

Southern Highlands Vietnam Veterans, Peacekeepers and Peacemakers Association

NEWSLETTER OCTOBER 2012



NEXT DINNER MEETING

Wednesday 7th November
THE PORTERHOUSE, MOSS VALE HOTEL
6 for 6:30 IN THE BISTRO

Good food is assured and this is a great venue for socialising. Order individually or in groups from the blackboard menu.

LET SANDRA KNOW NOW PH 48681945 IF YOU ARE COMING

CHRISTMAS DINNER



The next dinner meeting will be our Christmas Dinner on 5th December in the Mineral Springs room at Mittagong R.S.L. Club. The meal will be from a very extensive buffet selection from the Club's new Christmas menu. Cost of \$45 per head includes lucky door prizes.

RSVP with payment to Sandra by 26th November - phone as above or mail to SHVVPPA
PO Box 600 Moss Vale NSW 2577

AUSTRALIA DAY 2013



With 2013 fast approaching please note that Australia Day celebrations will again be held at the Austin's. Please put it in your diary now - SATURDAY 26TH JANUARY 2013. We had a great time last year so let's see if we can get more people involved and have more fun!

PTSD ON SBS

On Tuesday 23rd October the Insight program dealt with PTSD, its prevalence and effects on our men and women who have and are serving in Afghanistan. It was very interesting and yet disturbing as I wondered what had been learnt from our experiences after South Vietnam? Make up your own mind by viewing it at:

<http://www.sbs.com.au/insight/episode/overview/508/Shell-Shocked>

If you are not on line cut and paste the above address into your web-browser.

QUOTA 100 CLUB

The 100 club was won by Margaret Baun (\$50) Jeffrey Forbes (\$30), your shout, and Stephen Chang (\$20) which he donated back to the charities for the night's function - Friends of Wingecarribee Animal Shelter and Challenge Foundation. Thank you to all the vets and their wives who assisted Quota through their generous support.

Maria McDonnell

AUGUST DINNER MEETING

Twenty people turned out at the Surveyor General Inn and enjoyed a convivial evening over dinner and a few drinks. We had a section of the Bistro to ourselves, and the meals were good. Judging by the volume and consistency of the conversations - all had a good time. It was great to see our newest member Terry Lemcke ex 2 RAR mixing with new-found friends. It was also good to catch up with other new members Bob and Noelene Bailey and to have Richard and Patricia Stone tell us about their new caravan.



Bernadette Bob and Noelene



Happy chatter.

HEARING Having trouble hearing. Australian Hearing is based at McArthur Square and can provide tests and hearing aids for DVA clients. Phone 4621 6300

"HOPE IN GRIEF" - VVCS is running a two-day interactive workshop in Nowra on 19th and 20th November - places are limited. To register your interest please call or email VVCS Cnaberra: 02 6225 4620 or 1800 011 046 or email vvcsanbreg@dva.gov.au

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