



Veterans' Support Group [®]

Founded by the
Vietnam Veterans' Federation
Qld Branch Inc.

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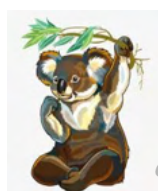
Web page: <http://www.vvfqld.com>



**TO ALL THE MEN AND WOMEN
WHO HAVE SERVED
OR ARE CURRENTLY SERVING
IN THE AUSTRALIAN DEFENCE FORCE
THIS IS FOR YOU
THANK YOU
FOR ALL THAT YOU DO**



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EDITOR'S REPORT



Hello Everyone,

Are we all still alive and breathing since the June Issue? If so, we can be grateful for small mercies. Every moment of our lives is precious. We can never get them back to have a replay, as we so readily do on our TV's. Challenges seem to be an ever-increasing event in these turbulent times. Anyone who was alive during WWII can attest to restrictions, shortages, long queues for essentials, government crackdowns..... This sounds very familiar, doesn't it?

As I sit here in my comfortable airconditioned office I often reflect on the articles that are within these pages. Our History pages in this issue, have a story of two men's courage in difficult times during two world wars and the different motivation for the men who fought then, to the men who fight now. Our loyalties are shifting from the broader sense of patriotism to mateship and protection of our own. Is this a good thing? Only time will tell.

We were privileged to be host to the Vietnam Veteran's Day here at our Centre on 18th August. My friend and I noticed the change in our members in the two years since our last commemoration. When the wreath-laying ceremony commenced their backs were a little more stooped and their heads bowed even deeper as they paid respect to their fallen mates. We are all feeling bewildered by the Covid 19 outbreak. It almost seems like a nightmare returned from a previous era. As a free nation we all enjoyed such freedom and mobility. To have it taken away from us at this stage in our lives makes us realise nothing is set in stone. Our lives can be turned upside down in an instant.

We need to get back to simpler times when family meant everything. The children were reared with less materialistic expectations. There was a broader community respect for those who gave their time to help others. I feel that GRATITUDE seems to be a dying art lately. Such a simple concept, however one that reflects how we truly feel towards our fellow man.

Page 14 is another poem I have written especially for our Vietnam Veteran's Day ceremony. Gary Stone asked me to write a few words about what it means to be a veteran and the mateship they share. As I walked back to my office the words were springing out of my mind. By the time I sat down with my trusty pen and paper at least half of a poem was racing through my mind. This automatic writing is a wondrous thing. Where does it come from? I have no idea.

Cheers Narelle

DISCLAIMER: The material contained in this publication is in the nature of enlightenment for the members. Contributions are acknowledged, with thanks, from Service and Civil publications. The editor expressly disclaims all and any liability to any person, whether an association member or not. Views expressed may not necessarily be those held by the Executive or the members.

PRESIDENT'S REPORT

Our Advocacy Services continue to achieve the results to which our clients are entitled. We now have the largest claim service in the Gold Coast Region with one full time and three part time advocates. Working from home allows our advocates to complete tasks without interruptions. Hence, greater productivity and accuracy.

We are blessed with dedicated staff, not just helping veterans but also striving to be the best at what they achieve. I cannot praise our staff Flavia, Brad, Kerry, Michelle, Deirdre, Jan, Narelle, Rae, Sandra, Stan and Taina highly enough.

Our more senior veterans, long after all their DVA claims have been made and settled, continue supporting contemporary veterans through their membership and many donations and I thank you enormously. The BEST Grant funding we receive is nowhere near enough to continue our Advocacy Services.

Currently, contemporary veterans account for over 90% of the workload of our Advocates. Less than 8% of those contemporary veterans are prepared to join as members. With more than 700 contemporary veterans accounting for the 90% of our yearly Advocacy workload, our Advocacy Services could cease within a few years. The question our clients must answer is: "Can I afford the \$30 per year membership to ensure that a very successful and experienced Advocacy Service remains ongoing at least until I no longer need it?"

Again, our BEST Grant Funding allocation is unknown as 25% of the year has almost passed. Accordingly, we are required to have sufficient funds in our bank accounts to pay the wages well into the current year. Even when we are advised of our approved funding it takes another full month to have it transferred to our bank account. We must point out to our contemporary clients, it is our aging members who understand the need for professional and dedicated Advocacy Services for all veterans.

The extended time period since the Vietnam War and other conflicts is now being felt by many veterans in desperate need of help. It is taking DVA more than eighteen (18) months to start processing most of their compensation claims. Contemporary Veterans are suffering the consequences. In some situations, our Advocates can assist in having urgent claims prioritized by DVA.

We have installed our new website www.veteransupportgroup.org.au following the hacking of our previous website. It took much longer than expected but we now have the basics up and running and adding to it on a continuing basis. Our previous website is now redirected to our new website. Thank you for your patience.

The Terms of Reference for the Royal Commission into Defence and Veteran Suicide were released on the 8th July 2021. That document will be made available soon through our website www.veteransupportgroup.org.au via a hyperlink. We desperately need change within our veterans' compensation process that will put veterans and their welfare first. We must ensure our issues are clearly conveyed and backed up by facts and examples. Any veteran, family member, friend and or professional wanting to contact me in this regard, my contact details are as follows:

Peter Handy, (Email: president@vvfqld.com Ph: 07 5578 2233 Ph: 0448 195 020



Councillor Bob La Castra

Division 8

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CITY OF
GOLDCOAST.

9 September 2021

A70216037

Mr Peter Cameron
Treasurer
Vietnam Veterans Federation Queensland Branch Inc
Leagues Club Drive
NERANG QLD 4211

Dear Peter,

RE: 2021-22 DISCRETIONARY GRANTS PROGRAM — DIVISION 8

It is my pleasure to advise you that your recent application for funding through the Division 8 Discretionary Grants Program has been successful in securing funds for your organisation.

However, due to applications which totalled more than the overall funds allocated, not all applicants received the full amount requested. As you are no doubt aware, the State Government has placed significant restrictions on the amount of funding that locally elected Councillors can provide to community groups and schools. With a total allocation of only \$36866 permitted to be distributed, and applications received in the vicinity of \$75,000, my options were limited.

I am pleased to be able to provide the amount of **\$6500.00 (Six Thousand Five Hundred Dollars)** to **Vietnam Veterans Federation Queensland Branch Inc** which will be deposited directly into your nominated bank account.

For Council auditing purposes, any donation of \$500 or more requires an acquittal form to be completed after you receive the appropriate monies. This can be done via <https://www.goldcoast.qld.gov.au/Council-region/Grants-funding-development-programs/Discretionary-Grants-Program> however, to assist my office, it would be appreciated if an email confirming your completion of the acquittal, was sent to my office at division8@goldcoast.qld.gov.au

I have also attached an acquittal form to this email for you.

I am very pleased to be able to assist your organisation with this donation and I wish you every success.

Yours sincerely

Councillor Bob La Castra
Division 8

Sub Branch President's Report – September, 2021

Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Branch Inc.

Hello fellow veterans and members,

A TEAM EFFORT

This is a good story how our Vietnam Veterans Support Group work together. It started with a lady named Pam Payne a retired Australian Army Officer and a member of the VVF. Over time Pam has donated a number of items to the VVF Support Group Men's Shed, however, the item she wished to donate this time was a little out of the ordinary being a half-completed ply canoe.

It all started when Pam, being a hands-on person, especially with woodworking skills and also a leisure time canoeist, had a desire to build her own canoe and enrolled in a special boat building course at Camp Creative, Bellingen, NSW. The course was run by Brian Jones, an ex Army officer and professional boatbuilder who in the past had taught students from all walks of life how to build their own timber canoe, using an approved "Stitch and Glue" ply construction method. The course proved invaluable for Pam who got top marks for her project. After bringing the uncompleted canoe hull home to finish Pam, who already had two other fibreglass Kayaks, decided to shelve the completion till a later date and stowed it under the garage rafters. Well, like all of us at times, more important things cropped up and so the unfinished canoe project was left for a few years until Pam decided to donate it to the VVF support Group Men's Shed, Nerang in the hope that they could complete her endeavour.

Pam contacted Secretary/Treasurer Peter Cameron who approached Don (Noah) and Bill (B3), from the Shed's boatbuilding section, to see if they could complete the canoe project. He believed this would make Pam very happy knowing that it may someday go to someone who would enjoy getting out on the water in the boat she built. After receiving the canoe, at a hull-only stage, the guys went to work constructing bulkheads, decking and built-in buoyancy compartments otherwise not in the original plan; probably going a little "overboard" in their endeavours - not in material cost, as all the items used to finish the canoe were from the Shed's surplus stock. Interested in seeing how the finished canoe handled, it was decided to water test it in nearby Emerald Lakes. Noah and Yowie who had never been canoeing were the "Test crew" while Bill photographed the event to send back to Pam; who on receiving them was overjoyed with the result.

An interested observer during the finishing of the canoe was Australian Army Chaplain, Gary Stone who often dropped by to check on the canoe's progress. Obviously, Gary had thoughts on how the canoe could assist in helping his cause of improving the life of ex-Veterans into doing something a little different than the norm; so when it was decided by the Shed to advertise the boat for sale, Gary stepped up with an offer, seeing how the canoe could be such a benefit to his cause. A deal was done, and all parties were happy.

Summary: The story is interesting in the fact that it linked the builder, the Shed Crew and Chaplain Gary's cause; all members within the Vietnam Veterans Association. We are sure the story will continue with the canoe, and under the stewardship of Chaplain Gary, we look forward to other successful stories from his members.

Andy Bryson - President.

veterans, Volunteers & Friends Workshop

Join our Activities

Mixed Firewood \$15 bag

Woodworking

Woodturning

Metalwork

Leatherwork

Private Projects

Produce Gardening

Organised Projects

Spray painting room



Join our friendly

& Sociable Environment

Open Mon, Tues,
Wed & Thurs.

8am - 3pm

Drop in and see us at:

**18 Leagues Club Drive,
Nerang.**

Phone/Fax:55022836

Peter 0408276044



**The
canoe
story
continues**

Michael Stone and Chaplain Gary Stone
in front of the newly purchased canoe.

Ebony and Ivory is a very
fitting name for this
beautifully finished canoe.

Even down to the
miss-matched seats and
the black trim gives it a
unique look. Well done
everyone involved.



CENTRAL GOLD COAST COMMUNITY AWARDS 2021



Don Lees (aka Noah) was nominated by the Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Branch Inc for this award for his amazing efforts since he joined the charity in May 2015. The nomination was approved by Angie Bell MP, Federal Member for Moncrief and she will present Noah with the award on Thursday Night 23 Sep 2021. We all congratulate Noah on this significant award. Noah's citation is repeated hereunder:

Don became a volunteer associate member of the Vietnam Veterans Federation (VVF) on 14 May 2015 after retiring from the work force. He is of New Zealand origin but is now an Australian Citizen. During his paid working life, Don was a boat builder in both New Zealand and Australia. Since joining the VVF, Don has proved to be an excellent community volunteer member by way of offering his services in repairing broken furniture for widows, attending funding raising ventures, joining in VVF community activities such as the Seniors forum, run by the City of Gold Coast and helping with Bunnings Sausage Sizzles. These are just a few of his endeavours. Don is not a veteran of either the Australian or New Zealand Services, but a lot of his efforts are directed at the welfare of veterans, war widows and community members. As a member of the VVF, Don is an associate member of our ACNC registered charity which has a primary purpose of supporting veterans who are now community members, and their families. A high proportion of the community supported by the VVF are socially isolated and suffer with physical and/or mental disabilities.

How does this volunteer (or group) make a difference in peoples' lives?

The VVF is a charity organization that is primarily concerned with the welfare of veterans who are now community members together with their families, and to ensure that they are not suffering from any perceived difficulties with their lives. Our organization is also involved with the welfare of Long-Term Unemployed people and youth associated with the Juvenile Youth Justice System. With these groups, mentoring and training are a significant part of our aim to have these clients move on to the work force in a paid job enterprise. In this regard, Don has been instrumental in sharing his knowledge to these young clients in the hope that they can utilize their new-found skills in a fruitful and gainful employment into the future.

How this volunteer (or group) has helped improve our community:

Firstly, Don, under his own initiative and with the blessing of his organization Committee, has taken on several fund-raising ventures using his unique skills. He has now overseen the building of three 'Jack Logan 1908 Logan Design' dinghies, which have proven to be major upskilling projects for both members and community members through our various programs. These have proven to be major fund-raising ventures for which the VVF is most appreciative. The three dinghy projects, which raised much needed revenue for the VVF were:

- No 1. Named 'Hunky Dory' which raised over \$ 8,000.00 in a raffle project.
- No 2. Named 'Luv Me Tender' which raised \$ 4,800.00 in a private sale to a NSW Marriage Ceremony Company.
- No 3. Named 'Zephyr' which raised over \$ 15,000.00 in a raffle project in this Covid-19 affected year.

The funds raised by Don's projects has enabled the VVF to assist the Coorparoo Legacy Ladies Care Group with their annual Xmas Parties, a severely distressed local lady with an extremely handicapped child by funding a specific bump resistant cot and many other projects specific to the needs of the community and veteran's membership. Don is now 83 years old but still puts his hand up for any VVF or community requirement. His most recent involvement was his participating in the VVF Vietnam Veterans Day (Long Tan Day) Commemoration Ceremony held on Wednesday 18 August 2021 which was the 55th year since that significant battle. This Ceremony drew a large crowd from the veteran, community and dignitary people.

Proven by his many hours of relentless volunteering and fund raising, Donald Raymond Lees is a most worthy recipient of an award under the Central Gold Coast Volunteer Awards Scheme.

A 54 year old woman had a heart attack and was taken to the hospital. While on the operating table she had a near death experience.

Seeing God she asked 'Is my time up?'

God said, 'No, you have another 43 years, 2 months and 8 days to live.'

Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck.

She even had someone come in and change her hair colour and brighten her teeth!

Since she had so much more time to live, she figured she might as well make the most of it.

After her last operation, she was released from the hospital.

While crossing the street on her way home, she was killed by an ambulance.

Arriving in front of God, she demanded, 'I thought you said I had another 43 years? Why didn't you pull me from out of the path of the ambulance?'

God replied: 'I didn't recognize you.'

4000 years later and we're back to the same language... 🤔😂



When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed.

But, somehow I always had something else to take care of first, the shed, the boat, making beer..

Always something more important to me.

Finally she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house.

I was gone only a minute, and when I came out again I handed her a toothbrush.

I said, "When you finish cutting the grass, you might as well sweep the driveway."

The doctors say I will walk again, but I will always have a limp.

In a Veterinarian's waiting room:

"Be back in 5 minutes.

Sit! Stay!"

VETERANS MENDING AND THE ROYAL COMMISSION

A Padres Perspective

At a recent annual clergy convocation in Brisbane, my mentor in Chaplaincy, Dr John Chalmers reminded us that the essential work of Jesus was and is, to be mending what is broken. I hope and pray that the Royal Commission into veterans suicide is focussed on mending, rather than opening up old wounds and ruminating on things that didn't work.

The Veterans Care Association that I lead has been working very successfully in mending and healing wounded, ill and injured veterans, and preventing suicide, and wanting to continue to work with the National Commissioner for Prevention of Veterans Suicide. We respect those that desire a Royal Commission but strenuously request that recommendations from numerous previous Inquiries are not put on hold while this process takes its course. We would all hope the Royal Commission can bring about enduring improvements, but too many veterans are living, right now, on the brink of despair. What is clear is that even before the Royal Commission has started, the level of angst among younger veterans has increased as they focus on what went wrong in their service experience. The media hype around injustices and accusations of poor, even criminal, behaviour will continue to feed this dismal reflection on the past. In reality an enormous amount of good has been done by many and our proximate region is much safer and more peaceful. We need to move the focus from the past to the present and to the future.

Immediately Defence could be implementing a transition health and wellbeing education program along the lines of the Timor Awakening program we have been delivering. Immediately, government departments and ex-service organisations could be looking at ways to implement a paradigm shift in both policy and funding, from a focus on sickness, to a focus on wellness. We have evidence-based research and experience, that demonstrates that even seriously wounded, ill and injured veterans can get healthier and can lead meaningful, purposeful and generative lives.

Indeed our large team of volunteers at VCA are all witnesses and living examples of that.

Veterans are resilient and resourceful people. Recently, veterans from our organisation led a recovery response into Timor, before government or other agencies. We can do the same in reducing suicide. The time is over for complaining about problems. Orchestrated negativity and whinging on social media adds to the despair and sense of hopelessness of veterans in crisis. They need HOPE. Support and mentoring by other veterans can provide that. The time has come that we need to be implementing solutions. The truism that we have identified, in working with veterans, is that whatever you focus on gets larger. We need to be focused on promoting wellness, and like Jesus, be mending what is broken.

Deacon Gary Stone, Veterans Padre

Kind regards

Gary

Gary Stone OAM

The Veterans Padre

President Veterans Care Association Inc

Holistic Care for of Body Mind & Soul for Veterans, Families & Carers

P: 0403 270 515

A: 26D Boogard Place, Clagiraba 4211

W: www.VeteransCare.com.au

***A Sign in a shoe
repair store:***

***We will heel you
We will save your sole
We will even dye for you.***

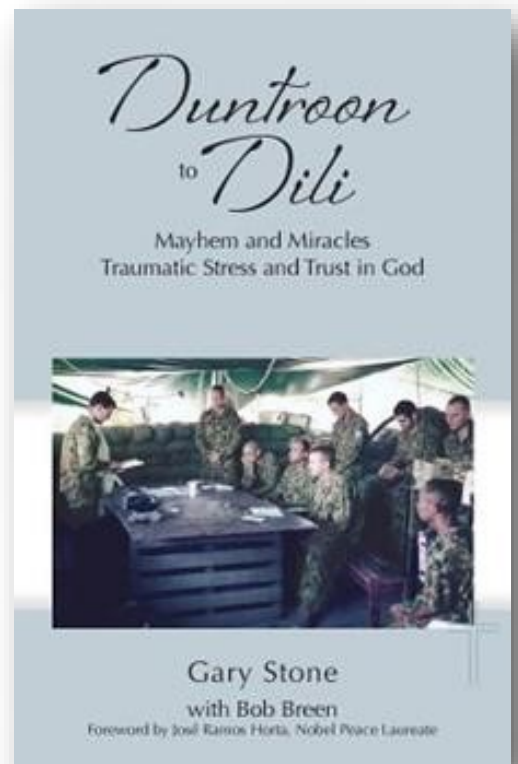
Gary Stone's Book

Duntroon to Dili

Available at Thriftbooks Australia

ISBN: **0992530113**

ISBN13: **9780992530112**



Commemorations

National service commemorated the 50th Anniversary of Operation Ivanhoe the Battle of Nui Le.

In September 1971, Australian forces were entering the final stages of their decade-long involvement in the Vietnam War. With elements of the Australian Task Force already returning home, enemy forces—particularly the battle-hardened 33rd North Vietnamese Army (NVA) Regiment—sought to establish themselves in Phuoc Tuy Province.

Operation Ivanhoe was intended to prevent enemy forces from gaining a foothold. Launched on 19th September 1971, it was a search and destroy sweep of the area south of the Courtenay rubber plantation.

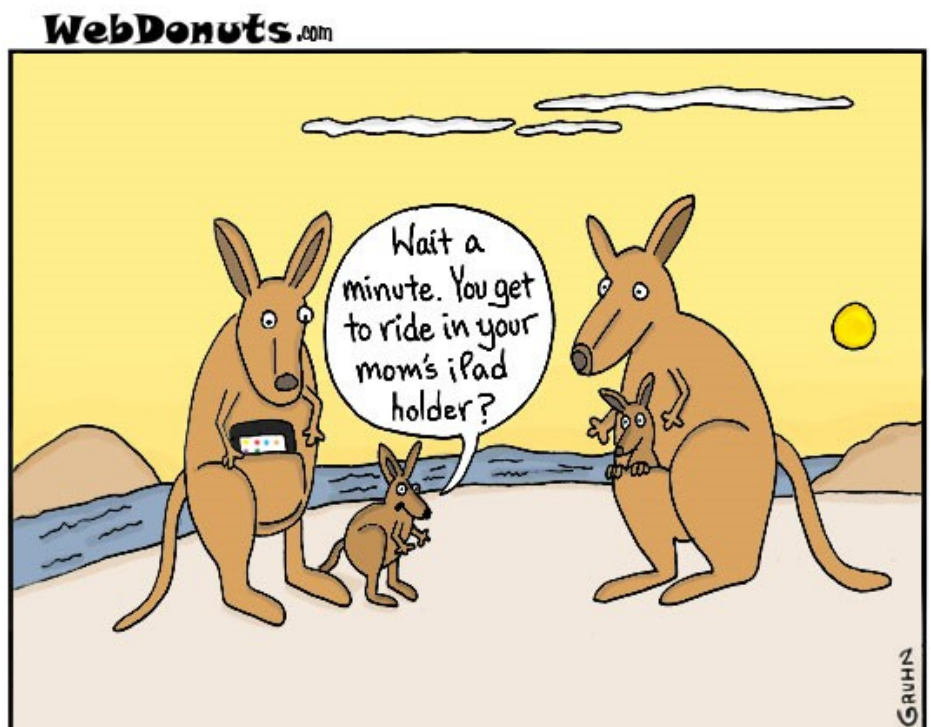
Operational personnel comprised members of; 4th Battalion, the Royal Australian Regiment/New Zealand (4RAR/NZ—ANZAC Battalion), 3rd Battalion, the Royal Australian Regiment, A Squadron, 3rd Cavalry Regiment, 1st Field Squadron, Royal Australian Engineers, 12th Field Regiment, Royal Australian Artillery, No.9 Squadron, Royal Australian Air Force (RAAF), 161 (Independent) Reconnaissance Flight and United States aircraft. Unfortunately, the Australian tanks that had supported previous operations had departed from Vung Tau to return to Australia less than a week before.

The last major offensive operation of Australia's war in Vietnam, Ivanhoe saw Australian forces engage in a series of heavy contacts with the 33rd VA Regiment, with five Australian servicemen killed and several wounded.

This included the last major battle fought by Australian forces in Vietnam the Battle of Nui Le on 21 September 1971. Throughout the day and into the night, soldiers from 4RAR/NZ's B and companies were engaged by NVA troops across two locations about four kilometres apart. In support of the fighting on the ground, United States aircraft and helicopters from No.9 Squadron RAAF provided substantial and effective air support, while artillery burst among the NVA positions. Overhead, helicopters from 161 (independent) Reconnaissance Flight dropped urgently needed ammunition and monitored activity on the ground below.

Clearing patriots went out at dawn the following day but the enemy had left during the night. The National Commemorative Service will commemorate all those who served during Operation Ivanhoe including the five Servicemen killed. It is an opportunity to reflect on the qualities of courage and perseverance that characterised Australians' service in Vietnam. It is a day to commemorate their service and sacrifice and a reflection on the cost of operations like Overlord to those involved and their families back home.

***In a Podiatrist's
office:
"Time wounds all heels."***





"I can improve his hearing, but there's nothing I can do about his listening."



FUNNIES AND QUOTES

A left wing politician, a TV reporter and an SAS trooper were captured by ISIS. They were sentenced to death by beheading. The ISIS leader said they could have one last wish each before sentence was carried out. The politician asked to hear a rendering of the ALP's "It's Time".

The reporter asked that the beheading be televised so that even when he was dead, his face would be on TV. The SAS trooper asked to be kicked three times up the arse. This was carried out, as the last kick landed the trooper pulled a hidden 9 mm pistol out of his smock, shot three terrorists dead grabbed a fallen AK47 and killed the rest of the terrorists. The other two were amazed, and asked why he requested to be kicked three times before drawing the gun.

"Because", said the trooper, "when we get back to Australia, I don't want you pair of bastards saying it was an unprovoked attack !!!!!"

"I cannot surrender. I am in command of Australians who would cut my throat if I did."

— Lieutenant Colonel Charles Hore, said during the Battle of Elands River in 1900 when asked to surrender by the Boer commander



"Let's try this one more time, soldier - where's the other shoe?!"

HYDRATE WITH WATER

by Dr. Arnaldo Liechtenstein, Physician



Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's".

I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration



It may sound like a joke, but it is not. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they do not feel like drinking water, because their internal balance mechanisms do not work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, mandarins, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that every two hours, you must drink some liquid. **Remember this!**

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now?? Send this information out to others! **DO IT NOW!** Your friends and family need to know for themselves and help you to be healthier and happier.

It is good to share! *For people over 60*



What is a Clinker without a trailer.
This little beauty was kindly donated.
Thank you so much Markus & Rikki,
from **Swiftco Trailers**, for their very
generous donation of the 3m, fully
galvanised, boat trailer for the Vietnam
Veterans' traditionally built timber
2.8m sail boat. What a great gesture.
Thanks from all of us.

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Think Trailer, Think Swiftco

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*At an Optometrist's Office:
"If you don't see
what you're looking for,
You've come to the right place."*

*On a Septic Tank Truck:
Yesterday's Meals on Wheels*



THE LAST TIME

An Air Force Cadet encounters mud.
This will, in all likelihood, never occur again.



OUR SUPPORT MEMBER

INTERSAIL AUSTRALIA . Supplier of quality
racing and cruising sails for Dinghies, yachts, multihulls
and distributors for world renown **HYDE SAILS** All of the
sails made in their Loft use the **Smar-Azure** sail design
and software system to optimize each custom made sail.

Their recently opened sail facility in Brisbane is owned
and operated by Rick Byerley who has over 40 years sail
making experience, having worked in major Sail making
Lofts in NZ and Australia. **Intersail** can also advise and
carry out sail repairs and Furler options as well as on-
water consultancy. The VVF Support Group thank **RICK
and INTERSAIL** for their contribution in donating a
traditionally made Lug sail for our Sailing Dinghy Raffle
and encourage all our sailing members to support Rick &
his Sail-making team. Further enquiries contact Rick on:
0418723328 or email: rick@hydesails.com.au

Vietnam Veterans' Day

18th August, 2021



This year was our first Vietnam Veterans Day ceremony since 2019. It seems so long ago. Around fifty members and their guests listened to Peter Handy's opening speech. He pointed out the significance of the day for all veterans and their families. He acknowledged the Yugambeh/Kombu Merri peoples and the many indigenous people who served with them in Vietnam and all other conflicts and peace-time activities.

"WE ARE MATES FOREVER"

Peter Handy acknowledged the 60,000 Australians deployed to the Vietnam War in the 1960's/70's. More than 3,000 were wounded, and 521 lost their lives. He also said to reach out to all who were deployed to the Vietnam War. On reaching the age of 70 all Veterans with war-like service, and including Vietnam Veterans, are entitled to receive a Dept. Veterans Affairs Gold Card.

Our resident chaplain Gary Stone officiated throughout the ceremony. Thank you Gary for your dedicated service and time spent at our Veterans Support Group, it is very much appreciated.

Many people laid wreaths including Marilyn Handy on behalf of Angie Bell MP, Member for Moncrief who

was in lockdown in Canberra; Margaret Cameron on behalf of the nurses and all medical professionals who worked miracles for the best possible outcome for our wounded and traumatized both overseas and at home and Barry Litherland for the Royal Australian Navy.

Councillor Bob La Castra for Div. 8 was represented by Duncan Sims as well as guest speaker Major Matthew Bourke and Major Peter Tarling who laid the wreath on behalf of the Land Warfare Centre, Canungra.

Staff members, Ken Bridges for all Vietnam Veterans and their families, Deirdre and Sandra for our War Widows, Peter Cameron OAM on behalf of the Royal Australian Air Force and Drew Maywald for Gold Coast Regional Beekeepers. Members of the audience were then invited to lay wreaths which left a beautiful display of floral tribute at the cenotaph.

The morning ended with a delicious lunch served by our members and their partners. There are many activities before a day like this that usually go unsung - putting up the tents/chairs, organising the wreaths, invitations, Order of Service leaflets, organising the food, communication with various dignitaries - the list goes on. A simple thank you to all who attended this special ceremony and thank you to the people who helped to make this another special day in our diary.

Vietnam Veterans Federation Qld Branch President Peter Handy in front of other Vietnam Veterans at their Nerang Workshop to Commemorate the Battle of Long Tan

Photos by Michelle



CENTENNIAL YEAR OF THE RAAF

- ♦ On the 31 Mar 1921, the Australian Air Force was formed at Point Cook, Vic.
- ♦ On the 13 Aug 1921, the AAF was given Royal Assent to become the Royal Australian Air Force (RAAF).
- ♦ On the 10 Jan 1922, 240 Officers and Airmen completed 3 months of technical training and on the 12 Oct of that year, Wing Commander Richard Williams became Chief of Air Staff.
- ♦ On the 26 Jul 1940, the first Nursing Sisters were added to the RAAF.
- ♦ In 1962, the first of the Iroquois 1B (Huey) arrived in Australia.
- ♦ On the 03 Aug 1964, the first RAAF element arrived in Vietnam with Caribou transport aircraft.
- ♦ On the 06 Jun 1966, the first RAAF Iroquois 1B arrived in Vietnam by means of HMAS Sydney and was part of No 9 Squadron.

From the time of arrival in Vietnam, the RAAF Huey aircraft were involved in daily insertions, extractions, medivacs and gunship support.

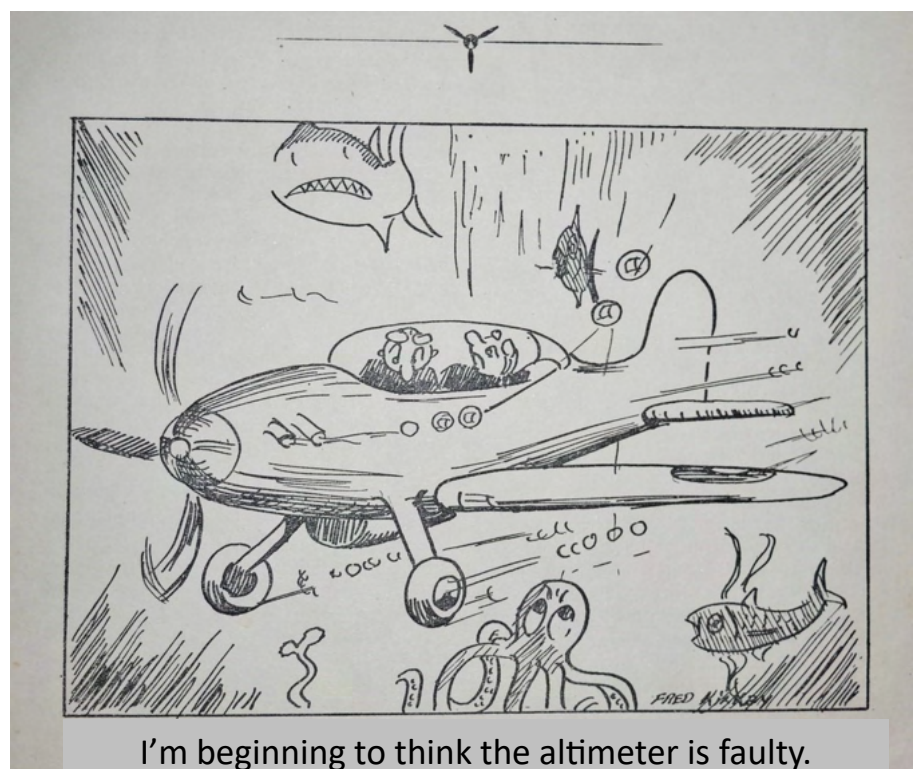


18 AUG 1966

Whilst the two Huey Captains were advised by higher authority not to fly, this action, along with the involvement of the combined Australian and New Zealand Artillery, was the deciding factor in a lesser number of 18 KIA and 24 WIA from the original Company of 108 Diggers of D Company against a far superior force of a number of Viet Cong estimated to be in excess of 1,000. This year marks the Centenary of the Royal Australian Air Force and the Force is to be commended for courageously participating in all conflicts, humanitarian aid projects, peacekeeping missions, flood and fire disasters and other tasking as dictated by Government.

Congratulations to the RAAF for their proud, courageous and safe service to Australia and the World during their centenary year.

Presented to the Long Tan Day Memorial
Day Service by Peter Cameron, OAM,
Secretary/Treasurer



I'm beginning to think the altimeter is faulty.

Buddy Lea's Story

Presented by Andy Bryson, President, VVF Sub Branch

To the Long Tan Day Memorial Service

15989 Corporal Thomas Henry 'Buddy' Lea, 10 Platoon, D Company, 6RAR, of Grovely, Brisbane. Qld.

Corporal Lea, an Indigenous soldier of Aboriginal and South Sea Islander heritage, was one of twenty-six Australians of the 6th Battalion, The Royal Australian Regiment (6RAR), wounded in the battle of Long Tan. During the battle, Corporal Buddy Lea rushed out through the D Company lines under enemy fire to drag the wounded 12 Platoon Sgt Paddy Todd back into their defensive perimeter.

The wounded Paddy Todd was edging closer to the D Coy position, crawling along the ground in the mud and rain, when one of Buddy Lea's machine gunners opened fire on Paddy. As Buddy says, "luckily he was a bad shot because he missed Paddy."

Paddy Todd took off his hat and yelled some Australian expletives. Buddy Lea heard him and disregarding the bullets flying thick and fast ran out to grab Paddy. Lea began to help Paddy get to the company aid post some 50 metres behind the front lines. On the way there was a reasonably large tree and the two had a bit of a spell there. Paddy looked up and could see two characters coming towards them in black. Paddy said, "Hey Buddy, have a look there." Buddy said, "That'll be A Coy they are on their way'.

Paddy said, "Well, they must have changed uniforms mate, because they are all in black." Buddy went behind a tree. One VC was in front of the other with an AK47. Buddy stepped out and let go, but this VC fellow was too quick and got Buddy in the left shoulder.

Paddy laughing out loud said, "You silly old bastard!" Paddy couldn't believe they were now both wounded trying to help each back to the aid post, but Lea didn't even realise he was hit as the adrenaline was pumping.

On the way back to the aid post they had to stop a couple of times and on one of these occasions, Jack Jewry, Lea's section 21C noticed that part of Lea's shirt had come off his back and there was blood. Lea was kneeling, keeping an eye on enemy movement and Jewry came up behind Lea to help bandage his wound when suddenly Jewry fell across Lea's back. Jewry was shot and killed trying to help Buddy. Buddy Lea and Paddy Todd eventually made it to the company aid post and survived the battle.

Thomas Henry Lea, better known as Buddy, served 35 years in the Australian Army and was admired by his comrades.

Lt Col Henry Smith described Buddy as the happiest person, who lit up any room.

"He was one of four indigenous soldiers that I had in my team. He was an excellent soldier; he was very brave and one of the most loyal people I've ever come across."

After battling lung cancer for three months, Vietnam War veteran Buddy Lea succumbed to the disease at the Hervey Bay Hospital at midnight on Friday 15th September, 2014, at the age of 75.

With his family by his side, he died peacefully.

REST IN PEACE, BUDDY LEA.



The RAAF Welfare Recreation Company Charter is articulate through its Aim, Mission and Corporate Goals:

Aim

To provide access to discounted recreational accommodation and to manage and promote RWRC owned recreational facilities for RAAF members, their families and other eligible persons, and to provide financial support to, and assist in the provision of, recreational amenities and services to RAAF members.

Mission

To manage the activities of the RCWTF as a sustainable entity through a strategy of diversification and with broad long term vision in order to optimise the benefits to eligible persons in the provision of discounted recreational accommodation and welfare recreational amenities.

Corporate Goals

Objective 1 – Recreational Facilities

To provide access to discounted high quality recreational accommodation and facilities for members of the RAAF, their families, and other eligible persons through the provision of the RCWTF owned or leased holiday apartments, joint commercial ventures with other corporate bodies or promoting the use of other Service owned facilities. The recreational facilities may be owned solely by the Trust, owned by virtue of a joint venture, or by economically viable short or long term leasing arrangements.

Objective 2 – Recreational Amenities and Welfare Activities.

To provide financial assistance via loans and grants in the provision of recreational amenities and Service recognised welfare activities.

Objective 3 – Mutual Cooperation and Marketing.

To foster relations with the providers of Navy, Army and other Allied nations in order that RAAF personnel and other eligible persons can access their similar amenity benefits. To promote, in accordance with the RWRC marketing plan, RCWTF holiday facilities, other affiliated recreational accommodation, and other welfare amenity benefits available to eligible persons.

raafholidays.com.au/about/charter

Tony Scroope



Wanted - ANTIQUE MANTEL CLOCKS

Will pay cash

Mobile. 0408768787

ascroope@bigpond.net.au

PO Box 462, Harbour Town, Qld. 4216 Australia.

Tony Scroope is a long-standing member of our Organisation.

We are always supportive of our members

Poets' Corner

Reflections

Every cloud has a silver lining

~ or so the saying goes

Darkness too intense to see the reasoning or the flow

Our veterans have seen the worst

~ from generations of war

Coming home, was leaving behind

a part of who they were.

For you who understand, a look is all you need

For all those years of war,

no explanation succeeds.

On leaving your homeland's shores,

you wrote a final note

A blank cheque to the people

up to, and including your life.

You have a special bond with veterans on a par

A brotherhood unique and true

to the life you've lived so far.

So, a salute to our warriors,

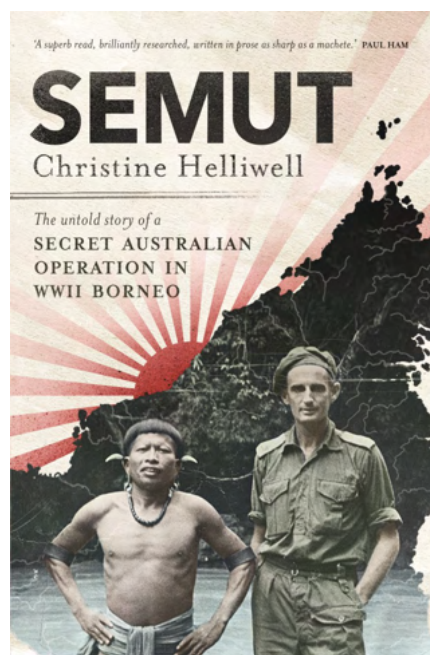
who gave ~ for us to live

We thank you, one and all,

and remember what you give.

By Narelle Cupit.

Book Review



March 1945. A handful of very young Allied operatives are parachuted into the remote jungled heart of the Japanese-occupied island of Borneo, east of Singapore, there to recruit the island's indigenous Dayak peoples to fight the Japanese. Yet most speak next to no Borneo languages and know little about Dayaks, other than that they were once headhunters who might kill them on arrival. For their part, some Dayaks have never before seen a white face.

This is the story of Operation Semut, an Australian secret military operation launched by the organisation popularly known as Z Special Unit in the final months of WWII. Anthropologist Christine Helliwell has called on her years of first-hand knowledge of Borneo, interviewed more than one hundred Dayak people and all the remaining Semut operatives, and consulted thousands of military and other documents to piece together this astonishing story. Focusing on two of Borneo's great rivers - the Baram and Rejang - the book provides a detailed military history of Semut II's and Semut III's brutal guerrilla campaign against the Japanese, and reveals the decisive but long-overlooked Dayak role in the operation.

But this is no ordinary history. Helliwell captures vividly the terrors of the jungle environment into which the operatives are plunged. And she takes us into the lives and cavernous longhouses of the Dayaks on whom their survival depends. The result is a truly unique account of the meeting of two very different cultures amidst the savagery of the Pacific War.



Through a precious cache of WWII letters, a story of war is revealed. But also, most movingly, a story of love, resilience and survival, from award-winning and bestselling writers, Peter Rees and Sue Langford.

Doug Heywood was a teenager when he discovered, in a shoebox hidden in a wardrobe, hundreds of letters, all written by his father, Scott Heywood. As a POW on the infamous Burma Railway, Scott wrote almost daily to his young wife, Margery, on scraps of paper that had to be hidden from guards. These letters tell of an enduring love – and also, intriguingly, of how Scott dealt with the most brutally testing circumstances.

Scott's story has echoes of another story happening 7000 kilometres away at the same time. Viktor Frankl, a psychiatrist, was rounded up with his family and sent to Auschwitz in September 1942. Frankl later wrote in his classic book *Man's Search for Meaning* that the last of the human freedoms was the ability 'to choose one's attitude in any set of circumstances'. Scott Heywood and Viktor Frankl, on opposite sides of the world, found their own ways to survive that were uncannily similar.

This is the untold story of one man, one ordinary man, and his war.

Woven through it is Margery's story, as she waited anxiously with their two young children in rural Victoria, trapped in an emotional rollercoaster, unaware that he was writing letters to her that could not be posted. This is a powerful and moving story of love, resilience and survival.

Barramundi with pineapple salsa

Ingredients:

2 tblspns olive oil

4x150g barramundi fillets— skin scored

1 lime quartered - to serve

1 handful mint leaves - to serve

PINEAPPLE SALSA

450g fresh pineapple chopped/trimmed

1/2 red capsicum

chopped small—deseeded

1/2 red onion finely chopped

1 red chilli small, finely chopped

3 tspn fresh lime juice

2 tspn olive oil

2 tblspns fresh mint chopped.



Method

To make the salsa, combine the pineapple, capsicum, onion, chilli, lime juice and oil in a bowl.

Cover with plastic wrap and place in the fridge for 1 hour - to allow the flavours to develop. Stir through the mint.

Heat the oil in a large non-stick frying pan.

Cook the fish, skin-side down for 4 minutes or until crisp.

Turn and cook for a further 2 minutes or until cooked through.

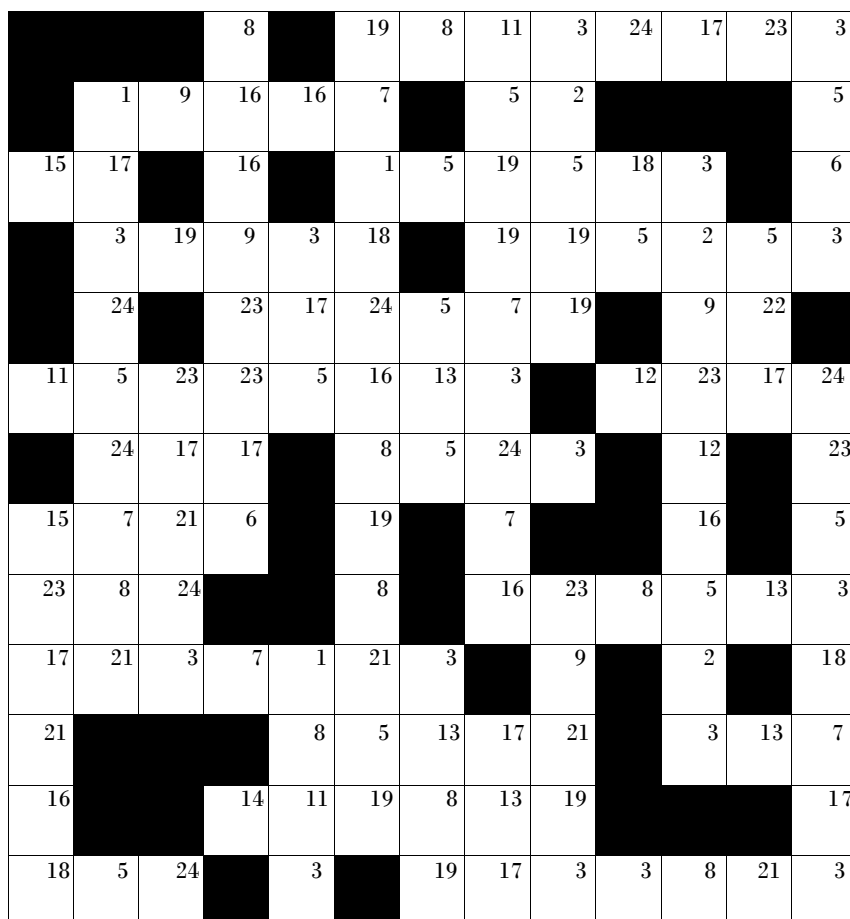
Serve the barramundi with the salsa, lime wedges and extra mint leaves.

This recipe was created by Ali Adams for Australia's Best Recipes

SOBER	Word Ladder -	BLOCK	Word Ladder -	Word ladder rules.
	Can you		Can you	You can only change
	turn		turn	one letter at a time
	SOBER		BLOCK	for each move
	to PARKS		to CREEP	down the ladder.
	in 7		in 7	No foreign words.
	moves ?		moves ?	solution P 29
PARKS		CREEP		

Important Phone Numbers

Department of Veterans' Affairs 1800 555254 regional 133254 local generalenquiries@dva.gov.au Get started www.dva.gov.au	Open Arms Veterans and Counselling Service. Ph. 1800 011 046 https://www.openarms.gov.au
Defence Service Homes Insurance Scheme 1300 552 662	Voluntary Work Scheme www.dva.gov.au Fact sheet MC36
VAN Robina Department of Human Services Level 5 Robina Town centre 19-33 Robina Town Centre Dr, Robina. 07 55832023	VAN Tweed Heads Department of Human Services 100 Blundell Boulevard Tweed Heads South 07 55697525
VAN (Veterans' Access Network) 133 254 www.dva.gov.au Veterans' Home Maintenance Line 1800 80 1945	War Widows' Guild of Australia (Qld) Inc. Ph. 32 211391 Toll free : 1800 061945



C
R
O
S
S
W
O
R
D

A	A	L
F	O	E
R	G	E

Word Maker :

How many words,
3 letters or more,
can you make from
these letters.

Slang term for:



Camouflage for the
sky.

- 5 . 20 . 12 5 6 17- 5 15 5 26
- 3 19 17 17 25 17 24 23 5 3 18

- 12 7 10 10 17 23
- 12 8 4

Extra clues: 1. A soldiers ability to disappear. 2. Enlisted ranks.

3. Charged for breach of discipline. 4. Squadron Sergeant Major.

The letters have been replaced by numbers. Each number represents a different letter. I have given you 2 letters to get you started. Think about the most used letters and how many of any one number there is in the grid. Have fun. When you have solved the main puzzle see what the Extra clue is. *Solution P. 27*

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Sudoku: Complete the grid so that every row and column contains the numbers 1-9.

Solution Page 29

7		2	1		5			
			8		2			
		3	5	9			7	
		7		8		1		
8							3	
	5		9		8			
2			7	1	4			
		9		6				
		8		3	7		6	

Riddles:

- Before Mt. Everest was discovered, what was the highest mountain in the world?
- What is the end of everything?
- What part of the chicken has the most feathers?
- What has a bottom at the top?
- How far can you walk into the woods?
- What is red and smells like blue paint?
- When is a door no longer a door?

At a Car Dealership:
"The best way to get back on your feet - miss a car payment."

Outside a Muffler Shop:
"No appointment necessary. We hear you coming."

our history



Harold Ernest Lofts

Late last year, Vietnam Veteran Peter Loft was at the Gold Coast Library to borrow “Bluejackets and Boxers”, which tells the history of the Boxer Rebellion in China. You can imagine his surprise when he found his own grandfather, Lieutenant H. E. Lofts, looking back at him from the pages of his newly acquired book. Because of this Peter embarked on an incredible journey of discovery - including finding his other grandfather through two world wars.

H. E., as Lieutenant H. E. Lofts was known, was just 21 years old when he led the New South Wales Marine Light Infantry unit that served in China during 1900. Peter knew nothing of either of his grandfathers before this discovery so he was very excited to find so much information about them both. It seems they “criss-crossed” each other during their time in the wars.

Their war letters and original medals are lost and their stories were never revealed until this year. Not even the family knew the extent of H. E.’s involvement during the times of conflict. He was one of 550 Australians who joined the Eight-Nation Alliance that defeated the Chinese army. He managed to take a camera with him and became one of only a handful to take photos of the real events of this conflict.

Because of his role as an honour guard he didn’t fire a shot in anger during this time. However, his two years in the Boer War was a different story. From late 1899 to mid-1902 the conflict between the British Empire and two independent states that controlled much of what is today South Africa—The Republic of Transvaal and the Orange Free State raged on—known as the Boer War. Many thousands of lives were sacrificed by the incompetent British strategies. H. E. was there till the end, eventually returning to Australia to disappear from history until the start of the World War I.

It was 1915 when H. E. joined the Australian Naval and Military Expeditionary Force. It was a 2000-strong volunteer infantry unit which fought one of the earliest conflicts of WWI against German New Guinea in late 1914. Despite Lofts being much older; at 38 and married with one child; the veteran of two conflicts was in the occupation of Rabaul in the former German Colony of New Britain. He left Sydney in January 1916 as a member of the 4th Tropical Force aboard SS Te Anau. He was promoted to Captain during his year in various billets including Post Master. Unfortunately H. E. succumbed to the dreaded tropical disease, Malaria and returned to Australia in 1917. He was discharged from service and living a life of anonymity, he died aged 79, distanced from his family. There is little left to show for the bravery of H. E. and his fellow soldiers, however without their selfless sacrifices the outcome of any one of the above wars could have been so very different.

Instead of a career in medicine, Peter Lofts unknowingly followed his grandfathers’ footsteps, by joining the Australian Navy in 1965. As an elite clearance diver he found himself in Vietnam from 1968 to 1969 assigned to the guided missile destroyer HMAS Perth. After returning to Australia he completed a training course at Canungra in 1972 only to hear that Australia was withdrawing from Vietnam. He retired from the Navy in 1974 as a Leading Seaman going into private enterprise. In 1978 he qualified for a Marine Master’s certificate and completed five years in Papua New Guinea running a shipping company. Cont.....

Bernard Alexander Fallon

Peter Loft's maternal grandfather was just as much a mystery. After his exhaustive search through records of H.E. he thought it fitting to find out more about Bernard Alexander Fallon. His story was no less incredible.

Bernard was born in N.S.W. in 1895 and grew up not far from H.E. Lofts in Sydney. During the early months of WWI Bernard volunteered for the Australian Imperial Force at aged 19 in 1914.

After six months he found himself on the shores of Gallipoli as a member of the 1st Battalion at dawn on 25th April, 1915. Six days later he was evacuated, injured, to an Egyptian hospital. This was one of many wounds received in the pitched battles of the Dardanelles campaign, finally being evacuated to Weymouth in England.

He gained his flight wings at Leighterton aerodrome in late 1918 when he transferred to the Australian Flying Corps to train as a pilot, only to hear that just weeks away the November 11 armistice would end the war.

When he returned to Australia he continued to upgrade his qualifications as a pilot and at the same time he became an accountant for 17 years with the Sydney County Council. His further studies in aviation proved invaluable at the outbreak of WWII.

This brought him to Port Moresby as an RAAF pilot in No.11 squadron. He was soon promoted to Squadron Leader. His old wounds from Gallipoli found him suffering long-term health problems as they never fully healed.

His war records reveal Squadron Leader Fallon served in Europe before transferring with an RAAF contingent to the British occupation forces in Japan in late 1945. He returned home in 1949 after demobilisation.

His health rapidly deteriorated when complications from his Gallipoli days led to his death in 1950. He was just 55 years old.

Peter Lofts may not have met either of his Grandfathers however, through careful research and dedication to finding their stories he is now much the wiser. It has given him an appreciation of the struggles these earlier generations faced.

"These were men who never expected society to look after them, they knew there was a war to be fought and they put their hands up for it. They were fighting for king and country whereas from Vietnam, where I served, and onwards you were fighting for the guy beside you. It had nothing to do with king and country by then. It was about your mates and if you had to die then you would but it was all about your mates. Most of my Vietnam history was serving on a guided missile cruiser in the Gulf of Tonkin and, thankfully, I didn't see any horrors." "H.E. Lofts fought overseas for six or seven years while Bernard Fallon was away for nearly 12 years. They both gave their lives to the service." Peter Lofts.

42 for 42

In 2016, four Afghanistan combat veterans founded the non-profit organization 42 for 42 to raise funds to build a memorial garden in Brisbane that would honour their fallen mates and educate the public about why the war occurred.

17th February, 2021

An important aspect was to represent the unknown soldiers who were losing their battle back home and falling victim to suicide.

Having had struggles returning home themselves, this was and is an issue that is close to their hearts. Every deployment sent to Afghanistan faced different circumstances and had different outcomes. It's important that we don't forget that this was Australia's longest war and a war on terror, which has shaken the world. The Afghanistan War Memorial Garden will be built as a storyline around each deployment, incorporation our fallen soldiers and our Victoria Cross winners.

After WWI, Australian soldiers came together and built the Great Ocean Road in Victoria. This was a source of inspiration when establishing a plan for The Afghanistan War Memorial Garden, in Brisbane. It has always been the main project of the 42 for 42, and has been a collaboration of many veterans, their families and proud Australians coming together to do their bit. It will continue to serve as a place to remember and honour all the deployments to Afghanistan and educate the next generations to come.

42 for 42 began with a 42-hour challenge, in which Afghanistan veteran Sean Mulqueen walked the concourse and stairs of Suncorp Stadium for 42 hours straight carrying 42 kilos in a military pack. As each hour passed, a kilo was removed from the pack by members of the 42 - families of the fallen, veterans and supporters of the 42. It represented lightening the load for soldiers.

This led to the annual 42 hour challenge at Suncorp Stadium every November for anyone to participate in. 42 represents the 41 soldiers Australia lost in Afghanistan, with the 42nd being the soldiers we have lost to suicide and those who are still struggling with their wounds and injuries post-war.

The team quickly expanded as the 42 for 42 are dedicated to supporting the families of fallen Afghanistan soldiers as well as combat veterans who have returned from active duty in Afghanistan, and their families. The 42 for 42 members have worked hard to maintain a positive environment, where veterans and families can join, participate and contribute to the organization as they wish. It supports the Afghanistan veteran community by helping acknowledge, establish, and increase awareness of events, groups, support programs, job help and financial assistance when required.

Please feel free to contact the 42 for 42 through their website:

<https://www.42for42.org.au/>

or follow them on social media and watch how the memorial will come to life.

By Sean Mulqueen, co-founder and President





WORD SEARCH : military words



This one will get your brain boxes working. Read all the instructions below.

B O B U M E N I L D U A R F S P A R K Y
D R S E I R I A F Y R I A I G M O Y A B
S C O P E M A T T E L T O Y K N A M G I
N U E L T S A C T I H S L L U B G C W I
B N O G L O C K S U C K E R S K N O D F
A N E T T Y C C H I T M O N G E R I A I
T I R H S 1 B I N C H I C K E N R C E S
T N R E L R E L E D A L I A R T H R R T
L G E C P S E N U N S T E G R A T U O Y
E K K O S O T M I E T Y S O O R A M F C
T I E K Y E R I I H S M A D E R B P L U
R C E E O V C D U L C D O N E E D I A F
A K S M B A E R E C D A I O U Z O N G F
N C T E A C S K A R S R M R T Z O E E S
N A A D N T E B I P A I G K C I L S Y T
Y P E A A A L V A M H C B I N F B A Y O
F T H L B B E E G Y A A K G J U H T O M
F E C E A R B U D R O P T S O O D G I P
I J A R C E B I V D E E S M O D E E R F
T W C A Q U A F L A G E R U P E R T G S

AIRY FAIRIES
AEROFLAGE
AQUAFLAGE
BAT CAVE
BATTLE TRANNY
BAYO
BIN CHI CKEN
BLOODBATH
BLUES
BROLLY
BUG MARINER
BULLSHIT CASTLE
CABANA BOYS
CACHE
CAMS

CHEATS
CHIT MONGER
CLICK
COKE MEDAL
CRAB
CRAP HAT
CRUMPIN
CUNNING KICK
DELTA
DIRT ROAD DRIVER
DOG BISCUITS
DONKS
EMU BOB
ENT MOOT
FISTY CUFFS

FIZZER
FRAUD LINE
FREEDOM SEED
GEDUNK MACHINE
GLOCK SUCKERS
HEAT SEEKER
JET PACK
JIG
LIMERS
MANKY
MATTEL TOY
MIKE
MOTH
NET
NOG

PIG
PINES
RACKS
RED ROPER
RED TABS
RUPERT
SCOPE
SLICK
SPAM
SPARKY
STOMP
TARGETS
TIFFY
TRAILADE
VIBE
ZEDS



1. The 23 letters left over spell the slang for "Taking cover in open terrain".
2. There is one word in the grid twice.
3. One letter has been changed to a number.
4. One word is missing from the grid.

ANSWERS PAGE 29



Holiday Centres

*Holidays for Veterans
at a reasonable price*

Navy Canteens operates holiday centres across Australia with great discounts for Navy members. Destinations include Amblin Holiday Park (WA), BIG4 Bungalow Park on Burrill Lake (NSW), Forster Holiday Village (NSW) and Pandanus Pocket Villa (NSW). A great range of discounted holiday options across Australia and overseas are also available to all Australian Navy, Army, Air Force and Defence APS personnel.

WELCOME TO ST GEORGE'S DEFENCE HOLIDAY SUITES

St George's Defence Holiday Suites at The Garland are for Service and ex Service Personnel, their Spouse and dependent school age children. St George's Defence Holiday Suites are operated by the Service Personnel Anglican Help Society Inc, an independent and charitable organisation. Prior to accepting a

booking we require a copy of your Service ID or Discharge Certificate to verify your eligibility to stay at St George's.



NAVY ARMY

AIR FORCE



St George's is for Only Military people - Exclusive for Military.

Website: stgeorges.net.au

The Garland Building incorporating St George's Defence Holiday Suites opened in December 2016. The holiday Suites are located on the first 3 Levels with a BBQ and large Community area located on the 1st Level.

The Garland Apartments are located 4th floor and above and are for all holiday families and is not part of the St George's Defence Holiday Suites and doesn't offer the St Georges discounted rates for Defence Families. Situated in Coolangatta Qld.



St George's Defence
Holiday Suites
incorporating
The Garland
Luxury Apartments

192 Marine Parade,
Rainbow Bay,
Coolangatta,
Gold Coast Area
Queensland 4225

Puzzle solutions

Number Crossword Puzzle Solution :

Page 18 - 1=G; 2=M; 3=S; 4=X; 5=A; 6=D; 7=I; 8=O;
9=U; 10=Z; 11=B; 12=F; 13=K; 14=Q; 15=W; 16=C;
17=E; 18=H; 19=L; 20=J; 21=N; 22=P; 23=R; 24=T;
25=V; 26=Y

SECRET WORDS/TERMS: CROSSWORD PUZZLE PAGE 26

1.A.J.Fade-away 2. Sleeve Trash. 3. Fizzer. 4. Fox.

Solution to Sudoku puzzle Page 18

7	8	2	1	3	4	5	6	9
1	9	5	6	8	7	2	3	4
6	4	3	2	5	9	1	8	7
9	2	7	3	4	8	6	1	5
8	6	4	5	2	1	9	7	3
3	5	1	9	7	6	8	4	2
2	3	6	7	1	5	4	9	8
4	7	9	8	6	2	3	5	1
5	1	8	4	9	3	7	2	6

Riddles solution:

1. Mt. Everest, it just wasn't discovered yet.
2. The letter "G".
3. The outside
4. Your legs
5. Halfway — after that, you're walking out.
6. Red paint
7. When it's ajar.

SOBER	BLOCK
SORER	CLOCK
BORER	CLOAK
BORED	CROAK
BARED	CREAK
BARES	CREEK
BARKS	CREEL
PARKS	CREEP

Word Ladder solutions from p22.

Word Maker Solution P 26:

aero, AEROFLAGE, age, ager, agree, ago, ale, are, eager, ear,

Solution to Word Search— page 26

1. Digging with your eyebrows
2. BAYO is in the grid twice.
3. 6 ACROSS—7 DOWN - The letter I is a number 1.
4. The word/phrase missing is RED TABS

eel, ere, fag, far, fare, fear, feel, flag, flea, flee, fleer, floe, flog, foal, fog, for, forage, fore, free, frog, gala, gale, gaol, gear, gee, glee, goal, goaler, golf, gore, lag, lager, large, lea, leaf, lee, leer, leg, loaf, loafer, log, oaf, oar, ogle, ogler, ogre, ole, ore, rag, rage, real, reel, regal, regale, reef, relog, role.

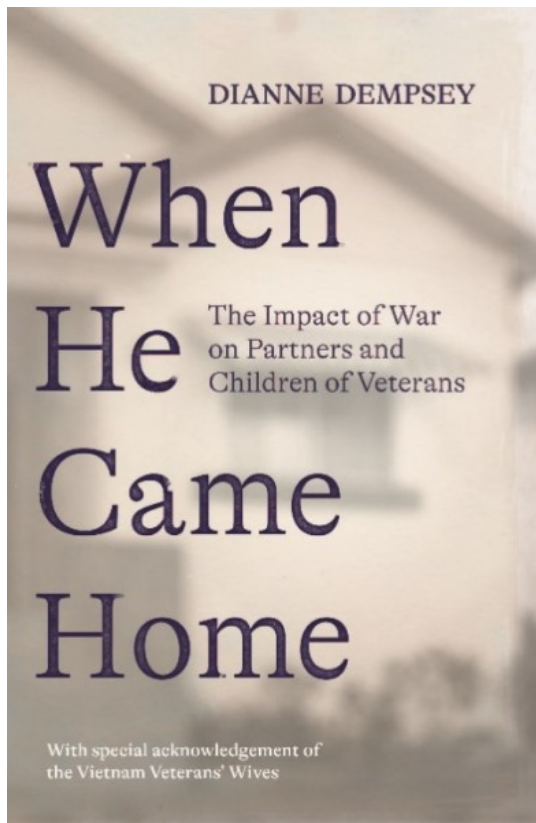
How many more words you can find is anyone's guess.

Perks of being over 60

Kidnappers aren't interested in you.
No one expects you to run—anywhere
Things you buy now won't wear out
You cannot live without your glasses
You sing along with elevator music
You quit trying to hold your stomach in
Brain cell supply is at a manageable level

The perfect answering machine recording

"I am not available right now, but
thank you for caring enough to call.
I am making some changes in my life.
Please leave a message after the beep.
If I do not return your call,
You are one of the changes."



This is a “must-read” book covering the trauma of war on families of Vietnam and other veterans.

The author, being the wife of a Vietnam veteran, is very qualified to write this book about PTSD. Dr Gail MacDonell OAM studied the effects of PTSD on returning veterans for her PhD.

Gail’s personal experience led to her involvement in the formation of the Partners of Veterans Association and the Australian Families of the Military Research and Support Foundation.

When the Vietnam War veterans returned home to Australia, neither the veterans nor their partners were aware of the atrocious psychological harm with which

they had been afflicted. Post-traumatic stress disorder had not yet been recognised and as the men fell victim to terrible moods and illnesses, they capitulated to their pain and isolated themselves and their families.

With great courage and without recognition, veterans’ wives held their families together in the face of government and community indifference and did so for decades.

When He Came Home is a belated recognition of these women, and it also focuses on how the issues of PTSD and suicide affect veterans who participate in contemporary conflicts. Told within an informed historical context and employing intimate narrative interviews, this important book examines the unexamined: how so many families have been brought to their knees and how such suffering can be prevented.

To order your copy please email, or order online or telephone

Australian Scholarly Publishing PTY LTD

Post to: P.O. Box 299, Kew Vic. 3101

or

<https://scholarly.info/book/when-he-came-home/>

T: +61 3 9329 6963

E: enquiry@scholarly.info



“How about if I just follow you on Twitter instead?”

Christmas Party



Invitation

This is to invite Members and their partners
to our annual **Christmas Party**

At the Veterans' Support Group
founded by Vietnam Veterans Federation.

Date: *Wednesday, 8th December 2021*

Time: 11.30 am

Place: 18 Leagues Club Drive, Nerang.

RSVP: 1st December, 2021.

Phone: 07 5578 2233 Monday to Thursday 10am – 12 noon

Looking forward to your attendance

Peter Handy JP (Qual)

President Veterans' Support Group Qld.

Advocacy Services and Veterans Support Men's Shed

P.O. Box 2817, Nerang Business Centre, Nerang Qld. 4211

Phone: (07) 55782233 Fax: (07) 55782822

Email: admin@vvhqld.com

Web page: <http://www.vvhqld.com>



Vietnam Veterans Federation of Australia Queensland Branch Inc.

**Notice of Annual General Meeting
and General Meeting**

A General Meeting and the Annual General Meeting of Vietnam Veterans Federation of Australia Queensland Branch Inc. will be held on **Tuesday, 26th October 2021** with the General Meeting commencing at 9.15am and the Annual General Meeting commencing at 9.35am. If you have any items for the Agendum, they must reach the Secretary by 3pm Tuesday, 5th October 2021.

The Agendum will be emailed to members before 16th October 2021.

Nominations are called for Management Committee positions of President, Vice President, Secretary, Treasurer (or Secretary/Treasurer) and Committee Members. All nominations are to be submitted on the forms appended hereunder:

Vietnam Veterans Federation of Australia Queensland Branch Inc.

Nomination for Management Committee Positions for 2021/22

I, (Name of Nominator):hereby nominate (Nominee)..... for the

position of (One position only per form)..... Signature of Nominator.....

I, (Name of Seconder), & signature second this nomination.

I, (Name of Nominee)accept this nomination (Signature) / /2021

.....

Nominations for all Management Committee positions must reach the Secretary by 3pm on the 12th October 2021.

Vietnam Veterans Federation of Australia Queensland Branch Inc.

Nomination for Management Committee Positions for 2021/22

I, (Name of Nominator):hereby nominate for the

position of (One position only per form)..... Signature of Nominator.....

I, (Name of Secunder), & signature second this nomination.

I, (Name of Nominee)accept this nomination (Signature) / / 2021

Nominations for all Management Committee positions must reach the Secretary by 3pm on the 12th October 2021.

Vietnam Veterans Federation of Australia Queensland Branch Inc.

Annual General Meeting 26th October 2021

Appointment of a Proxy

I (Name of Member appointing a Proxy)

Of (Address of Member).....

being a member of **Vietnam Veterans Federation of Australia Queensland Branch Inc.**

.

appoint (Name of Proxy)

Of (Address of Proxy).....

as my proxy to vote for me on my behalf at the Annual General Meeting to be held on the **26th October 2021** and at any adjournment **of that meeting.**

Signed **Date / / 2021**

NOTE:

All Proxy Forms must be given to the Secretary before the start of the start of the meeting.

Should you want your appointed Proxy to vote as directed by you a different Proxy Form is required and is available from the Secretary for you to collect or to be emailed to you.

Notice of Annual General Meeting and General Meeting

A General Meeting and the Annual General Meeting of the **Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Br. Inc.** will be held on **Tuesday, 26th October 2021** with the General Meeting commencing at 10.30am and the Annual General Meeting commencing at 10.50am. If you have any items for the Agendum, they must reach the Secretary by 3pm Tuesday, 5th October 2021.

The Agendum will be emailed to members before 16th October 2021.

Nominations are called for Management Committee positions of President, Vice President, Secretary, Treasurer (or Secretary/Treasurer) and Committee Members. All nominations are to be submitted on the forms appended hereunder:

Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Br. Inc. Nomination for Management Committee Positions for 2021/22

I, (Name of Nominator):hereby nominate (Nominee)..... for the
position of (One position only per form)..... Signature of Nominator.....

I, (Name of Secunder), & signature second this nomination.

I, (Name of Nominee)accept this nomination (Signature) / /2021

**Nominations for all Management Committee positions must reach the
Secretary by 3pm on the 12th October 2021.**

Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Br. Inc. Nomination for Management Committee Positions for 2021/22

I, (Name of Nominator):hereby nominate (Nominee)..... for the
position of (One position only per form)..... Signature of Nominator.....

I, (Name of Secunder), & signature second this nomination.

I, (Name of Nominee)accept this nomination (Signature) / /2021

**Nominations for all Management Committee positions must reach the
Secretary by 3pm on the 12th October 2021.**

Additional Nomination Forms can be obtained from the Secretary

Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Br. Inc.
Annual General Meeting 26th October 2021
Appointment of a Proxy

I (Name of Member appointing a Proxy)

Of (Address of Member).....

being a member of Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Br. Inc.

appoint (Name of Proxy)

of (Address of Proxy).....

as my proxy to vote for me on my behalf at the Annual General Meeting to be held on the
26th October 2021 and at any adjournment **of that meeting**.

Signed **Date** /...../ **2021**

NOTE:

All Proxy Forms must be given to the Secretary before the start of the meeting.

Should you want your appointed Proxy to vote as directed by you a different Proxy Form is required and is available from the Secretary for you to collect or to be emailed to you.

General Meeting 26th October 2021
Appointment of a Proxy

I (Name of Member appointing a Proxy)

Of (Address of Member).....

being a member of Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Br. Inc.

appoint (Name of Proxy)

of (Address of Proxy).....

as my proxy to vote for me on my behalf at the General Meeting to be held on the
26th October 2021 and at any adjournment **of that meeting**.

Signed **Date** /...../ **2021**

NOTE:

All Proxy Forms must be given to the Secretary before the start of the meeting.

Should you want your appointed Proxy to vote as directed by you a different Proxy Form is required and is available from the Secretary for you to collect or to be emailed to you.



VVFQld. BRANCH INC, OR BRISBANE/GOLD COAST S/BRANCH TRADING AS THE VETERANS SUPPORT GROUP



18 Leagues Club Drive, Nerang
(Qld Br.) P.O. Box 2817 Nerang, Qld, 4211
Phone: (Qld Branch) (07) 5578 2233 or (Sub Branch) (07) 5502 2836

Membership Application – Renewal and New Memberships

Delete/disregard details not applicable.

You may complete this form or complete the form online at 'vvfqld.com' then click on "Apply Online"

Section A

Given Name/s; Surname D.O.B/...../.....
Optional

Address: (Suburb / Town) (Post Code)

Email Address Ph..... M

Do you use emails. Yes / No (Ring either)

Service Record: **NAVY:** Yes / No ; **ARMY:** Yes / No ; **Air Force** Yes / No

Service No.; Last Unit / Ship:: Decs/Awards

Service: Regular Yes /No ; Operational Yes/No ; Defence Yes/ No ; Reserve Yes/ No; Peacekeeping; Yes / No; Civilian Yes/ No

Section B - Would your spouse or partner also wish to join as an associate member? If yes, Please complete this section.

Given Name/s; Surname D.O.B/...../.....
Optional

Contact Details where different to above:

..... Do you require your own copy of our Newsletters Yes / No

Section C - Membership Fees, Donations and Method of Payment

Important: We will no longer take your credit / debit card details on these Membership Application Forms as we cannot guarantee sufficient security of such information. This decision is made to protect your banking details. If you wish to pay by card, we will contact you and complete the payment process.

Please circle appropriate membership

Membership Fees: Ordinary Member - \$30 per annum; Shed Member—\$30 per annum; Associate Member - \$30 per annum

Donations: Donations are important for the Advocacy Services we provide to all veterans. Our Advocacy Service is often needed by veterans who desperately need help and can be unemployed and occasionally even homeless. It currently cost us approximately \$40,000 per annum to maintain all our current services to members and veterans. If you can make a donation please do so! All donations to the Queensland Branch are tax deductible.

Please circle appropriate fee/s and write in the amount owing.

Your Payment: \$..... Membership fee; Plus \$..... Associate Membership fee; Plus \$..... Shed member fee; Plus \$..... Donation = Total

You may call into our office or send a cheque / money order or we will phone you to process payment by credit or debit card.

If you need help with this application Phone 07 5578 2233 - 9am to 2.30 pm Monday to Thursday

Section D - Office Use Only

Membership Register completed by:.....Date/...../..... Receipt Number Date/...../.....

Membership from/...../..... to/...../..... Committee Meeting Approval/ Rejection Date:/...../.....

Newsletter Editor Date/...../..... Secretary Date/...../.....