

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



NEWSLETTER

March/April 2017

www.raafvva.org.au

www.raafavic.org.au

NEWSLETTER of RAAFVVA and Air Force Association VV Branch

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

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

PUBLISHER: Geoff Rose

PRESIDENT'S REPORT

Hi to everyone!

2016 has been a momentous year for our branch due to all the events that have been held to recognise the 50th Anniversary of the battle of Long Tan. Most of these events have been quite remarkable and the credit must go to the organising committees led by the Executive of the Vietnam Veterans Association (Vic).

President Bob Elworthy was the driving force behind the year's program. From the moving atmosphere of the grave-side vigil, through the pomp of the civic reception to the unbelievable Vietnam Veterans' day at the Shrine, with all those school children; the whole year's events will remain as great memories for those who participated.

It is interesting to note that the current State Government provided significant funding for the 2016 celebrations, whilst the Federal Government provided nothing. In a similar vein, the Feds have provided some millions of dollars, for an additional Vietnam War memorial in Washington DC, and have knocked back any requests for funds for our National Museum on Phillip Island.



There is a school of thought that, with such a high in 2016, it may be an appropriate time to end the large Vietnam specific events, such as Vietnam Veterans Day at the Shrine. I realise this will be very contentious as it causes significant dissention just at sub-branch level, so I can imagine the atmosphere at State level. But we must face facts! Already the branches at ACT and NT have closed and some sub-branches in Victoria have gone as well. The last State Council meeting, for example, was held at Albury-Wodonga and was the swan song for the Border sub-branch. With this in mind, and with the encouragement of the VVAA (Vic), we have produced what we have entitled a 'Closure Plan', which is in final draft. This lists the steps to be taken when certain trigger points indicate that the RAAF Vietnam Veterans Sub-branch has become unsustainable.

This AGM will be my last time as President as I will be standing down in a few minutes. I just think every couple of years you need a new face with new ideas. I thank the committee members for their support. A special thanks to Rick Holmes for his efforts as Secretary before illness forced him to resign, and thanks to Gill Coughlan for stepping into the breach. I must mention how lucky we are to have a Treasurer such as Maree, as there are plenty of examples where bad Treasurers have been disastrous for organisations. I must also mention how amazed I am that Geoff Rose manages to expertly fit in editing and printing a Newsletter between cruises. And last but by no means least, thank Kay for doing things like preparing this lunch today and apologise to her for when Vietnam Veteran matters overrode family ones.

Thankyou.
Gareth

SECRETARY'S SNIPPETS



Hi All,

Since our last publication, there has been quite a few events in our midst; in December after our last committee meeting for the year, our dedicated members, and in some cases partners gathered for lunch at the corner watering hole across the road from the office, commonly called "The Tower Hotel" (I've yet to see the tower). It was a most enjoyable occasion, with many a laugh and Christmas spirit.

The end of January 2017 was upon us before we had time to turn around, 2 nominations were received for the joint bursary awards to be presented at our AGM which was held on the 12th February. You will be able to read about the recipients in the accompanying AGM Minutes.

As you will see, we have had a "changing of the guard", with Gareth relinquishing the Chair after guiding the 'joystick' very aptly for the past 12 months. He has handed over to an equally capable Chris Hudnott who was his VP. I have been elected to the position of secretary, and I will do my best to keep you informed and up to date with what is happening. I am very grateful to have such an accomplished team to fall back on for help.

The "Air Show" will have come and gone by the time you read this, hopefully some of you will have been able to attend and would have met up with the volunteers manning the displays over that period.

Please remember that if you require transport for ANZAC Day and have not already advised us please do so ASAP. Otherwise I can't guarantee you a seat.

On behalf of your committee, I'd like to take this opportunity to wish you all a Happy Easter, I don't know about you but I am already over the sight of "hot cross buns"

Kind regards,

Gill Coughlan
Secretary



ANZAC DAY 2017



Important information for RAAFVVA

Please disregard published details in the RSL's MUFTI Magazine advising Assembly and Order of March for RAAFVVA members.

It has been confirmed by ANZAC DAY Commemoration Council member, Alan White that, as per recent years, RAAFVVA, RAAF Police and Post '75 will form part of the RAAF SW Pacific Contingent and assemble in the usual place on Flinders Street east, (Federation Square Side of Swanston St).

Step-off time is planned for 1020 hrs, however, RSL advises participants to arrive at their allocated Assembly Area at least 30 minutes prior to allow for orderly formation.



**ROYAL AUSTRALIAN AIR FORCE
VIETNAM VETERANS ASSOCIATION/
AIR FORCE ASSOCIATION VIETNAM BRANCH**

**Minutes of the Combined Annual General
Meetings**

**Held at the Air Force Association Headquarters
On Sunday 12th February 2017**



ODE: 1345 hrs

President Gareth Davis requested everyone to be upstanding, then invited Rick Holmes to recite the "Ode of Remembrance".



Welcome

President formally welcomed the President of the Air Force Association Carl Schiller OAM CSM, members and guests.





AIR FORCE ASSOCIATION/RAAFVVA BURSARY AWARDS PRESENTATION

2017



Attendees were advised that funds for the Bursary Awards were a joint venture between the AFA (Vic) Foundation and the Vietnam Veterans Branch of the AFA (Vic). The Encouragement Awards this year were from donations by two RAAFVVA committee members: Neil Morgan for the "Snow Coughlan" Encouragement Award, and Lee Scully who, in honour of his recently departed wife, initiated the "Ellen Scully" Encouragement Award.

Bursaries and Awards were presented by AFA President Carl Schiller.

The first Award went to Kavanna Bellingham and siblings Halen and Seria; who were delighted to receive the Bursary Certificate, and the accompanying cheque.



The Bursary funds will assist the three children with their education expenses at Saint Thomas the Apostle Primary School, Hoppers Crossing

They were then presented with the “Snow Coughlan” Encouragement Award and another cheque by President Gareth Davis, and happily photographed later with Gill Coughlan.



Family who accompanied the children, from left: proud Grandparents, Peter (himself a 36/37SQN MEAO veteran) and Debbie Gray, Mum and Dad, Teagan and Oliver Bellingham. Oliver has been accepted into the RAAF Intelligence Branch and is eagerly awaiting his start-date.

The next presentation was to Aimee Reed, and was accepted by her grandfather AVM Alan Reed AO, Retd, who read a very warm letter of acceptance on Aimee's behalf.



A new encouragement award in Memory of Ellen Scully was presented by Lee Scully, widower of the late Ellen, for Aimee to continue towards her university studies and accommodation costs. Lee expanded on the connection between Ellen and Aimee in that they both have very compassionate and caring values in common.



The President thanked everyone for coming and declared a short break before the commencement of the AGM proper. Recipients and families were invited to stay or leave if they wished after the photos were taken.

1/ Opening

The President welcomed those present and officially declared the AGM open at 14.05pm.

2/ Attendance Register

The attendance registered was signed by all in attendance including the bursary recipients and families. The register will be attached to the filed copy of these minutes.

3/ Apologies

As presented by the secretary;

Patron AVM Weller, W Belton+ AFA Foundation Member, Ross Mathieson, Mal Walker, John Elliott, Alan White, Terry McDonnell, David Grover and Peter Raymant.

* It is noted the VVVA President Bob Elworthy AM was to be present today, he has not arrived and is not answering his phone, so is included with respect in the apologies.

4/ Acceptance of Minutes 2016 AGM as circulated prior to the meeting.

Moved: A Lapins

Seconded: L Scully

Carried

Business Arising: Nil.

5/ Financial Report for the year ending 31st December 2016 and circulated by the treasurer.

Moved: Lee Scully

Seconded: N Morgan

Carried

Business Arising: Nil

Donations for 2016

Mr A Alcock	Mr A Greig	Mr R McMullen	Mr L Scully
Mr Appleford	Mr D Grover	Mr N Morgan	Mr G Sharp
Mr L Baker	Mr K Haines	Mr S Moss	Mr K Sharpley
Mr N Boulton	Mr A Higginbottom	Mr J Nebauer	Mr G Stevens
Mr R Brackin	Mr A Hooton	Mr K O'Neil	Mr D Stewart
Mr R Clinch	Mr B Hurlock	Mr A Pahl OAM	Mr D Taffe
Mr D Del Fabbro	Mr E Keenan	Mr L Pascoe	Mr K Thomas
Mr G Dodd	Mr E Kluukeri AM	Mrs J Preece	Mr J Venn
Mr R Douglas	Mr W Kuiller	Mr P Rayment	MR Wark
Mr K Ewin	Mr J Lovegrove MBE	Mr K Reilly	Mr I Wescombe
Mr L Fankhouser	Mr R Lovett	Mr G Rose	Mr A White
Mr T Farrell	Mr L Lowe	Mrs N Rose	Mr S Wicks
Mr G Forsyth	Mr B Lynch	Mr F Rowe	Mr A Wiltshire
Mr R Greenwood AFC	Mr W McAlpine	Mr D Sanders	

Thank you to all the above-named members who helped provide funds to our Welfare and Patriotic Account. RAAFVVA did not participate in the 2016 Badge Week activities, so all proceeds donated by members is very much appreciated, and will be used to directly assist the welfare needs of any veteran or family member in need.

6/ Membership: 119, with 13 unfinancial.

7/ Correspondence: The acting secretary presented a record of mail received for perusal.

8/ Presidents Report (at the beginning of this Newsletter)

Gareth thanked all the committee for their dedication and good work during his time in the chair, also his wife Kay for her catering skills and patience when he has been absorbed with RAAFVVA commitments.

As my final duty as your president, I put to you the members a motion to present Rick Holmes with his Life Membership and thank him for serving nearly 12 years as secretary.

Moved: Gareth Davis Seconded: B Lynch Carried Unanimously

Both Mover and Lee Scully expanded on the great effort from Rick over his tenure as secretary and beyond. President Gareth presented Rick with his Life Membership Certificate to a round of applause by all present.

Rick followed up with a very humble acceptance speech stating he had no idea this was coming and that he felt “overwhelmed” to receive such an honour.



9/ Election of Office Bearers:

President Gareth declared all positions vacant and invited Past President Brendan Lynch to act as Returning Officer for the election of the Executive and Committee Members for 2017.

RAAFVVA and AFA Vietnam Branch to have the same elected committee to represent both entities.

9.1 Positions for the Executive are by application, the following applicants are;

President: Chris Hudnott

Vice President: Max McGregor

Secretary: Gill Coughlan

Treasurer: Maree Jongkryg

Special Projects Officer & Minute Secretary (when available) Lee Scully

IPP: Gareth Davis

Committee Members

Rick Holmes, Andy Lapins, Bob Brackin, Geoff Rose, Graeme Dodd, Neil Morgan, Pieter Jongkryg and Peter Raymant.

10/ Closure:

There being no further business, the incoming President thanked everyone for their attendance, and to the incoming committee for putting their hands up. The meeting was declared closed at 14.25pm.

RAAFVVA/AFA VN Branch Executive and Committee Members



Seated, L to R: Maree Jongkryg, Gill Goughlan, Chris Hudnott, and Max McGregor.
Standing, L to R: Gareth Davis, Geoff Rose, Lee Scully, Andy Lapins, Bob Brackin, Rick Holmes, Peter Jongkryg, Neil Morgan, and Graeme Dodd OAM. Absent, Peter Raymant, (visiting Vietnam)

11/ The next AGM date TBA.

Gill Coughlan
Secretary
RAAFVVA/AFA Vietnam Branch

NOTICE BOARD

Monthly Luncheon

Next monthly luncheon is planned for **Wednesday, 17th May, 2017** at the Mail Exchange Hotel - 688 Bourke Street, City, (corner of 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.

	<p>Being diagnosed with prostate cancer once in a lifetime is enough. In 2011, Alan White was facing a second round with this life-threatening disease.</p> <p>Alan's years of experience as a natural health practitioner and counsellor helped him and his wife, Fiona, to make the choice that no man really wants to make - surgical removal of the prostate gland - and to recover, physically and emotionally.</p> <p>Talking about the things not usually discussed - sex after surgery, giant incontinence pads and how to wrangle your overnight urine bag - Alan shares his story and his discoveries. Fiona adds her tips for partners of men facing prostate cancer.</p> <p>Alan has been the facilitator of the local Prostate Cancer Support Group in Bayside Melbourne for several years. He is also involved in ongoing research through the Peter MacCallum Cancer Centre to develop better ways of helping men make well-informed choices about their prostate cancer treatment. He continues to work as a counsellor and natural health practitioner, with a special focus on men's health and wellbeing.</p> <p><i>We've lost my prostate, mate!</i> is Alan's story about the diagnosis, the decision making, the surgery and the road to recovery. He shares the good, the bad and the ugly along the way, providing helpful tips for fellow prostate cancer sufferers. Armed with his irrepressible laughter and a very determined wife, Alan shows that there is life after losing your prostate, mate.</p>
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My website is www.theprostatezone.com and people can buy the book via my website or via www.amazon.com. It is also available to download as an e-book. The price via my website is \$25 plus \$5 for postage. I am happy to answer emails or take calls from anyone with any queries. Alan White on, Ph: (03) 9598 1007, Mobile: 0407 617 800 or email: alan@theprostatezone.com

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

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BURMA LAOS VIETNAM CAMBODIA BORNEO
JAPAN PHILIPPINES THAILAND MALAYSIA
NEPAL SRILANKA MALDIVES INDIA KOREA**

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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.



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**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
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- ✓ Exercise Physiology, Occupational Therapy, Dietetic & Physiotherapy services available.
- ✓ Operating out of Gym & Aquatic facilities, also with the option of home visits.

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OUT AND ABOUT

Finally, the black nose is back!

“Good things come to those who wait”, as the saying goes, and as you would be aware, it has taken years to finally achieve a satisfactory outcome for ex RAAF ‘Huey’ A2-110 (only a couple more decals and it will be finished). The last major task was to repaint the nose matt-black, as per the original Vietnam era colour scheme, and that has finally been achieved.

Thanks again to Max McGregor, RAAFVVA ‘Huey Restoration Project Manager’, who really immersed himself in this project, and devoted much time and effort to ensure continued progress. Now, that reminds me of another old saying; “Stay with someone (or something) long enough and you will start to look like them (or it)”. Well, the picture below certainly attests to that!



Point of Interest: During its time in Vietnam A2-110 was involved in an unusual “un-airworthy” incident when it was discovered that a 1.6-metre-long snake had taken up residence, requiring considerable dismantling of the aircraft before the reptile could be removed.

A2-110 in its ‘Hay Day’ as a Gunship at Vung Tau. Photographed by Bob Livingstone, Dec '70.

(The black nose is clearly visible)

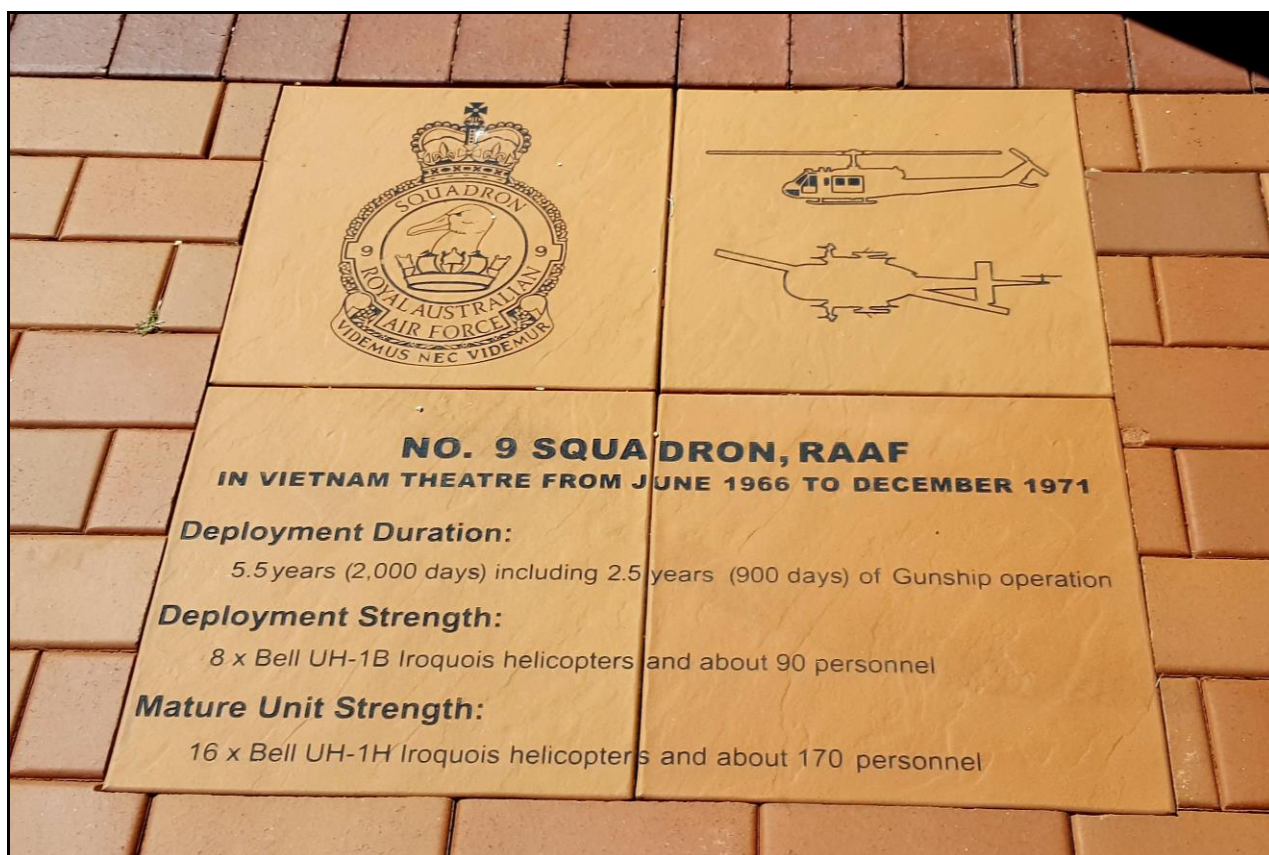


9 SQN Paver Dedication Ceremony at the Seymour Vietnam Veterans Walk Wednesday 22 Feb 17



Unveiled by 9 SQN State President Vic, David Streatfeild and the Hon Robert Mitchell MP, local member for McEwen.

A very late (few days) notice change-of-date for the ceremony resulted in a smaller than originally expected attendance. However, some of those who enthusiastically took the journey to Seymour on a fine, sunny morning were; Gill Coughlan, Rick and Golda Holmes, Nick LeRay-Meyer, Ross Gregson, Jack Reilly, Ray Bastock and Russ Hateley.



DID YOU KNOW

Peter Raymant, returned from one of his regular trips to Vietnam, and forwarded this photo taken at the Arms Museum in Vung Tau. He also said the museum is very interesting, and is well worth a visit for anyone touring the area. It contains quite an impressive RAAF display, including mannequins dressed in: RAAF Tropical Dress; Helicopter crewman Flight-gear, and believe it or not, WOff Uniform, adorned with John 'Snow' Coughlan name tag and full set of replica medals!



On hearing this news, Gill Coughlan, Snow's widow, provided Peter with a framed Vietnam era photographic print of 'Snow' (which was once pride of the 1SD Airmen's Club at Tottenham), a copy of Snow's Citation for Award of The Conspicuous Gallantry Medal, one of his Flying Jackets and a set of Crewman Brevet, for presentation to the museum. These generous donations were intended to not only enhance the display, but also show appreciation from Snow's family.



Peter has since returned to Vietnam and again attended the museum in Vung Tau to hand over the historically important items.

Pictured shaking hands with Peter is the Museum Curator, Robert Taylor.

Details: -

Museum of Worldwide Arms
98 Tran Hung Dao Street,
Ward 1, Vung Tau

(opposite the dog track)



The Veteran Community

Story Writing & Art Competition (SWAC) 2017

☎ 9496 2290 or (Country) 1800 134 864

Patron: Dr Robert Webster OAM

ELIGIBILITY

The following members of the ex-service community **residing in VICTORIA** are eligible to enter the competition:

1. Current and ex-service personnel of the Australian Defence Forces.
2. Ex-service personnel of countries that were allied to Australia during past war or war-like conflicts.
3. Veterans of Australian Peacekeeping or Peacemaking Missions.
4. All spouses, widows and widowers, children and grandchildren of the above aged 18 years & over.
5. Children who are Department of Veterans' Affairs beneficiaries; this includes Veterans' Children Education Scheme recipients.
6. The work of a deceased member of the ex-service community may be entered by family or a friend (acknowledging the name of the original artist/author).

OPENING DATE	Monday 03 April
CLOSING DATE	Monday 31 July
DELIVERY OF ART ENTRIES	24 - 24 August Between 10am and 3pm

Enquiries to SWAC Coordinator

☎ 9496 2290

Email to: swac@austin.org.au

Post to: Story Writing & Art Competition

PO Box 5444

Heidelberg West 3081

HEALTH and WELFARE

Free shingles vaccination – you don't have to suffer!

Yolande's shingles caused her so much pain that she couldn't bear to put on clothes or have the sheets touch her skin. She felt completely miserable and her symptoms lasted for several months.

Denis had it easier. Shingles only made him feel sick for a few days. He felt a little itchy for a while, but was back to his old self in a matter of weeks.

You may recall having chickenpox as a child, but did you know that anyone who has had chickenpox can develop shingles later in life?

Shingles is caused by the same virus that causes chickenpox, the varicella-zoster virus (VZV). After you recover from chickenpox, the virus continues to live in some of your nerve cells. It is usually inactive, so you don't even know it's there. Shingles occurs when the virus is reactivated.

Medical science doesn't really know how shingles is triggered.

We do know that older people are more susceptible as they tend to have a harder time fighting off infections.

Shingles is a disease that affects your nerves. Tender, painful skin signals the beginning of an attack. The skin then turns red and breaks out in tiny, fluid-filled blisters.

Shingles can cause burning, shooting pain, tingling and itching, and may affect any part of the body, including the face.

About 20-30 per cent of people will suffer from shingles in their lifetime, most after the age of 50 years. Older people [particularly those aged over 70] are also more likely to have shingles complicated by post-herpetic neuralgia - a chronic neuropathic pain syndrome (which means the pain can continue long after the rash is gone) and other complications.

How can I protect myself?

A free vaccine to protect against shingles is available to Australians aged 70-79 years.

If you are under 70 you can still have the vaccination to protect yourself; the cost is approximately \$200 but may vary at different pharmacies - talk to your doctor for more information.

It is important for anyone over the age of 50 to realise that they might develop shingles - and the older they get, the more the risk increases, says Victorian Chief Health Officer, Professor Charles Guest.

"Vaccination can contribute directly to increasing the health and wellbeing of older people and helps them to increase control over the determinants of their health, he says.

I would encourage any senior to speak to their doctor about this vaccine - shingles can be a terrible condition but it can be avoided".

Tinnitus and Hearing Loss



Tinnitus is a physical condition, experienced as noises or ringing in the ears or head when no such external physical noise is present. Tinnitus is usually caused by a fault in the hearing system; it is a symptom, not a disease in itself.

Sensorineural hearing loss is caused by damage to, or malfunction of, the cochlea (sensory part) or the hearing nerve (neural part). It leads to a loss of loudness as well as a lack of clarity.

Tinnitus and sensori-neural hearing loss is common amongst military personnel due to exposure to high-intensity noise of various types. Military service and the ageing of our veteran population, means that veterans from a wide age group are suffering these conditions. Of our five senses, which is the most important for ensuring that we can continue to engage in a meaningful life? Sight and sound would rank highly for most of us.

We know that hearing loss is permanent and the importance of limiting any further damage. Hearing aid technology is improving and for some, tinnitus maskers and inhibitors provide relief from ringing in the ears. Our smart TVs provide us with text captions, and email and SMS provide other forms of communication for the hearing impaired.

For those of us with good hearing, it can be hard to understand what it must be like to lose your hearing and suffer from tinnitus. Also, what do they hear? Dr Karl's Great Moment in Science story "Why do you 'hear the ocean' in a seashell?" provides an audio file which simulates a different type of hearing loss and/or the experience of tinnitus. To listen to the audio files go to:

www.nal.gov.au/hearing-loss-simulations.shtml

How good is your hearing?

Answer the following quiz about your own or someone else's hearing:

- Do you have difficulty understanding people unless they are facing you?
- Do you find it hard to understand conversations in a noisy room?
- Do you fail to hear the doorbell or the telephone ring?
- Do people complain that you turn the TV or radio up too loud?
- Do you often ask people to speak up or repeat themselves?
- Do you have difficulties understanding telephone conversations?
- Do people complain that you do not hear them?
- Do you sometimes have ringing or a buzzing in your ears?

If you answered 'yes' to any of the questions above, you may be exhibiting the signs of hearing loss. It is recommended that you have your hearing checked by an audiologist.

Hearing and tinnitus services for veterans

Hearing services consist of hearing assessments, management and hearing rehabilitation, including the fitting of hearing devices where needed. Eligible veterans with a gold or white card can access hearing services through the Australian Government Hearing Services Program run by the Office of Hearing Services. Talk to your GP and ask for a referral to an audiologist for a hearing assessment.

Tinnitus treatment for eligible veterans is available through the Department of Veterans' Affairs, and you should discuss your condition with your GP or ENT specialist. Various options are available and are considered on a clinical needs basis.

For further information obtain a copy of DVA Factsheet HSV22: Hearing Services – information for the veteran community. www.dva.gov.au Ph: 133 254 or 1800 55 254.

eye health

Because our eyesight changes as we get older, it's important to keep your eyes healthy and be aware of potential eye problems.

HAVE REGULAR EYE TESTS

An optometrist or ophthalmologist can perform an eye test. An eye test is not just good for checking whether your glasses are up to date. It's also a vital check on the health of your eyes. An eye test can pick up eye diseases, such as glaucoma and cataracts, as well as general health problems, including diabetes and high blood pressure.

HOW TO KEEP YOUR EYES HEALTHY

As well as having regular eye tests and wearing the correct glasses, you can do several things to keep your eyes as healthy as possible:

- Eat well – eating a healthy, balanced diet is important for your eyes.
- Wear sunglasses – strong sunlight can damage your eyes and may increase your risk of cataracts.
- Quit smoking – smoking can increase your chances of developing conditions such as cataracts and macular degeneration.
- Stay a healthy weight – being overweight increases your risk of diabetes, which can lead to sight loss.
- Use good lighting – to see well, your eyes need three times as much light when you're 60 as they did when you were 20.
- Exercise – good circulation and oxygen intake are important for our eye health.
- Sleep well – as you sleep, your eyes are continuously lubricated and irritants, such as dust or smoke, that may have accumulated during the day are cleared out.



Eye testing by an optometrist is covered under Medicare. If you're a member of a health fund, you may be eligible for discounts on your glasses or contact lenses.

DVA Factsheet HSV18 Optical services and supplies - information for the veteran community.

DVA Veterans' MATES Brochure: Take a look at Glaucoma provides advice on the ongoing use of eye drops to prevent loss of vision.

www.dva.gov.au or phone 133 254 (metro) or 1800 555 254 (regional Australia)

EYE PROBLEMS AS YOU GET OLDER

- Difficulty reading – eye muscles start to weaken from the age of 45. It's a natural ageing process of the eye that happens to us all.
- Floaters – these tiny specks or spots that float across your vision are normally harmless. If they persist, see an optician as they may be a sign of an underlying health condition.
- Cataracts – easily detected in an eye test, this gradual clouding of the eye's lens is very common in over-60s. A simple operation can restore sight.
- Glaucoma – this is related to an increase in pressure in the eye that leads to damage of the optic nerve, which connects the eye to the brain. Left untreated, glaucoma leads to tunnel vision

and, ultimately, blindness. However, if it's detected early enough, these complications can usually be avoided with eye drops.

- Macular degeneration (MD) – this is the name given to a group of degenerative diseases of the retina that cause progressive, painless loss of central vision, affecting the ability to see fine detail, drive, read and recognise faces. Although there is no cure for MD, there are treatment options that can slow down its progression, depending on the stage and the type of disease (wet, dry and other forms). The earlier the disease is detected, the more vision you are likely to retain.

Source: www.healthdirect.gov.au/article/eye-health-tips-over-60s

Now, some useful advice that could prevent hearing and sight problems – (from overindulgence!)

standard drinks

Each of these drinks equals approximately

one standard drink



Bigger glasses, bottles or cans hold more than one standard drink.

If you are not sure, read the label.

For further information www.druginfo.adf.org.au

THE PADRE'S PAGE

MONUMENTAL MOMENTS



To mark the Feast of Saint Stephen, the Church's first martyr, on December 26, Pope Francis called on Christians to remember those who died for their Christian faith.

"The world hates Christians for the same reason it hated Jesus: because He brought the light of God, and the world prefers the darkness to hide its wicked works. Today too, the Church, to bear witness to light and truth, experiences harsh persecution in different places, to the point of the supreme test of martyrdom. How many of our brothers and sisters in faith suffer abuse, violence, and are hated for Jesus' sake! I'll tell you something. The martyrs of today are greater in number than those of the first century."

Dr G Campbell Morgan, a great British preacher of a past generation, was once asked what he thought of an up-and-coming young preacher. "At the moment", he said, "he is a good preacher. When he has suffered, he will be a great preacher." History records countless testimonies of those who have plumbed the depths of emotional and spiritual suffering and yet, claimed that they would not have missed the experience for the world.

In "A Twentieth Century Testimony" the writer and broadcaster Malcolm Muggeridge records how, surprisingly, he gained particular satisfaction from looking back on experiences which, when they occurred, seemed painful and distressing. Perhaps even more surprising is the fact that he claims that everything he had learned in life which had been of benefit, had been through anguish and not through happiness. "If it were ever possible to eliminate the cold hard winds of life," he writes, "the result would not make life delectable but make it too banal and too trivial to be endurable. Every happening, is a parable whereby God speaks to us, and the art of life is to get the message."

May God's Grace and abundant Love be your experience, and all your loved ones experience, throughout the coming New Year.

As ever, George G.

(Rev) George G Ashworth OAM RFD

ON THE LIGHTER SIDE

At an ADF Tri Service 'Understanding and Co-operation Seminar' the following question was posed:

"What would you do if you found a scorpion in your tent?"



A Sailor said, "I'd step on it."



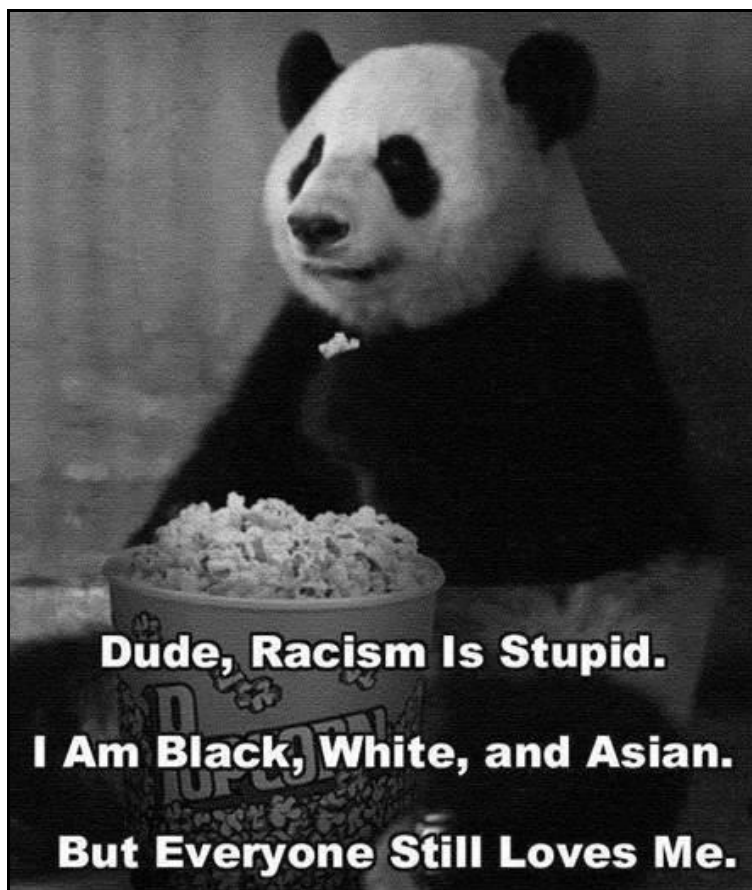
A Soldier said, "I'd squash it with my boot."



An SAS member said, "I'd catch it, break the stinger off, and eat it."



An Airman said, "I'd call room-service and find out why there is a tent in my room!"



GARDENING FOR THE HEARING IMPAIRED:

I was working in the garden the other day and my wife was about to take a shower.

I realised that I couldn't find the rake so I yelled up to her, "Where's the rake?"

She couldn't hear me and she shouted back, "What?"

I pointed to my eye and then I pointed to my knee and made a raking motion. My wife wasn't sure what I meant and said again "What?"

I repeated the gestures. **"Eye - Knead - The Rake"**

My wife replied that she understood and signalled back.



She first pointed to her eye, next she pointed to her left breast. Then she pointed to her backside and finally to her crotch.

Well, there is no way in hell I could even come close to that one. Exasperated, I went upstairs and asked her, "What the hell was that?"

She replied, **"Eye - Left Tit - Behind - The Bush"!!!**

Do you know that awesome feeling when you get into bed, fall right asleep, stay asleep all night and wake up feeling refreshed and ready to take on the day?

Yeah, me neither!



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

DONATIONS

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

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

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

BEQUESTS AND LEGACIES

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

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

VVCS - VETERANS and VETERANS FAMILIES COUNSELLING SERVICE

(A Service Founded by the Vietnam Veterans)

Normal Hours: 8640 8700

Crisis Line (after hours) 1800 011 046

DVA VICTORIA

Normal Hours: 133 254

Country/Regional: 1800 555 254

In Hospital or Convalescing at Home?

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

Name:.....

Address:.....

Preferred Contact details:.....

Post or Email your request to the Secretary or give him a call on 9317 7304 and we will try and arrange a visit on your behalf.