



Seasons Greetings



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



NEWSLETTER

December 2016

www.raafvva.org.au

www.raafavic.org.au

NEWSLETTER of RAAFVVA and Air Force Association VV Branch

The official journal of RAAF Vietnam Veterans Association (Vic), a Sub-Branch of the VVAA Vic Branch Incorporated
(Reg. No. A0029247G. ABN 34 750 672 219)
and RAAF Association (Vic Div) Vietnam Veterans Branch – (ABN 96 091 342 304)

Patron: Air Vice Marshal E. M. Weller AM

PRESIDENT	Gareth Davis	Phone (03) 9878-7940 garethkaydavis@bigpond.com
IPP/SPECIAL PROJECTS	Lee Scully	Phone (03) 9827-8313
VICE PRESIDENT	Chris Hudnott	Phone (03) 9830-4665
ASSISTANT SECRETARY	Gill Coughlan	Phone 040 850 3986 gilly4346@gmail.com
TREASURER	Maree Jongkryg	6 Balfour Place Melton West Vic 3337 Phone 041 248 9448 maree.jongkryg@sov.net.au
COMMITTEE MEMBER	Rick Holmes	Phone (03) 9317-7304
COMMITTEE MEMBER	Pieter Jongkryg	Phone 041 248 9448
COMMITTEE MEMBER	Bob Brackin	Phone (03) 5261-2630
COMMITTEE MEMBER	Andy Lapins	Phone (03) 9511-4693
COMMITTEE MEMBER	Geoff Rose	Phone (03) 9372-7709
COMMITTEE MEMBER	Neil Morgan	Phone (03) 9687-8871
COMMITTEE MEMBER	Peter Raymant	Phone (03) 9583-1053
COMMITTEE MEMBER	Max McGregor	Phone (03) 9803-1156
COMMITTEE MEMBER	Graeme Dodd OAM	Phone (03) 9852-1653
WEBMASTER	Anthony (Tony) Pahl OAM	bushranger@internode.on.net

RAAF REGIONAL ADVOCACY, WELFARE AND PENSIONS OFFICERS

Lee Scully (Welfare)	Melbourne Metro Area	Phone (03) 9827-8313
Andy Lapins (Welfare)	Melbourne Area	Phone (03) 9511-4693
Alan White (Welfare)	Melbourne Area	Phone (03) 9598-1007
Gill Coughlan (Welfare)	Melbourne Area	Phone 040 850 3986
Bill Wiltshire (Advocacy, Pensions & Welfare)	Melton	Phone (03) 9746-9582
David Taffe (Welfare & Pensions)	Kilmore	Phone (03) 5782-2265
John Meldrum	Kilmore	Phone (03) 5783-3923
John D Sharley	Wallan	Phone (03) 5783-1145

VETERANS' CENTRES SUPPORTED BY RAAFVVA and Air Force Association (Vic)

Western Suburbs Veterans and Services Centre	Phone (03) 9746-9582	Fax (03) 9746-9583
Melbourne Veterans and Services Centre	Phone (03) 9282-4957	Fax (03) 9282-7089

DISCLAIMER

The material, comments and/or extracts of articles appearing in the "RAAFVVA and AFA VV Branch NEWSLETTER" are of a general nature only and neither purport to be, nor are intended to be, advice on any particular matter. No person should act on the basis of any material contained in the "NEWSLETTER" without considering, and if necessary, taking appropriate professional advice upon their circumstances. The Committee, the authors and publisher expressly disclaim all and any liability to any person, 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 the "RAAFVVA and AFA VV Branch NEWSLETTER". Any member of the RAAFVVA, AFA VV Branch, or other veteran organisation or any interested party may submit articles, letters, and advertisements for publication in the NEWSLETTER. The Committee and Publisher reserve the right to veto any such article, letter or advertisement.

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

PUBLISHER: Geoff Rose

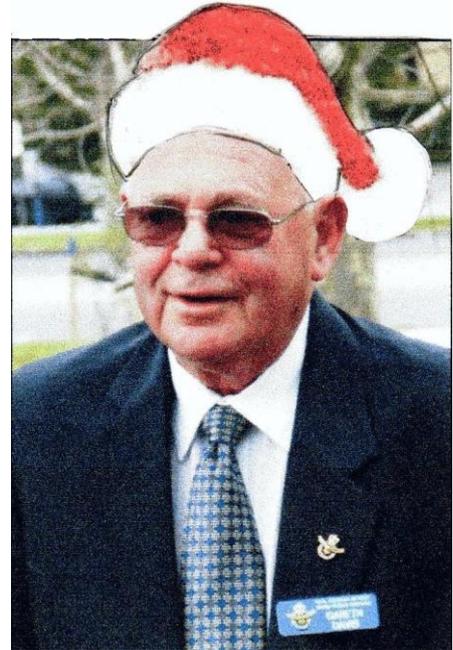


PRESIDENT'S REPORT



Hi to everyone!

Well the year is nearly gone, and what a year it has been! With the special events organised by the Vietnam Veterans Association (Vic) for the 50th Anniversary of Long Tan and some major events by the Air Force Association it has been a very busy (and rewarding) time. Some of the events have been poorly attended by our Branch, but when we look at how widely our membership is distributed, it is perhaps understandable. However, I think sometimes people do not realise what they are missing. Give it a go; you may be surprised how much you enjoy it.



The weather has been both kind and bad for some of our major celebrations this year. For the National VV Museum day on Saturday the 5th November the forecast was bad and the weather was horrendous. It was a real credit to the museum people organising the day, that despite the gale winds and the rain, they managed to move most things inside. Fortunately, because people had made prior arrangements, attendance was very good. It was worth the trip just to hear the main guest speaker Graham Edwards from WA, who despite losing both legs in Vietnam has not let this restrict him going forward in a number of different career moves including membership of Federal Parliament. Graham is an inspiration to us all!

In a weather contrast the 100th Anniversary of the Australian Flying Corps at Point Cook on Sunday the 13th had an horrendous forecast and most attendees did so with thoughts of 'disaster'. However, with the exception of one very brief drizzle, the weather held off and a very successful ceremony was held. It was great to see the large attendance of current RAAF personnel and hear the RAAF Central Band playing a significant part in the event.

Please remember the availability of bursaries and encouragement awards in 2017 for the children or grandchildren of Vietnam Veterans. Applications must be in to the Acting Secretary before the 31st January so they can be considered by the Committee before the Annual General Meeting on Sunday the 12th February

To you and your families, good health, good cheer and have a wonderful and safe Christmas.

Gareth Davis

President





ACTING SECRETARY'S SNIPPETS



Hi All,

The year has been a surprising one to say the least. As your Acting Secretary I am only going to comment on the period I have attempted to occupy a large pair of shoes!!!!

It has been a big learning curve for me, and I would like to say a big thank-you to the committee and members who have given me a lot of support and encouragement.

Your committee and members have been busy with working bees at the NVVM at Phillip Island, restoring our beloved 'Huey' to its correct 'RAAF Livery' for the Vietnam era. Congratulations on a job well done to all who were able to assist.

A number of our committee and members attended the recent service at RAAF Williams Point Cook, to mark the Australian Flying Corps Centenary of WW1. It was a wonderful service, the background of the Cenotaph was covered in layers of Poppies mounted on matting, and the lawn at the entrance to the Officers Mess was adorned with poppies. All these poppies had been hand made by Lyn Berry and her hard-working group of '5000 Poppies' and set a colourful background for the activities of the fore mentioned centenary and Remembrance Day. A large number of wreaths were laid, brightening an overcast damp, morning.

Our monthly luncheons continue at the Mail Exchange in Bourke Street on the third Wednesday of the month, much chatter and reminiscing occurs and a good time is had by all. Our last one for the year was held on the 16th November and will resume in February 2017, it would be great to see some new faces joining us when possible. Special dietary needs can always be catered to with a little forewarning to either the hotel or myself.

A number of your committee and volunteers assisted in the packaging of 'Care Parcels' that will be sent to our troops serving overseas for Christmas. We hope they enjoy a little touch of 'home' when opening them.

Important: Do we have your current email address? Several emails are being returned whenever I send a 'general message' to members. If you have not received an email from me over the past six months, then please update your contact details to - gilly4346@gmail.com

Now, I would like to take this opportunity to wish you and your loved ones a Very Merry Christmas and a Happy and Healthy New Year. Hopefully, 2017 won't fly past as quickly as this year has gone!

Gill Coughlan
Acting Secretary



NOTICE BOARD



NOTICE OF THE RAAFVVA/AFA VIETNAM BRANCH 2017 ANNUAL GENERAL MEETINGS

TO BE HELD JOINTLY ON SUNDAY
THE 12TH OF FEBRUARY 2017



The Annual General Meetings of the RAAF Vietnam Veterans Association and the Air Force Association Vietnam Branch will be held concurrently on **Sunday the 12TH February 2017 commencing at 1400 hours**. The venue for these meetings is the RAAF Association Headquarters, 24-36 Camberwell Road, East Hawthorn, Vic 3123.

Any financial member who wishes to raise an item of general business is requested to notify the Acting Secretary no later than the 31st of January 2017.

All committee positions are open for nomination from any financial member of these Associations prior to 31st January 2017. Nominations for other than Executive Committee positions will be accepted up to the election of office bearers at the AGM. Members may nominate themselves without having to have another member second the nomination. Nomination Forms are available from the Acting Secretary.

A light lunch of finger food will be provided from 1300 hrs prior to the commencement of the AGM. On completion of the AGM there will be **free drinks** for those attending. It is a good opportunity to have a mini reunion.

AGENDA

1. Opening – ODE
2. Presidents welcome and general announcements
3. Presentation of Air Force Association Bursary Certificates
4. Attendance Register
5. Apologies
6. Acceptance of previous Minutes
7. Business arising from those Minutes
8. Financial Report for year ending 31st December 2016
9. Correspondence
10. General Business
 - Membership Report for previous year
 - Membership as at AGM
 - Donation recognition
11. President's Report and questions from the floor
12. Election of Office Bearers
13. Honours and Awards
14. Closure

Gill Coughlan
Acting Secretary



AIR FORCE ASSOCIATION VIETNAM VETERANS BURSARY

2017



CLOSING DATE FOR APPLICATIONS – Friday, 27th January, 2017

The Royal Australian Air Force (Vic) Foundation in conjunction with the Royal Australian Air Force Vietnam Veterans Association (Vic) has established an annual Bursary for eligible dependents.

The annual Bursary, administered by the RAAF Vietnam Veterans Association (RAAFVVA), is intended to assist the children, grandchildren, adopted and foster children of primarily RAAF Vietnam Veterans who are enrolled, undertaking or are about to undertake recognised academic or vocational courses of education and training.

The Bursary represents another facet of the assistance both Associations are delivering to former and serving RAAF members and their families.

Further details, including eligibility requirements and Application Form can be accessed through the 'Bursary' page of our website: www.raafvva.org.au

Please address your Application to Gill Goughlan, Acting Secretary RAAFVVA, via: -

Email: gilly4346@gmail.com or,

**Australia Post: 10/42 Coral Drive
Hampton Park Vic 3976**

Note: 1. Applicants may apply separately or be nominated by any member of the RAAF Vietnam Veterans Association.

2. When completing the Application Form, please ensure you advise the educational or training course you are undertaking (or planning to undertake).

3. Previous scholarship winners are entitled to reapply.

The John 'Snow' Coughlan CGM ENCOURAGEMENT AWARD

This Award, named in honour of our esteemed Founding Member, will provide an amount of five hundred dollars to the applicant deemed most worthy of such assistance.

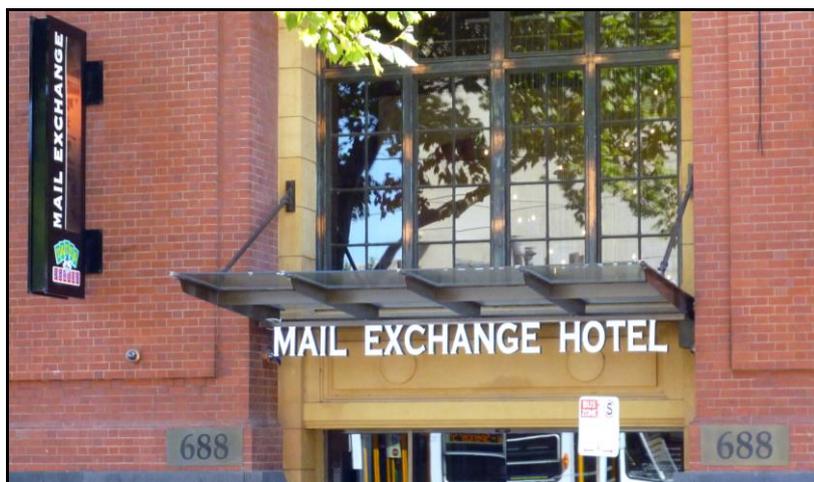
All applicants for the Bursary will be considered for the 'Snow' Coughlan CGM Encouragement Award, so there is no need to apply separately.



CLOSING DATE FOR APPLICATIONS – Friday, 27th January, 2017

Monthly Luncheon

Due to the AGM on 12th February, our next monthly luncheon is planned for **Wednesday, 15th March, 2017** at the Mail Exchange Hotel - 688 Bourke Street, City, (cnr Bourke and Spencer St's).



Generally, our monthly luncheons are planned for the third Wednesday of each month. However, dates, and any changes, will be posted on our website blog as soon as available.

Can you help locate O126517 Flg Off Peter Clyde Lewis?

Peter was born in December, 1943, at Gilgandra, NSW, and initially enlisted the Army. He served as a Sergeant with HQAFV Intelligence Unit in Vietnam, from April '70 to October '71. Having discharged from the Army in the late '70s, Peter 'eventually saw the light', and joined the RAAF in 1985, presumably as an Intelligence Officer (excuse the oxymoron).

If anyone knows of the whereabouts or has any information about Peter Lewis, please contact our member, David Mehegan, on 03 5258 1822.

New RAAVVA Polo Shirt

Produced by "What's a Name Embroidery" at Highpoint Shopping Centre, Maribyrnong, and pictured at right, being expertly modelled by former RAAFVVA Secretary, Rick Holmes.

The 'Air Force Blue' Polo Shirts are made of high quality cotton material, and provide UV50+ protection. Cost, including the Crest, is \$22.00 (plus postage and handling).

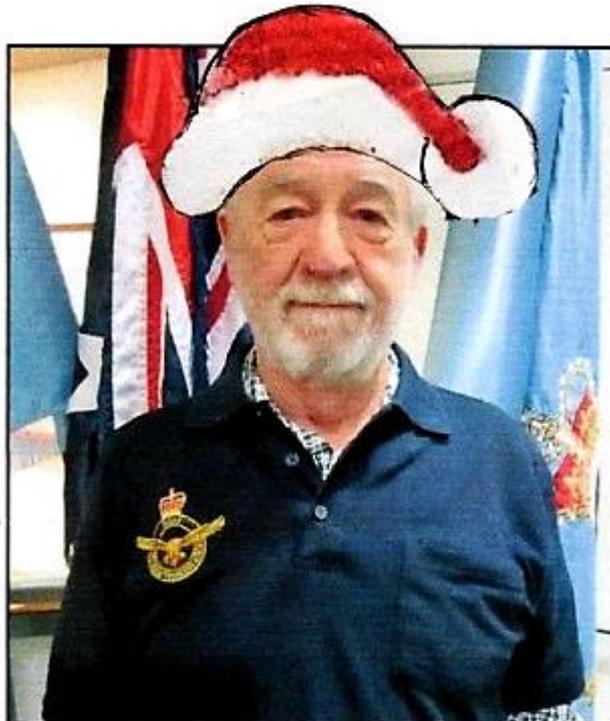
Members can order directly from the company by credit card.

Contact details are:-

Ms Gabrielle (Gabby) ph: 03 93186104,

or email: sales@wane.net.au

(Rick says, "What a great idea for Christmas!")

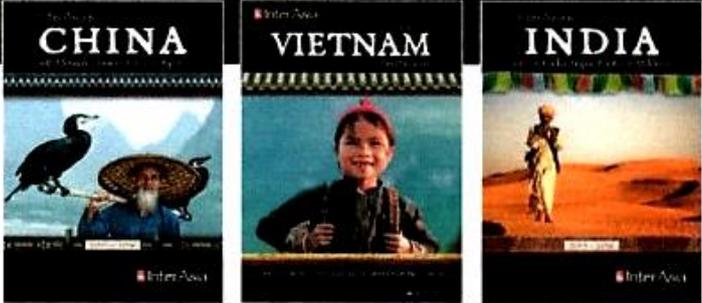


Going overseas? Our member, Dan Nebauer, offers discounts to current and ex ADF members. Dan specialises in Asian travel, but his experienced staff can cater for all your international or domestic travel needs.

**CHINA TIBET MONGOLIA TAIWAN BHUTAN
BURMA LAOS VIETNAM CAMBODIA BORNEO
JAPAN PHILIPPINES THAILAND MALAYSIA
NEPAL SRILANKA MALDIVES INDIA KOREA**

Operating since 1989, InterAsia's experience counts!

Contact Dan* at InterAsia for your copy of their award winning travel brochures.



Featured are a huge range of small group and private journeys, including fascinating rail journeys and amazing river cruises throughout Asia. Tailor made itineraries to suit any sized travelling party are a speciality.

Ask Dan about the 10% discount offered to all serving or retired members of the Australian Defence Forces.

*Dan served in the RAAF for 25 years, including a tour of duty with 35 SQN 'Wallaby Airlines' Vung Tau from '67 to '68.

InterAsia
Travel Exotic Asia With Us
1300 133 001
dan@interasia.com.au
www.interasia.com.au
Member of IATA/AFTA ATAS Accreditation No. A10633

Veterans Wellness Programs

DVA Pays
for the clinically necessary treatment

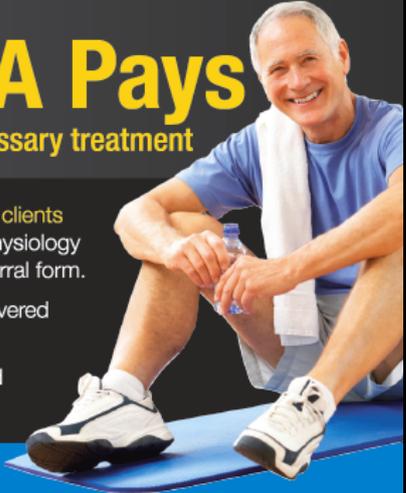
Entitled Department of Veterans' Affairs (DVA) clients may be referred for clinically necessary Exercise Physiology treatment by their General Practitioner on a valid D904 referral form.

Gold Card Holders are entitled to clinically necessary treatment covered by DVA's health care arrangements for all health conditions.

White Card Holders are entitled to clinically necessary treatment for an accepted disability ie: an injury or disease accepted by DVA as caused by war.

Start today and experience the benefits...

- ✓ Increase mobility and balance
- ✓ Reduce and manage age related illness
- ✓ Assist with the management of chronic health conditions, back pain, cardiovascular disease, arthritis, diabetes and more
- ✓ Exercise Physiology, Occupational Therapy, Dietetic & Physiotherapy services available.
- ✓ Operating out of Gym & Aquatic facilities, also with the option of home visits.



NJF
Exercise Physiologists

VICTORIA
NJF operates out of numerous locations, call to find your nearest location.

1300 890 507 or 0449 713 472
E admin@njfwellness.com.au

njfwellness.com.au



OUT AND ABOUT

Back to Museum Day

Phillip Island

5th November 2016



This year's commemoration of the 50th Anniversary of the Battle of Long Tan saw extra activities and entertainment incorporated into the annual Back to Museum Day. As such, the event had been touted as "a day you will remember". And no one was disappointed.

Unseasonal cold, windy, wintery conditions prevailed at Phillip Island, so a very sensible, early decision saw the planned outdoor event hurriedly transferred into the relative warmth and comfort of the Museum's Second Hangar. Unfortunately, this negated the opening spectacle, that was to be a mass ride-in by all the Vet Ride 2016 cyclists. None of them complained, however.

An estimated 300 visitors inspected the displays, listened to speeches from invited dignitaries, (including Victorian Premier's Representative, Ms Harriet Shing MLC, and Mr Graham Edwards AM, former 7 RAR soldier, State and Federal Politician, and current State President of RSLWA), before enjoying a 2 hours BBQ/Sausage Sizzle (with Open Bar), and then, settling down to what turned out to be a very enjoyable afternoon of live music and dancing. One highlight was presentation to the NVVM of the VVAA Vic Branch Commemorative Quilt, which now hangs proudly just inside the entrance to the Main Display Hangar.

The entertainment commenced at 1230 hrs and continued until 1830 hrs. Main performers were Wendy Stapleton and Russell Morris. Russell arrived slightly behind schedule because his flight from Sydney was delayed, and resulted in him having to dash directly from Melbourne Airport to the NVVM.

Despite inclement conditions outside, the audience nestled cosily under the Canberra's wing, as they listened intently to the day's formal proceedings.



Angelina Clancy, Student and winner of the History Writing Competition spoke of her thoughts and experiences during a recent visit to Vietnam. Graham Edwards gave a very emotional speech beginning with the virtues of the NVVM and what the Museum provides, not only to Vietnam Veterans but to all Australians, and future generations. He then proceeded to describe the Battle of Long Tan and the unique experiences that faced and still faces all those who fought in the Vietnam War. Graham concluded his speech by declaring his pride in “having served the Nation” and how proud he is “to be a Vietnam Veteran”. (Gill Coughlan has emailed a copy of Graham’s speech to all RAAFVVA/AFA VN Branch members, and the speech can also be viewed on the VVAA Vic website.)

Pictures below:- Left, student, Angelina Clancy during her speech, standing in front of Graham Edwards and John Methven. Centre, Graham Edwards, and Right, VVAA Vic President, Bob Elworthy who spoke after unveiling a plaque donated by VVAA Vic to the Museum.



Graham Edwards travelled from WA to attend as Special Guest Speaker for the day. He is very highly respected for both his actions and his achievements.



Wendy Stapleton, with Paul Norton and Gerry Hale provided an outstanding hour of entertainment, and brought back many memories with their old songs from the 60s and 70s.



Russell Morris’ performance proved he still ‘has it’ and remains a ‘Star’. Playing his own guitar, and with only a backing guitarist, he sang many of his newer songs as well as those pop hits that first made him famous, or as he described, “The songs that my father sang”.

Can you believe it? Huey A2-110 has been restored (almost) to its original RAAF Vietnam era colour scheme!

Many thanks must go to Max McGregor, Committee Member, who co-ordinated with the hierarchy of NVVM and No 9 SQN Association, to finally set this whole project in motion.

AFA VN Branch members, Chris Hudnott, Andy Lapins, Russ Hateley and Lee Scully found the time and effort to don their overalls, dip their brush into the paint tins, and not stop painting until the previous Army Camouflage was rendered 'completely invisible'. All that remains to be done is installation of RAAF decals and painting the nose black.

As they say in the movies: "Well done Chaps!"



Lee Scully, Bob Brackin, Neil Morgan, Alan Reed (NVVM Patron), Gareth Davis and Andy Lapins on Back to Museum Day. They were very impressed with the success and standard of the work.



Andy poses proudly by the doorway, but he is still patiently waiting for that "Black Nose".



**Australian Flying Corps
Centenary
RAAF Williams Point Cook
Sunday, 13th November, 2016**



The Australian Flying Corps served with great distinction during the last two and a half years of the Great War. Little is known about the exploits and effectiveness of the AFC from 1916 to 1918 during its service in France, Egypt, and the UK. All told, eight squadrons were formed.

They were; No 1 SQN, formed at Point Cook and sent to Egypt in 1916; No 2 SQN, formed in Egypt, as a fighter/scout unit, and sent to France the same year; No 3 SQN was formed at Pt Cook as a reconnaissance unit and deployed to France in 1917; No 4 SQN, a fighter/scout unit, was also formed at Pt Cook and arrived in France in December 1917. The AFC had four combat squadrons on active service, with the remaining No's 5, 6, 7, and 8 Squadrons being formed in England as training squadrons for the supply of reinforcements for the other four.

During the period of service in WW1, the AFC put through its ranks a total of 460 officers and 2,234 other ranks. Pilots of the AFC were commissioned officers, the other ranks consisted of mechanics, refuellers, signallers, and general ground duty staff.

Of the 460 pilots in the AFC, 57 became 'Aces' with approximately 100 decorations, including the only Victoria Cross, awarded to Lt F H McNamara, who was born at Rushworth, Victoria, on April 4th, 1894. McNamara was later to become Air Vice Marshal VC CB CBE, during WW2. (Above information was transcribed from the day's Order of Ceremony Booklet)



The Welcoming Address by GPCAPT Carl Shiller OAM CSM (Retd), President AFA Vic Div



Familiar faces of some of the 20 AFA VN Branch members, among the crowd of over 200



Guest Speaker was Dr Brendan Nelson AO, Director of the Australian War Memorial, with Reply speech given by AVM Brent Espeland AM (Retd), National President Air Force Association.

Lyn Berry, Co-founder and Creative Director of '5000 Poppies' provided the backdrop of hand-made poppies that added so much to the overall atmosphere of the occasion.

Unusually cool temperatures and overcast conditions prevailed for most of the service.



Only once was rain heavy enough to bring the umbrellas out, but it did not cause any disruptions.



Sqn Ldr Mathew Shelley conducted his RAAF Band Musicians through selected tunes during the Wreath Laying ceremony. RAAF Band Vocalist, CPL Roxanne Moxham led the National Anthem.



Gareth Davis laid a wreath on behalf of RAAFVVA/AFA VN Branch members.



Highlights were three separate flypasts by different aircraft types during the service.



First was a five-ship formation of RAAF Museum aircraft: 2 CT4s, 2 Winjeels and the Harvard.
Second was an impressive highspeed flypast by a P51 Mustang, in No 4 Sqn WW2 Colours
Third, a Diamond Formation of 4 PC 9s flown in for the occasion from CFS at East Sale.

As part of the Centenary Commemorations AIRCDRE Geoffrey Harland CSC, Commander Air Force Training Group and Senior Air Force Officer Victoria, inserted a time capsule into the AFC Memorial. The time capsule contains a scroll with the names of all 11,401 AFC and RAAF service personnel who have lost their life on operational service.



AIRCDRE Harland displaying the historic time capsule.

Poppies 'planted' on lawns outside the Officers' Mess presented a spectacular sight.



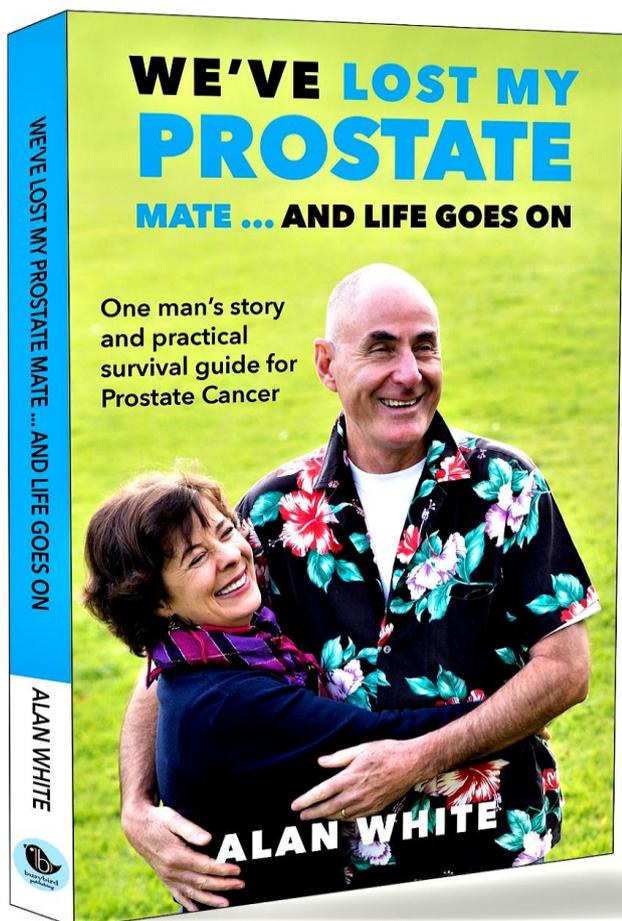
'Scrambled Eggs', carefully arranged on the Ante-room table, under the watchful gaze of 'Father of the RAAF', Air Marshal Sir Richard Williams KBE CB DSO (and a former CO of No 1 SQN AFC).



RAAF Museum aircraft 'on-the-pitch' for landing at PCK - as have so many others before.

DID YOU KNOW

Alan White's Very Informative Book is now for Sale



My recently published book called “**We’ve lost my prostate mate....and life goes on**” is now available to buy. I feel that making this book available to the wider community - men and women - will go some way towards informing them of what they might expect if the man needs to ‘lose his prostate’.

The book can be ordered from my website via this link:-

<http://www.theprostatezone.com/home/my-book/>,

or as an E-book from Amazon (coming soon).

The hard copy book is \$25, plus \$5.00 for postage. When you click on the **Buy Now logo** to order, you do not need to have a PayPal account. PayPal simply offers a facility to use its own setup, or use your credit or debit card.

If you have any questions or problems getting the book, please contact me directly at:- askypilot@bigpond.com or on 0407 617 800.

Stay healthy!

Alan

A New Organisation for Veterans in Need

V360 Australia Ltd. are proud to announce the first NATIONAL FREE CALL number for veterans, their families and friends to contact our Outreach Team and seek information or assistance for any ex-service personnel who are vulnerable, at risk or experiencing homelessness.

1800 838 360 will be manned 24/7 by our experienced operators and link callers directly with Outreach staff.



<http://v360.org.au/>

HEALTH and WELFARE

VETERANS' KOKODA GYM (it's FREE!)

This information is enthusiastically provided by Committee Member Graeme Dodd.

A great environment offering a large range of exercise machines and exercise programs aimed at all fitness levels. There is also a large heated pool for hydrotherapy sessions.

Very friendly staff and Veteran participants. Gym programs offer an opportunity to get fit and socialize with others in a supportive environment. Programs include exercises for improving strength, endurance, cardiovascular fitness and balance.

Equipment includes treadmills, exercise bikes, cross trainers, weight machines and free weights.

Sessions are held on Monday, Wednesday, and Friday (times: 8.15 am to 10.00 am and 1 pm to 2.15 pm).

Any interested Veteran can call (03) 9496-2892. Participants undergo individual assessment and exercise prescription before joining the gym program. The programs are supervised by Physiotherapists, an Exercise Physiologist and Allied Health Assistants.

The Kokoda Gym is located at Austin Hospital Health and Rehabilitation Centre in Heidelberg. Entry is via Gate 5, off Edwin Street (Melway Map 31, G4). Parking is available. Take an entry ticket and ask at reception for a free exit pass before leaving.

A Veterans Café is also available on-site.

Before Kokoda Gym



After Kokoda Gym



The following was seen on a wall at the Kokoda Gym.

What is a Veteran?

A “Veteran” – whether on active duty, discharged, retired, or reserve – is someone who, at one point in his/her life, wrote a blank cheque made payable to “AUSTRALIA”, for an amount of “up to, and including his/her life”.

That is honour. And there are way too many people in this country today, who no longer understand that fact.



Get the best from
your medicines

www.veteransmates.net.au



STAYING WELL IN THE HOT WEATHER

In Australia, we all know that periods of extremely hot weather are common during summer, yet we don't often think about how the heat affects our health. Some medicines can affect how the body responds to heat, and people taking these medicines may be more susceptible to developing heat-related illness. If you take medicines, there are many things you can do to stay well and prevent heat-related illness. Together with your doctor and pharmacist, it's a good idea to make a plan to stay healthy in the heat before the hot weather starts.

What are the symptoms of heat-related illness?

Hot weather places a great deal of stress on the body, which can cause heat-related illness. Heat-related illnesses range from dehydration to very serious heat stress. Symptoms include:

- Thirst
- Urinating less
- Dizziness
- Feeling faint or weak, which may lead to falls
- Excessive sweating
- Headache
- Muscle cramps
- Nausea

If you start to feel ill with these symptoms, contact your GP.

More serious symptoms:

- Vomiting
- Confusion
- Hot, red dry skin

If you experience more serious symptoms immediately call 000 for an ambulance or go to the nearest hospital emergency department.

How can we prevent heat-related illness?

Here are a few tips for how we can keep the home environment, and ourselves, cool and prevent heat-related illness.

Keep your home cool

- Close windows and shut curtains during the heat of the day
- Let the cool air in at night
- Don't hesitate to use your air-conditioner; make sure it is set to cool
- If you can't cool your house, spend time in an air-conditioned place like a library, shopping centre, cinema, or the home of a family member or friend

Keep up your fluids

As we age, it is common for our sense of thirst to lessen. This means we may not feel thirsty even when it is very hot. Make sure you drink enough fluids during hot weather to prevent dehydration, even when you do not feel thirsty.

- Drink plenty of fluids such as water or diluted fruit juice even when you do not feel thirsty
- Drink often throughout the day, rather than drinking large amounts at once
- Avoid drinking large amounts of tea, coffee or alcohol
- Suck ice cubes
- Eat smaller cold meals (e.g. salads)
- Eat foods with high fluid content, such as vegetables, fruits and jellies

Talk to your doctor about how much fluid you should drink during hot weather.

Keep yourself cool

- Wear light loose clothing
- Use wet towels to wipe your face, neck and arms
- Minimise physical activity
- Stay out of the sun
- If you must go outside, go early or late in the day and wear a hat, sunglasses and sunscreen

Medicines and hot weather

Some medicines can affect the way your body reacts to hot weather; other medicines interfere with your body's ability to sweat and cool itself. They may reduce thirst or increase fluid loss. These medicines include:

- blood pressure and heart medicines
- medicines for mental health conditions
- seizure medicines
- incontinence medicines
- some pain medicines
- diuretics (fluid tablets)

What should I talk to my doctor about?

Make an appointment with your doctor before the hot weather starts. Ask about any medicines you are taking that may increase your risk of developing heat-related illness. Plan how you can take your medicines safely and reduce your risk of heat-related illness.

THE PADRE'S PAGE

CHRISTMAS BEGINS WITH CHRIST



Once again, we come to Christmas Day – a day when we joyfully celebrate the coming of our Lord Jesus Christ to this earth.

The message of Christmas is this: there is only one way that God can be found and that is through Jesus – the Babe of Bethlehem.

Some attempt to find Him within themselves – the ego worshippers. Still others attempt to find Him through teachers and gurus – the men worshippers. But if you want to find God – to really find Him – then you must come face to face with His Son, Jesus Christ. Jesus is God approachable, God available, God loveable. A little boy, when asked what he was doing, answered, “I’m drawing a picture of God.” “But no one knows what God is like”, responded his mother. “They will when I’m finished”, said the boy with an air of finality.

All attempts to draw or tell what God is like are childish. Except one – the revelation made by Jesus. No one has ever seen God, but God the One and Only – has made Himself known. (Check out the Bible, John’s Gospel, Chapter 1 and verse 18.)

Dr Selwyn Hughes tells of “A woman I knew in Wales who had gone from one psychiatric unit to another, and had experienced several hours of severe depression. She stood one Christmas morning in a hospital ward and looked at the Nativity scene which had been created by the nurses. As she gazed at it the Holy Spirit spoke directly to her heart and brought home to her the real meaning of Christmas.” Later she testified, “I looked into the face of Jesus and I found a joy that cannot be put into words.” Today she is radiant Christian and has led many others to know her Saviour.

If you have never found God, then you can do so today. Look into the face of Jesus and live. God is ready to hear you, and answer. I have mentioned my favourite text in the Bible, God has said, “I will never leave you nor forsake you.”

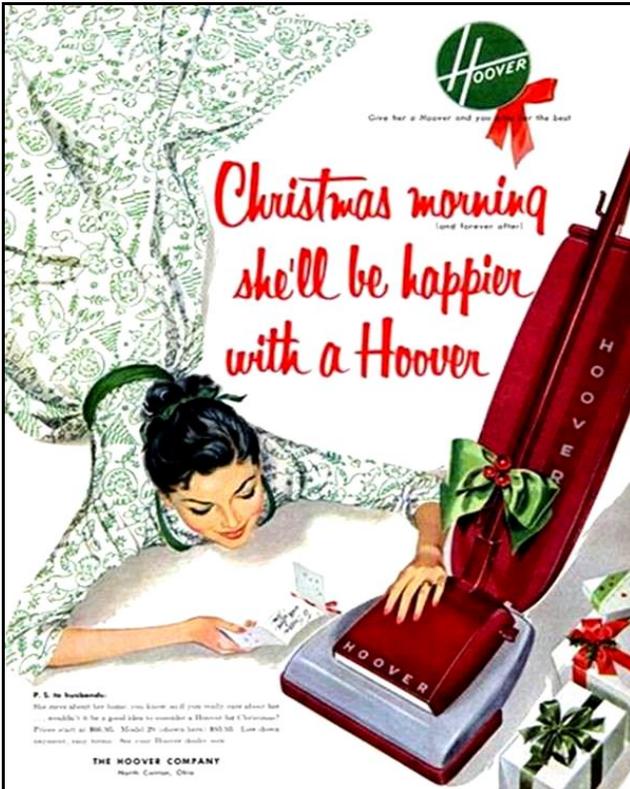
I pray that God will abundantly bless you and all your family and friends over this Christmas time, and into the New Year ahead.

As ever, George G, (Rev) George G. Ashworth, OAM RFD



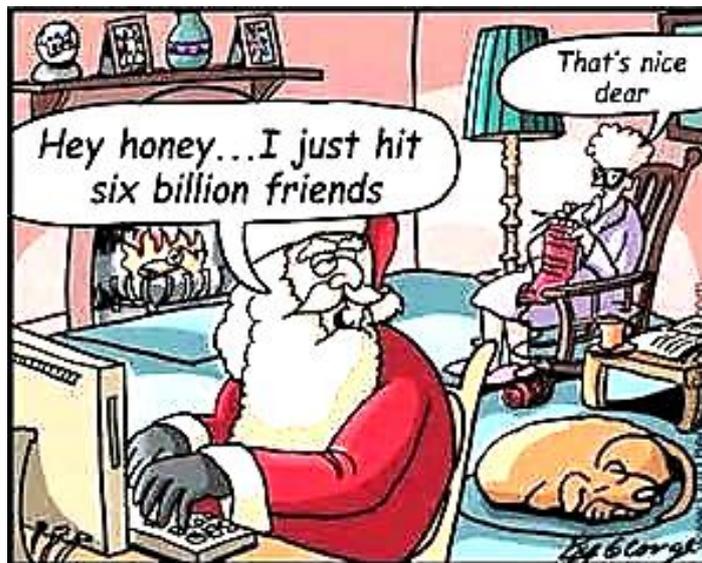
ON THE LIGHTER SIDE

Oh, whatever happened to the 'Good Old Days'?





My school Christmas Concert was just cancelled. Frosty the Snowman has the same name as a drug dealer. Rudolph is a victim of bullying. Jingle Bells denies global warming, and White Christmas is racist.



Santa on Facebook

The President and Committee Wish All Members and Their Loved Ones a Very Merry Christmas and Safe, Happy and Prosperous 2017



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

DONATIONS

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

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

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

BEQUESTS AND LEGACIES

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

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

VVCS - VETERANS and VETERANS FAMILIES COUNSELLING SERVICE

(A Service Founded by the Vietnam Veterans)

Normal Hours: 8640 8700

Crisis Line (after hours) 1800 011 046

DVA VICTORIA

Normal Hours: 133 254

Country/Regional: 1800 555 254

In Hospital or Convalescing at Home?

Like us to know about it and/or have someone to visit to assist or just chat?

Name:.....

Address:.....

Preferred Contact details:.....

Post or Email your request to the Acting Secretary or give her a call on 040 850 3986 and we will try and arrange a visit on your behalf.