run specifically for members of Victoria's ex-service community. It attracts hundreds of entries each year in the categories of art/painting, craft, photography, story writing and poetry. The Competition is a joint initiative of Victorian ex-service organisations, the Department of Veterans' Affairs and the Heidelberg Repatriation Hospital. It receives generous sponsorship from the corporate and community sectors. The competition began in 1962 at the Repatriation General Hospital as therapy for returned soldiers and has grown in popularity ever since.*

*Participating in SWAC plays an important part in enhancing the health and well being of members of the ex-service community. The competition provides the opportunity to develop new skills and interests and through sharing experiences with others, helps veterans to live challenging and fulfilling lives.*

## YOUR BADGE



### VVAA

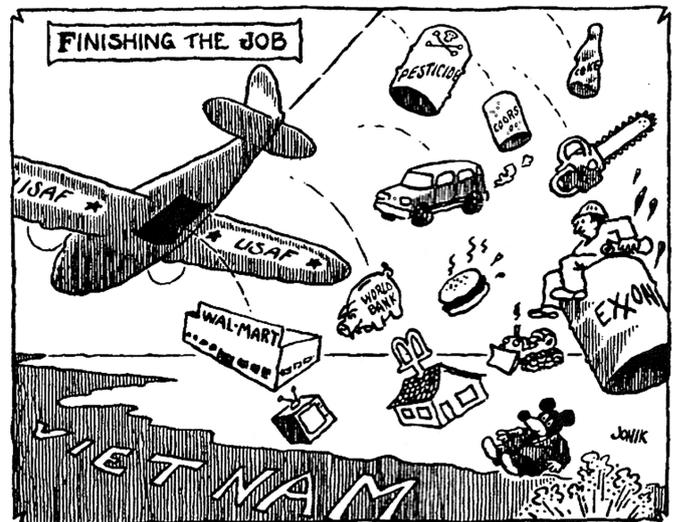
The original VVAA Badge design was altered to reflect the 3 arms of service; Rising Sun [Army], Plane [Air Force] and White Ensign [Navy] and is what is worn today.

- The map of Vietnam, with the North shown in red to represent communism and green to represent the free South and the jungle.
- The Rising Sun, as a continuation of the AN-ZAC tradition, representing the Navy, Army and Air Force of Australia.
- The National Flag.
- A C130 or C132 used for the spraying of chemicals.
- The central orange background to represent Agent Orange, the most widely known of the chemicals which were used in Vietnam.
- The outer circle in black to represent those who have died, directly or indirectly, as a result of the Vietnam War.

## SMILE



"I hope the Viet Cong know this!"



### SYNCHRONISED SITTING VIETNAM STYLE



Sgt, charge that man — not wearing his hat.

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

## THE GHOST OF GALLIPOLI

Dean Lewis developed a love of working with metal shoeing horses with his grandfather. He is former ADF (Army) and a Member of the Creswick RSL Light Horse Troop. Dean has travelled around Australia and overseas competing as a farrier and blacksmith and has won a number of titles including British Champion Blacksmith 2006 and World Champion Artistic Blacksmith at the famous Calgary Stampede in Canada 2008 & 2010.

In 2013 Dean travelled to Gallipoli and the Battle Fields of the Western Front in France and Belgium and it was during these travels he realized he could use his skills to produce a series of unique works of art as a lasting tribute to the sacrifice of Australian soldiers in all wars.

The Ghost of Gallipoli is the first of these pieces and has been made to commemorate the centenary of the landing at Gallipoli.

*Editor's comment: This life size sculpture was recently viewed at the Ararat RSL .*



## Looking into the brain for long term effects of Post-Traumatic Stress Disorder and Traumatic Brain Injury in Vietnam veterans.

In recent years, new scans have been developed for looking into the brains of living people for the abnormal clumps of protein that are thought to cause Alzheimer's disease dementia from repeated head injury now known as chronic traumatic encephalopathy (CTE).

Traumatic brain injury (TBI) and Post-Traumatic Stress Disorder (PTSD) are an all too frequent consequence of military service. Both may increase the risk of memory decline and dementia in later life. Studies to date, particularly those that have followed US war veterans who sustained a head injury in World War II or the Korean War, suggest that the risk is doubled compared to the average person. But not all studies have come to this conclusion and experts agree that more evidence is needed. It is also not clear if the dementia that may eventually develop is due to Alzheimer's disease or some other condition such as CTE.

Recently, a study of the American Veterans Affairs database showed that veterans with PTSD are twice as likely to develop dementia compared to veterans without PTSD. How or why PTSD can lead to brain volume loss, memory problems and increased risk for dementia is not known.

A team of researchers from the Austin Health Department of Molecular Imaging has received a grant from the US Department of Defence to see if PTSD and TBI does cause plaques and tangles to develop in the brain and thereby increase the risk of later dementia.

The team is looking for 150 Vietnam veterans to participate in this study: 50 with long term (i.e. chronic) PTSD, 50 who sustained a TBI during service, and 50 who have not had TBI or PTSD. Volunteers will be interviewed to see if they are suitable for the study and to collect information about their military service, medical history and measure their memory performance. Those suitable for the full study will then have three PET scans and an MRI scan. A blood sample will also be taken for research to see if genes play a role in the risk for dementia after TBI or PTSD.

If you would like to find out more about this research project or to participate, please contact:

Tia Cummins

Ph: 9496 5748

Email: [tia.cummins@austin.org.au](mailto:tia.cummins@austin.org.au)

# A F G H A N I S T A N R E M E M B E R E D



At Yungaburra on the Atherton Tablelands is situated an *Avenue of Honour*, a very moving memorial to those who lost their lives serving in Afghanistan; a very special place situated overlooking Lake Tinaroo. Leading to the memorial there is a long pathway lined with Flame Trees, the whole area is beautiful and manicured.

While we were there paying our respect to young men who gave all there was a lady was moving down the avenue of trees picking up fallen leaves by hand ... she does this every day. She told me she did it for all their mates who, if they were able, would be here ensuring the memorial to their mates was always immaculate. I asked her what her name was, but she said that's not important. We walked away and she kept moving down the avenue picking up leaves.

VVAA National Secretary.

## DOES THIS SOUND A LITTLE FAMILIAR

- ◆ *Today cabinet has authorized Australian air strikes in Iraq .....*
- ◆ *So far Australian aircraft have been limited to humanitarian aid and delivering arms to Iraqi government-backed forces .*
- ◆ *While the involvement of Australian aircraft had been flagged, the use of Australian troops on the ground in Iraq was not as widely anticipated ....*
- ◆ *Australia is on high alert for attacks by radicalized Muslims or by home-grown militants returning from fighting in the Middle East .....*
- ◆ *“We don't believe that mission creep is the inevitable outcome which some believe it is.”*
- ◆ *Australia had received a specific request from the US government to contribute forces to possible military action in Iraq.*

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

# PASSAGE OF TIME IN VIETNAM

A reminder of what was then and what is now in the former South Vietnam.

These pictures shows the change in part of the old Australian TAOR; the Province now called Baria Vung Tau.



This photo was taken in Phuoc Tuy Province on what was Route 15 in 1969 when A Company 6 RAR was deploying for an operation.. The second photo was taken in virtually the same place in April 2014. The shot was taken looking towards Nui Ong Trinh, the small feature that can be seen in the background, Nui Ong Trinh is north west of Baria.

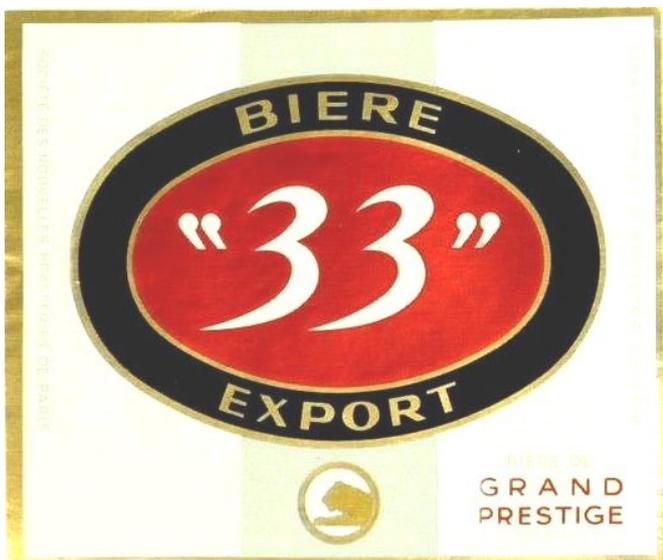


This photo was taken in virtually the same place in April 2014.

The shot was taken looking towards Nui Ong Trinh, the small feature that can be seen in the background; Nui Ong Trinh is north west of Baria.



Of course how could we forget the Vung Tau Back Beach, home to 1 ALSG.



# 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*.



## A DUTY DONE

A summary of operations by the Royal Australian Regiment in the Vietnam War 1965-1972 by Lieutenant Colonel (Retired) Fred Fairhead

*This book should become required reading and study at the Australian Defence Force Academy, the Royal Military College and Infantry Corps courses*

**Laurie Lewis ex 9RAR**

*The Regiment should be proud of what you have done in producing one of the finest books I have ever read*

**Alan McNulty DCM ex 5RAR**

*The book will reach out to future generations and provide a clear, accurate and proud account of soldiering as it was during the Vietnam conflict*

**George Mansford ex 6RAR**

If you would like a copy of this definitive historical account of the Royal Australian Regiments involvement in South Vietnam visit our Web Site at [rarsa.org.au](http://rarsa.org.au) and access the order form, or Email [rar02@internode.on.net](mailto:rar02@internode.on.net) with your order. Payment of \$15 is required to cover packaging and postage.



## DEDICATED TO THOSE WHO SERVED

**By Bank transfer**

**Bank** ANZ  
**Account Name** Royal Australian Regiment Assoc.  
(SA) Welfare Account

**BSB No** 015 210 **Account No.** 389 324 205

**By Cheque**

**Payable to the** RAR Assoc. SA Welfare Account  
The Treasurer  
13 Beatty St Linden Park SA 5065

**If you served in South Vietnam or in any other conflict and would like a personalised copy signed by the author.**

Please Provide

Your Name

Regimental Number

Unit/ Sub Unit / Conflict You Served in

## **S u r v i v i n g   C h r i s t m a s**

- ◇ *Avoid being on your own.*
- ◇ *Get out and about with someone you care about.*
- ◇ *Group activities help avoid isolation.*
- ◇ *Eat Drink and be Merry—in moderation.*

- ◇ *Keep active, get plenty of sleep.*
- ◇ *Don't try and be everything to everyone.*
- ◇ *Don't get hooked on gift buying pressures.*
- ◇ *Contact a mate if only to say "Hi".*

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



## Access to Services

### Introduction

The Psychological Trauma Recovery Service (PTRS) is a specialist service providing assessment and treatment to adults experiencing trauma related mental health difficulties.

To be eligible for assessment and/or treatment at PTRS, Veterans require a DVA Gold Card or a White Card with a mental health diagnosis and/or alcohol use listed as an accepted condition(s).

To proceed to an initial assessment, our processes require that individuals referred to the Service complete an intake phone call with the Intake Officer. Typically, this process takes around 10 minutes. You may also be asked to provide a referral letter or additional supporting background documents to assist us with determining your current treatment needs. One of our administrative support team will then make contact to arrange assessment appointments, which usually take the form of two, one-hour appointments which are approximately one week apart. Subsequently you will receive a confirmation letter by mail. Assessments are conducted in the Coral Balmoral Building, Heidelberg Repatriation Hospital.

The purpose of the assessment is to better understand current treatment needs, including suitability for services that PTRS can provide.

Treatment planning recommendations may include one or more of the following services, depending upon clinical need:

- ◆ Outpatient psychiatric treatment & management (for up to two years)
- ◆ Participation in the PTSD Group Treatment Program, including a partner's support program
- ◆ Inpatient admission or,
- ◆ Referral and linkage with external service pro-

viders (e.g., VVCS).

### Ward 17 Inpatient Unit

Our sub-acute Inpatient Unit is a setting for individuals, including Veterans, current serving ADF personnel and War widows, who require treatment for trauma and service-related psychological issues.

Eligibility for inpatient treatment is determined by clinical presentation; presence of trauma related mental health problems or/and major illness, which emerged while a serving member of ADF.

The Inpatient Unit also extends care to other groups of traumatised Australians in need of specialist treatment. It hence admits police, ambulance, fire personnel and other traumatised members of the community.

Admissions of all patients are made on clinical grounds.

**For all new in-patient and out-patient referral enquiries, please contact:**

**Tilly Crozier**

**PTRS Intake Officer**

**P: (03) 9496 4138**

**F: (03) 9496 2418**

**E: [tilly.crozier@austin.org.au](mailto:tilly.crozier@austin.org.au)**

Please note:

For inpatient admission enquiries, if you are an existing client of PTRS or have accessed PTRS within the last 12 months, please direct your enquiry to:

**Senior Psychiatry Registrar**

P: (03) 9496 2896 or

P: (03) 9496 5000 Pager Ext 2896

**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)**

## 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: Ken Bowen PO Box 89 BENDIGO 3552 secretary.bendigo@vvaavic.org.au	5442 4485	0417 534 386 0458 384 086	<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: Refer President PO Box 8084 Biraltee WONDOGA 3690 secretary.murrayborder@vvaavic.org.au	(02) 6059 2765	0407 480 201
<b>CENTRAL HIGHLANDS</b> President: Ken Bryce Secretary: Trish Power PO Box 132 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 9749 2672	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: Geoffrey Hopkins Secretary: Mick Hawryluk PO Box 902 SALE 3850 secretary.gippsland@vvaavic.org.au	5144 3542	0409 961 253	<b>SWAN HILL</b> President: Harold Heslop OAM JP Secretary: Maralyn Toppinen PO Box 1650 SWAN HILL 3585 secretary.swanhill@vvaavic.org.au	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: Mike Lattimer Secretary: Frank Grant PO Box 556 DROUIN 3818 secretary.westgippsland@vvaavic.org.au		0418 386 871 0430 123 527
<b>MELBOURNE WEST</b> President: Clement (Charles) Peterson Secretary: Ray Matthew PO Box 1430 WERRIBEE PLAZA VIC 3030 secretary.melbournewest@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 31 October 2014			<b>INTERNATIONAL/ HEADQUARTERS</b> Administrator: State Secretary Direct all enquiries through State Secretary Refer contact details inside front cover.		



## BECOME A LEGATEE

Legacy seeks men and women of integrity who feel motivated by Legacy's ideals and who are willing and able to make a personal effort to achieve them.

A Legatee gives his/her time, energy, talent and experience voluntarily to help respond to the needs of widows and dependent children of incapacitated and deceased veterans.

If you are ready to take on a new challenge and would like to learn more about the nature of a Legatee's duties and responsibilities please contact Tel (03) 8626 0500 or email: [info@legacymelb.com.au](mailto:info@legacymelb.com.au).



## Pensions, Advocacy, Welfare and Support



Contact Jeff Jackson,  
Manager Pensions Advocacy & Welfare Support

03 9655 5531  
[jjackson@rslvic.com.au](mailto:jjackson@rslvic.com.au)



## CENTRE STATE PRINTING

52 Loch Street, Maryborough Victoria 3465  
Phone: 03 5460 4222 Fax: 03 5461 1424

*Specialising in Full Colour Commercial Printing*

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

# MINH THE MARATHON MAN

## Running for Vietnam Veterans

Minh Van Le was born in South Vietnam in 1949 and as a refugee, enduring 2 Refugee Camps along the way, arrived in Australia with his wife in 1980.

He worked for BHP in South Australia as a Plant Operator for 27 years and retired in 2007.

Moving to Victoria to be with family Minh then decided to take up marathon running and other physical pursuits that would leave most of us a little out of breath.

This year the Melbourne Marathon was his 4th such run having had a “warm up” climbing Mt Fuji in Japan.

We understand the passion the former South Vietnam-

ese have for Australia and Vietnam Veterans and it is this passion that has seen Minh run 2 marathons; specifically raising “Thank you” money for the National Vietnam Veterans Museum at Phillip Island and this time for VVAA Victoria.

At a time when there is so much upheaval and tension around the world it is refreshing to know a man like Minh who, having experienced the harsher side of life, can be so upbeat and positive about his new life here in Australia.

Congratulations and well done Minh, you are a fine ambassador for the former South Vietnamese people who call Australia home.

