

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



**NEWSLETTER**

**June 2017**

[www.raafvva.org.au](http://www.raafvva.org.au)

[www.raafavic.org.au](http://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 everyone!

Now that ANZAC Day commemorative activities are over for another year, your committee has spent a little time reflecting on our participation in the events and whether we need to tweak some of the arrangements. Can't do much about the weather I'm afraid and it was great to see so many brave the rain showers and work up an appetite for lunch. One of our enterprising committee members decided to set a new standard for our group and ride in style in a RACV vehicle with the contingent. As the years roll by, we should not be surprised to see more of our members take up this option. The lunch was enjoyed by all and the continuation of a raffle, started last year, added to the spirit of the occasion. Vice President Max reports that \$380 was raised for our welfare fund and all without any recourse to arm twisting or blackmail. One point that we do need to consider improving, is our 'guesstimation' of the number of those attending the lunch and the committee is working on this.



As part of its Meet-a-Mate campaign, the Air Force Association is promoting a visit to the NVVM at Philip Island on 22 August. For those who have yet to admire the Iroquois in its new livery first hand should mark this date in their diary. The Association is also planning to introduce some interactive software to its website during the year which will help with administration. It's planned that each Branch will have its own page as part of this facility which will be helpful for a lot of our routine day- to-day functioning.

Finally, on a sadder note, a Memorial Service is planned for Lee Scully in Sydney on 18 June. Alan White and I will be there to attend the service on behalf of the Branch and to pay our final respects to a man who did so much over so many years to promote Vietnam veterans and their interests.



Corporal Lee Scully (L) - Vietnam, 1965. Pic supplied by John Sambrooks, RTFV/35 SQN Assoc'n

All the best, and take care.

Chris Hudnott  
President



## NOTICE BOARD

### Monthly Luncheon

Next monthly luncheon is planned for **Wednesday, 21<sup>st</sup> June, 2017** at the Mail Exchange Hotel - 688 Bourke Street, City, (corner of Bourke and Spencer St's). **If attending, please advise our Secretary, Gill Coughlan, (by the Monday) so she can arrange an appropriate booking.**



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



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.

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.

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.

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.

*We've lost my prostate, mate!* 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.

My website is [www.theprostatezone.com](http://www.theprostatezone.com) and people can buy the book via my website or via [www.amazon.com](http://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](mailto:alan@theprostatezone.com)

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



## Personal. Reliable. The way travel arrangements should be

### Tailored holiday specialist

Hi, I'm Dan Nebauer - your personal travel manager!

I served in the RAAF for more than 25 years with numerous postings within Australia and overseas, including 12 months in Vietnam with 35 SQN. Since leaving the RAAF, I have travelled extensively myself and arranged holiday and travel plans for literally hundreds of very satisfied clients. Whilst specialising in Asia destinations like China, Tibet and Mongolia - Nepal, India & Sri Lanka - Vietnam, Burma, Borneo and all SE Asia - I am also able to cover the rest of the globe for you - by air, land and sea. So put my 20 years of travel industry experience to work for you!



### Dan Nebauer

To find out more, call me:  
Or contact me by email:  
Sign up for my newsletter at:

0413 611 541  
dan.nebauer@travelmanagers.com.au  
[travelmanagers.com.au/DanNebauer](http://travelmanagers.com.au/DanNebauer)

Part of the House of Travel Group, ACN 113 085 626. Member IATA, AFTA, CLIA

# 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...

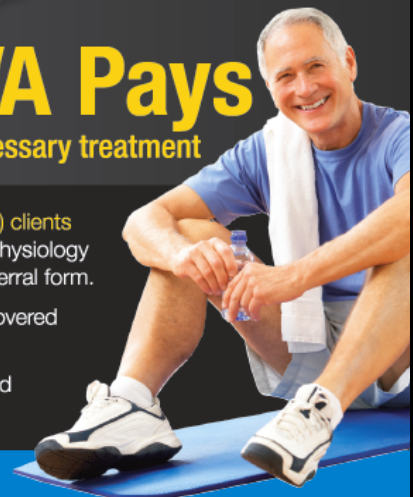
- ✓ Increase mobility and balance
- ✓ Reduce and manage age related illness
- ✓ Assist with the management of chronic health conditions, back pain, cardiovascular disease, arthritis, diabetes and more
- ✓ Exercise Physiology, Occupational Therapy, Dietetic & Physiotherapy services available.
- ✓ Operating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



**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](mailto:admin@njfwellness.com.au)

[njfwellness.com.au](http://njfwellness.com.au)





# OUT AND ABOUT

## ANZAC DAY 2017

The forecast was for cool temperatures, overcast skies with passing showers in the morning, then clearing to a fine afternoon. Many who decided to risk the weather chose to bring a protective overcoat, or at least an umbrella. Others thought to themselves, “she’ll be right mate”.

Published form-up point was on Flinders St, east side of Swanston St (nice and handy to Flinders St Station). However, anyone coming from the train found it was not just an easy stroll across the road to look for our Banner. This year’s heightened security resulted in the intersection of Flinders and Swanston St’s being fenced off and well-guarded by heavily armed police. There was no access for pedestrian crossing at all, so this meant heading off towards Elizabeth St before coming upon a controlled gap in the barricade. Cross the road, then back to Swanston, up along the left side of Swanston St for another hundred or so yards (oops, metres), before being guided through to the east side, then trek back down to Flinders St, around the corner, and then search for the Banner. Get the picture? Not as easy as first thought. Most of us had already completed our daily steps target, before even lining up for the March!

However, numbers continued to swell as the clock ticked towards a step-off time of 1020 hrs, and despite their having to negotiate the ‘overcrowded maze’, it was a very pleasant surprise to eventually see some 50 RAAF Vietnam Veterans eagerly mingling and chatting together at the form-up point. The most we have had for some years!

President, Chris Hudnott, had volunteered to assist the ABC’s television coverage of the March by offering his cultured and dulcet tones to the commentary. Chris has been congratulated on previous years for his knowledge and expertise as the ABC’s guest commentator for the Air Force. With Chris pre-occupied, the honour and responsibility of leading our contingent passed to Vice President, Max McGregor.



Skies were overcast, but no sign of rain, as we waited patiently - with Max ready to lead.



We stepped-off almost on time, but without any marching band, it began as 'just a bit of a chatty stroll', until we approached the corner to Swanston St.



Then, with the faint sound of bagpipes in the distance, we straightened up, thrust out our chests, sucked in our stomachs, and got in step (almost). Alas, the sky was darkening.



We witnessed two flypasts during the March: the first by four RAAF PC9 aircraft from East Sale, with the other formation consisting of three CT4s and three Winjeels from the RAAF Museum Flight at Point Cook.

The march continued smoothly, but for a few short pauses along the way. At least they presented a chance to catch a breath and ready ourselves for the next period of stomach tightening.

Crowds were down on previous years: more people in the City, but thinning out along St Kilda Rd. However, those present certainly didn't hold back their appreciation, with enthusiastic clapping, cheering and flag waving as we marched on by.

Everything was going well until we approached to turn up to the Shrine. That was when the raindrops started. A sprinkle at first. I even heard someone say, "ah, it won't last long".





Then the heavens opened and the sprinkle turned into a downpour!



Out came the raincoats and umbrellas.



Our march had degenerated into a mad scramble to cover up, but then the rain stopped - just as quickly as it had started. We were all soaked, but managed to regain some composure as we approached the television cameras. (Not sure what President Chris had to say about us, as we marched past.)

However, by the time we climbed the steps up to the forecourt of the Shrine, our group had reformed and presented an impressive contingent as we continued, in step, past the Dignitaries' Enclosure and the Eternal Flame.

On completion of the march we set off down the slope on the right side of the Shrine, heading towards site of the RAAF Vietnam Plaque. A short Remembrance Service was planned and fortunately, Chris had prearranged an early escape from the commentary booth so managed to catch up with us there.



There was a short period for light hearted humour and a bit of a chuckle while waiting for Chris



Over recent years, our Padre, Rev George Ashworth, has diligently undertaken the long journey from Jan Juc to attend and present our Commemoration Services at the Plaque. This year, however, with advancing age, and the adverse weather conditions, he reluctantly was unable to accept our invitation. Ever caring though, Rev George forwarded appropriate words of prayer for Chris to read out during the short Service. Among the list provided by Rev George were prayers: "For the Forces", "For the Victims of War" and "The Lord's Prayer".

Chris also said a few words in memory of those RAAF personnel who served in Vietnam, especially those who did not return, and those who have since passed on. Before the one minute silence, a special mention was made of the recent tragic, death of our Past President, Lee Scully. The mood turned solemn.





For the Forces: O Lord God of hosts, stretch forth, we pray Your mighty arm to strengthen and protect all those who serve Her Majesty, our Gracious Queen Elizabeth the Second in every Unit of our Army, our Navy and our; Royal Australian Air Force; Endue them with loyalty and courage; shelter them in the day of battle, and in time of peace keep them safe from all evil, through Jesus Christ our Lord. Amen.

For the Victims of War: O Father of Mercies and God of all comfort, we intercede this day for all who continue to suffer because of two World Wars and the conflicts in Korea, Vietnam, Iraqi, and Afghanistan; the widows, the orphans, and all who have been bereaved, the wounded, the crippled the deaf and the blind, all mentally affected and those suffering depression, the refugees without home, work or country. Grant them all Your healing and strength, Your help and consolation; through Jesus Christ our Lord. Amen.



Adding to the solemnity was Gill Coughlan placing a wreath at the Plaque





55 gathered at the Seasons Hotel for our traditional Anzac Day Reunion Lunch. Surprisingly, more than anticipated, so staff rushed in a few extra chairs, to match the number of bottoms.



Graham Walter, nephew of Gareth Davis, Gareth, Rick Holmes and Russ Hateley



Dave Grierson with his wife and family members



Brendan, with some of 'the Boys' of the Lynch family





Good company, good food - and free drinks! What more could a bloke want?



Pieter Jongkryg and Ron McMullen



Chris and Ray Appleford



Brendan won the raffle



Three of our Life Members: Brendan Lynch, Rick Holmes and Graeme Dodd



## DID YOU KNOW

### Republic of Vietnam Cross of Gallantry with Palm Unit Citation

Australian Defence Force members who served during the Vietnam war have been recognised with the Republic of Vietnam Cross of Gallantry with Palm Unit Citation.

The Citation was awarded by the former Government of the Republic of Vietnam (South Vietnam) to specific military units that distinguished themselves in battle. The Governor-General has formally approved the awarding of the Citation to identified Australian military units in recognition of their service during the Vietnam war.



#### Eligibility

To be eligible for the Citation, members must have served in Vietnam under the operational control of United States Military Assistance Command Vietnam posted to one of the following units, during the eligible dates:

#### Air Force

- RAAF Transport Flight Vietnam/35 Squadron from August 1964 to February 1972
- 9 Squadron from June 1966 to December 1971
- 2 Squadron from 19 April 1967 to 15 July 1971.

#### Applications

Individuals who believe they could be eligible are asked to submit an application through the Defence Honours and Awards website: <http://www.defence.gov.au/medals/Foreign/RVCGPUC>

Additional Information: This decision by Department of Defence has come as a direct result of presentations by our late member, and Past President, Lee Scully. Below is part of Lee's comments, posted on the website of 'CONTACT' magazine, on 03 Feb 17.

"I triggered this matter by lodging a Review Submission to the Honours & Awards Tribunal after a nearly 3 year bureaucratic battle with the Defence Department. The initial Submission was made on behalf of RAAF Transport Flight Vietnam/No. 35 Squadron, who were first in/last out of RAAF Units in Vietnam.

My Flight arrived in Vietnam in August 1964 and was immediately formally handed over to the operational command of U.S. Military Assistance Command Vietnam, and assigned to USAF 2nd Air Division, Vietnam. The Flight was enlarged to full Squadron status in June 1966, and transferred to the operational command of the U.S. 7th Air Force – assigned to USAF 834th Air Division. Our last Caribou aircraft left Vietnam in February 1972.

The RVN Cross of Gallantry with Palm Unit Award now finally approved by the Australian Government was a "Unit" Award granted by the RVN Government to Military Assistance Command Vietnam and "its Subordinate Units" and covered the span from 8 February 1962 until 28 March 1973. As such, it is a Unit Award not an individual Award.

My pursuit of the Award was to seek some final recognition of the outstanding performance of our Flight/Squadron, given the total lack of any Australian Government acknowledgement for our service in Vietnam."

## HEALTH and WELFARE

Further to the 'Shingles' Article in last month's Newsletter, DVA confirmed Gold Card Holders, under 70 years of age, and with prior approval, can be covered for the \$200+ injection.

**From:** Young, Anthony <Anthony.Young@dva.gov.au>  
**Sent:** Monday, April 24, 2017 9:38 AM  
**To:**  
**Cc:** DVA.General.Enquiries  
**Subject:** Shingles Vaccine [DLM=For-Official-Use-Only]

Dear Mr

Vaccination for shingles for Veterans under the age of 70yrs can be subsidised where the doctor deems it clinically appropriate. Please ask your doctor to telephone our office to discuss an approval for an Authority prescription on your Gold card.

Kind regards

Tony Young  
Pharmacist Advisor  
Veterans' Affairs Pharmaceutical Advisory Centre

Tel: 1800 552 580  
Fax: 07 3223 8651



A previous bout of Chickenpox guarantees susceptibility to contracting Shingles in later years. Shingles can affect any part of the body and causes a great deal of pain and discomfort. In some cases, symptoms have lingered for months, or even years, after the telltale rash has disappeared.

A number of RAAFVVA/AFA members have recently reported suffering this debilitating condition. If you have not already done so, please seriously consider the benefit of preventative vaccination.



# The impact of mental illness on families



We are all aware of the importance of families in providing support to someone experiencing a mental health injury or long term illness. However, what is often less recognised, is the impact that living with, or caring for, these individuals can have on those around them. The carers not only have to deal with the pain of seeing a loved one suffer, they also need to deal with the impact of symptoms like social isolation and anger.

Some insight into the impact can be seen in the results of the Vietnam Veterans Family Study. This study examined the physical, mental and social health of Vietnam veterans and their families, covering a broad range of health outcomes. It included over 27,000 participants, included Vietnam veterans, partners and their children, as well as ADF personnel and families of the same era who did not deploy to Vietnam to provide a comparison group.

Overall, the study found that the majority of sons and daughters born to Vietnam veterans are leading healthy and productive lives. Importantly, however, it also found that the families of Australia's Vietnam veterans are more likely to have considerable emotional, physical, and social issues when compared to families of those who served in that era but did not deploy. A key factor of this intergenerational effect was the impact of living with posttraumatic stress disorder.

This research highlights the importance of the Veterans and Veterans Families Counselling Service (VVCS) – a legacy of the advocacy of the Vietnam Veteran community – which provides free and confidential counselling and support for war and service-related mental health conditions, but also for relationship and family matters that can arise due to the unique nature of military service.

Similar to the Vietnam cohort, we know most families of serving or ex-serving personnel with a mental health injury or illness experience can cope if they have the support of good community connections, strong relationships within their extended family, and a balanced family life that includes many enjoyable activities. What we need to understand now is how we can enhance this support so that it is available when needed.

The Transition and Wellbeing Research Program is currently underway and is Australia's largest and most comprehensive research program into contemporary military service. A key focus of the Family Study within the program is on establishing the family protective factors that need to be strengthened as well as the barriers to care that need to be addressed (see [www.Transitionwellbeing.adelaide.edu.au](http://www.Transitionwellbeing.adelaide.edu.au)).

We already know that mental health conditions can directly affect family life when there is difficulty in expressing feelings and emotions, which in turns leads to partners, family members, and friends feeling 'pushed away' and rejected. Mental health injuries and illness can also lead to reduced participation in a range of activities, making it difficult to have a normal family life. The partner in particular, is often left with the full burden of running the family, with considerable time spent dealing with the injury or illness at the expense of the needs of the family.

If as a veteran, partner or child of a veteran you are aware your relationships and family life are struggling, consider talking to your GP, contacting VVCS on 1800 011 046, or visit the 'At Ease' portal ([at-ease.dva.gov.au](http://at-ease.dva.gov.au)). If you want some tools that might help relieve some pressure, explore the tools in the High Res (High Resilience) section of the portal. More information on these tools is available in the article New eMental Health Products.

All these resources will remind you that the most crucial issue is that you take some time to reach out to friends and other supportive people in your community. In turn, if you know of someone in your community who is a carer or child of a veteran with a mental health injury or illness, consider making contact and seeing if you can provide some practical or moral support.

**Dr Stephanie Hodson, CSC**  
**DVA Mental Health Adviser**

# A real problem!

Stroke is a common disease and a leading cause of death

**Once every ten minutes** an Australian will have a stroke / TIA

**One in every six Australians** will have a stroke / TIA in their lifetime

**Three times more common than breast cancer** in women,  
and costs 30 times more to treat

At large, **undiagnosed**

So what causes stroke?



plaque

## Are you any of the following?

- ☐ smoker?
- ☐ drink excessive amounts of alcohol?
- ☐ are overweight?
- ☐ have elevated stress levels?
- ☐ don't exercise enough?
- ☐ have a family history of strokes?
- ☐ have an irregular heartbeat?

**You should come and have the Strokecheck conversation with us.**





In Australia, strokes are the second biggest cause of death after heart disease but more importantly, many of these can be prevented if symptoms are recognised and if appropriate and timely treatment is sought.

- **Strokes** are a very common disease in Australia where someone will have a stroke **once every ten minutes**.
- **One in six** Australians will have one stroke in their lifetime
- Strokes are **3 times** more common than breast cancer
- Strokes are **3 times** more expensive to treat than breast cancer

**If you do or suffer from any of the following then you should come and have the Strokecheck conversation with us:**

1. If you smoke
2. If you drink excessive amounts of alcohol
3. If you drink lots of caffeine
4. If you are obese
5. If you have elevated stress levels
6. If you don't exercise enough
7. If you have a family history of strokes
8. If you have an irregular heartbeat

**Strokes can be caused by the build-up of plaque within an artery. This process occurs over a long period and the stroke occurs for one of two reasons:**

1. Part of the plaque that has built up breaks away from the blood vessel and travels through the artery. It then lodges itself downstream in the heart muscle or in the brain tissue with serious results.
2. OR the plaque build-up causes a reduction of blood flow to the brain or heart muscle resulting in a loss of function

Strokecheck is a national registered charity which identifies the early symptoms of stroke and provides sound medical advice on keeping you safe. The simple process involves conversation, appropriate testing and then provision of advice and is conducted in various public and corporate locations.

Many strokes could be prevented. Early identification of risk combined with simple lifestyle changes can make the world of difference. Some patients may need more involved medical treatments, and these can be provided alongside your regular medical treating GP, and our specialist teams.

This is available for yourself, your friends and family and can be provided at your workplace.

Got questions? Don't hesitate to contact us: 1300 651 123 or [events@strokecheck.com.au](mailto:events@strokecheck.com.au)

## THE PADRE'S PAGE

### JESUS SHALL REIGN



Does it seem to you that present world conditions are a refutation of our Master's regal claims? Is He really reigning from the throne? To show how different attitudes can be I have selected two stories relating to figures from history.

In the late sixteenth and early seventeenth centuries a theologian by the name of Andrew Melville was a champion of the Scottish Church. His chief concern was that the Church should be independent of state control. One day, angered by unwarranted interference in ecclesiastical affairs, he walked unbidden into the presence of James VI and said, "Sir, as divers times before I have told you, so now again I must tell you there are two kings and two kingdoms in Scotland: there is King James, the head of this commonwealth, and there is Christ Jesus, the King of the Church, whose subject James the Sixth is, and of whose kingdom he is not a king, not a lord, nor a head, but a member." That rather daring assertion of the divine authority of Jesus was not at all well received.

The attitude of Queen Victoria three centuries later was very different. When she was well advanced in years she is reported to have said, following a sermon on the second coming of Jesus Christ: My supreme desire is to live until the second coming of the Lord so that I may Present to Him with my own hands the kingdoms of Great Britain and Ireland."

Grasp this reassuring truth and let it hold you as you move forward in these days. Jesus does reign now in His Church and shall reign as the predetermined time of God's appointment over all the kingdoms of the universe. Let there be no doubt it: the consequences of His conquest at Calvary will spread like ripples in a pond until He has put every enemy under His foot.

Once again, I am indebted to Dr Selwyn Hughes for the above. It makes you think, doesn't it? How is your relationship with Jesus? He is my constant companion – is he yours?

Blessings on you and all your loved ones.

As ever, George G.

Rev George G Ashworth OAM RFD



## VALE

### RAAF Vietnam Veteran



**John Linden 'Lee' Earnest SCULLY**  
**RTFV – Apr 65 to Dec 65**  
**21<sup>st</sup> April 2017**

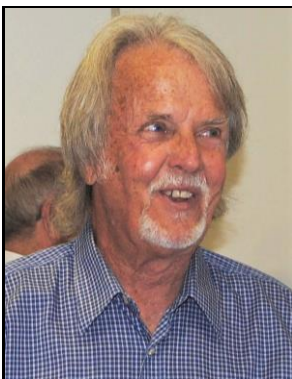


Lee Scully was RAAFFVVA/AFA VN Branch President for five years from 2010 to 2015 and was always heavily involved in our Associations. Lee dedicated much of his time to helping other veterans with their welfare needs. He was a very caring and compassionate man.

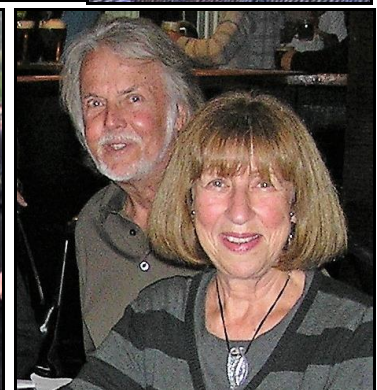
Lee's wife Ellen, a great partner and supporter, attended many of our activities and volunteered her services as a Welfare Officer. Sadly, in June last year, Ellen succumbed to her battle with cancer.

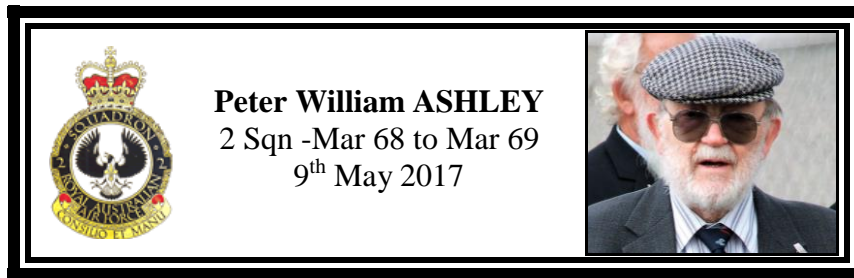
Lee's only other passion was motorcycles. He was a very highly experienced operator. His ambition was to "ride Route 66 across the USA".

On 22<sup>nd</sup> April, RAAFFVVA received news that Lee had suffered a fatal accident while riding with a tour group in a remote area of New Mexico. The report stated, when rounding a bend, the rider lost control of his bike and crashed off the road. Lee was pronounced dead at the scene.



The  
March  
Is  
Over  
Lee.  
RIP





### **Just a Common Soldier (A Soldier Died Today) by A. Lawrence Vaincourt**

He was getting old and paunchy and his hair was falling fast,  
And he sat around the Legion, telling stories of the past.  
Of a war that he had fought in and the deeds that he had done,  
In his exploits with his buddies; they were heroes, every one.

And tho' sometimes, to his neighbours, his tales became a joke,  
All his Legion buddies listened, for they knew whereof he spoke.  
But we'll hear his tales no longer for old Bill has passed away,  
And the world's a little poorer, for a soldier died today.

He will not be mourned by many, just his children and his wife,  
For he lived an ordinary and quite uneventful life.  
Held a job and raised a family, quietly going his own way,  
And the world won't note his passing, though a soldier died today.

When politicians leave this earth, their bodies lie in state,  
While thousands note their passing and proclaim that they were great.  
Papers tell their whole life stories, from the time that they were young,  
But the passing of a soldier goes unnoticed and unsung.

Is the greatest contribution to the welfare of our land  
A guy who breaks his promises and cons his fellow man?  
Or the ordinary fellow who, in times of war and strife,  
Goes off to serve his Country and offers up his life?

A politician's stipend and the style in which he lives  
Are sometimes disproportionate to the service that he gives.  
While the ordinary soldier, who offered up his all,  
Is paid off with a medal and perhaps, a pension small.

It's so easy to forget them for it was so long ago,  
That the old Bills of our Country went to battle, but we know  
It was not the politicians, with their compromise and ploys,  
Who won for us the freedom that our Country now enjoys.

Should you find yourself in danger, with your enemies at hand,  
Would you want a politician with his ever-shifting stand?  
Or would you prefer a soldier, who has sworn to defend  
His home, his kin and Country and would fight until the end?

He was just a common soldier and his ranks are growing thin,  
But his presence should remind us we may need his like again.  
For when countries are in conflict, then we find the soldier's part  
Is to clean up all the troubles that the politicians start.

If we cannot do him honor while he's here to hear the praise,  
Then at least let's give him homage at the ending of his days.  
Perhaps just a simple headline in a paper that would say,  
Our Country is in mourning, for a soldier died today.

**Lest We Forget**



## ON THE LIGHTER SIDE

Yes, we are getting older!!

**ARE WE  
THERE  
YET?**



**REMEMBER WHEN YOU COULD REFER  
TO YOUR KNEES AS RIGHT AND LEFT?**



**INSTEAD OF GOOD AND BAD.**

**Do you remember  
being able to get  
up without making  
sound effects???**

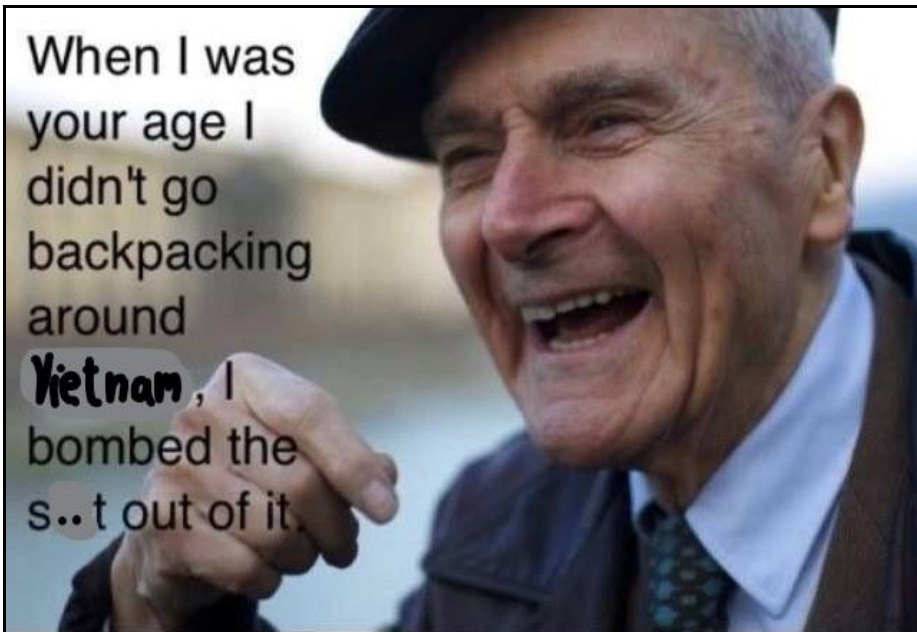
**Good times....eh**



## The Way We Were!!



When I was  
your age I  
didn't go  
backpacking  
around  
**Vietnam**, I  
bombed the  
s..t out of it.



**Growing old is  
hard work...  
The mind says  
"yes" but, the  
body says "what  
the hell are you  
thinking"**





**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.

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**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

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**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 her a call on 040 850 3986 and we will try and arrange a visit on your behalf.**