

Southern Highlands Vietnam Veterans Peacekeepers and Peacemakers Association

Website: www.shvva.com CFN 23847



APRIL 2018 NEWSLETTER

ANNUAL GENERAL MEETING 2018

The Annual General Meeting on 7 March 2018 confirmed Bob Bailey as Vice President and elected Phillip Moscatt to fill a casual vacancy on the Committee. Congratulations Bob and Phil.

The AGM approved donations to the Highlands Pipes & Drums (\$500) and the NSW Branch of the Vietnam Veterans' Federation (\$1,000) in recognition of the strong support they have provided to our Association over many years.

FUTURE OF OUR ASSOCIATION

All members of the present Committee have indicated that they will not be seeking re-election at the March 2019 Annual General Meeting. If the Association is to continue into 2019, we need to identify likely candidates for a new committee as soon as possible, otherwise it will be necessary to commence planning to wind up the Association with effect 31 December 2018 when annual memberships expire.

Please contact our Secretary, Gordon McCreadie, mobile 0425 233 019 or email shvva04@gmail.com if you are prepared to nominate for a position on a new committee.

NEXT MONTHLY DINNER MEETING

Wednesday 4th April 2018

Surveyor General Hotel Berrima

6:00 pm for 6:30 pm

If you are coming - RSVP to Bob or Noelene by phone 4862 3741 or text 0412 269 217 by the Monday before.

NEXT LADIES LUNCH

Wednesday 18th April 2018 @ 12:30 pm

Stumps Café at Bradman Oval Bowral

If you are coming please RSVP to Judi Bofinger phone 4872 3175 or text 0408 101 575 by the Monday before

NEXT MEN'S LUNCHEON

A men's luncheon will be held on **Friday 13 April 2018** commencing at 12:00 noon in the Springs Room at the Mittagong RSL Club. Please attend if you can.

SOCIAL CALENDAR 2018

Please refer to the February 2018 Newsletter for the full year's schedule of Monthly Dinners and Ladies' Luncheons. Reminders will be published in Monthly Newsletters.

ARRANGEMENTS FOR ANZAC DAY 2018

This year we will be marching at Mittagong again behind our own banner. Please meet at 10:00 am in the Information Centre car park to allow ample time to "have a chat" and form up at 10:15 am. Veterans will step off at about 10:20 am, arriving at the Cenotaph for a 10:30 am start to the service.

After the service, members, family and friends are invited to adjourn to the Springs Room at the Mittagong RSL Club to have a few drinks before lunch which will be from the bistro menu and paid for individually. Veterans will be issued with two drink vouchers each to the value of \$7. If you are a Club member, show your Club Membership Card to gain better value.

HEALTH AND RECREATION

Alongside regular medical check-ups and routine screening, making healthy lifestyle choices can influence our health and wellbeing positively, dramatically and for the long term.

Top risk-busters include: regular moderate physical activity, a healthily balanced diet and maintaining a healthy weight; a regular sleep pattern; managing stress; low or moderate alcohol consumption and no tobacco.

NEW ARMoured FIGHTING VEHICLE FOR THE ARMY



The Army is getting a new Combat Reconnaissance Vehicle (CRV) to replace the ASLAV which is being withdrawn due to its inadequate blast protection. Two hundred and eleven (211) Boxer CRV's, are presently being built at Ipswich QLD by Rheinmetall. The Boxer has very good kinetic blast protection and sports a 30 mm cannon, 7.62 mm MG, a 12.7 mm Remote Weapon Station and an Anti-tank Guided Missile System. Maximum speed is 103 kph. The Boxer CRV will be in service by 2020.

You will be pleased to know that after more than 50 years in service, the Army is now in the process of selecting a replacement for its M113 Armoured Personnel Carriers of which many readers will have fond – and less fond – memories of.

PLANNING AHEAD SERIES No. 5: WHEN A DEATH OCCURS

When the death of a loved one occurs, your heightened emotional state means that you should ask a friend or trusted relative for help - someone who is more able to think clearly and give you the support you need at such an emotional and stressful time.

In the event of a death, you should contact the person's doctor immediately as a doctor must certify that death has occurred. Normally, funeral arrangements cannot be completed until the doctor has signed and issued a *Medical Certificate of Cause of Death*. While you are waiting for the doctor, you should contact your chosen funeral director and speak to a Funeral Consultant. Once the *Medical Certificate* is issued the funeral director can then take the deceased into care.

In Australia, the great majority of deaths occur in hospital or other care facilities, in which case those authorities take care of the medical formalities. You will still need to call family members, friends and clergy or other spiritual advisors.

Funeral directors are experienced professionals who can provide information, emotional support and compassionate guidance. During your initial call, the funeral director will gather information to be able to transport your loved one to the funeral home. The funeral director may ask you several questions and also schedule a date and time for you to meet at the funeral home and will let you know what you should bring with you. It will help greatly if you have organised your affairs and completed the **Personal Information Document** which is available on our website under the **Members' Area** in the **Welfare Section**.

The funeral director will discuss:

- Casket and floral prices
- Cemetery/cremation arrangements
- Type of service (minister or civil celebrant)
- Order of service
- Floral tributes
- Veterans tribute
- Pall bearers

The funeral director must provide you with a general price list and guide you through the entire arrangement process, explaining how you can create a memorable personal celebration of your loved one's life. This process may include:

- Preparing and filing the official *Death Certificate* (this is a document additional to the *Cause of Death* document)
- Scheduling the location, date and time of the service
- Selecting a casket, coffin or other items
- Preparing a funeral notice
- Scheduling vehicles
- Selecting pallbearers
- Photos and music

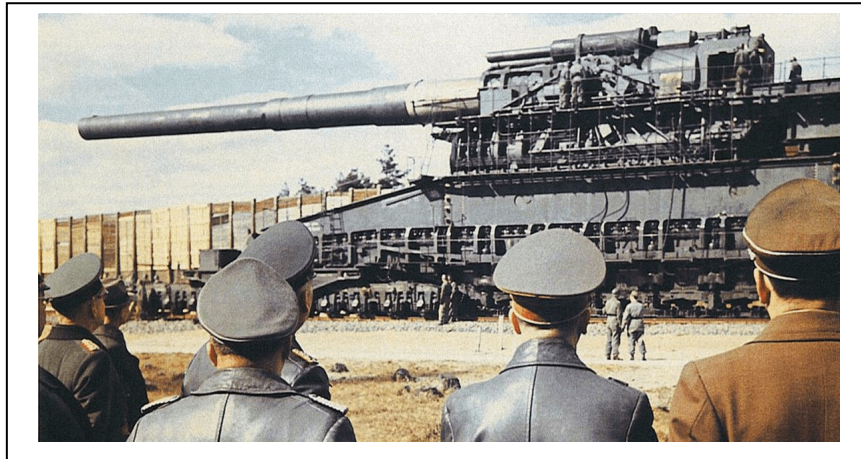
If you do nothing else, at least let your family know if you wish to be buried or cremated.

SICK PARADE

Best wishes to Gordon McCreadie who recently spent several days in hospital in Bowral.

DID YOU KNOW?

The German 'Schwerer Gustav' (Heavy Gustav) rail gun of the Second World War was the heaviest moving artillery piece ever built. It weighed 1,350 tons, needed a crew of 250, was over 45m long, fired 80 cm, 7.5 ton shells up to 40 km and required a specially built track and a 25-carriage train to move it.



REGULAR ACTIVITIES

WALKING GROUP. Every Tuesday at 8.00 am meeting at the Vietnam War Memorial, Bowral.

AQUA-VETS. Aqua aerobics at Annesley Lifestyle Centre, Bowral. Tuesday and Thursday 9.30 a.m. to 10:15 am. Tel: Belinda 0429 149 847 or Laura on 0466 905 935.

DINNER MEETINGS. Monthly 1st Wednesday. See Newsletter. Tel: Bob or Noelene Ph 4862 3741 or email rnbailey@bigpond.com (note the r and the n are separate letters ie not m)

LADIES 'VIP GOURMET CLUB'. 3rd Wednesday of the month except January. Details in newsletter. Contact Judi Bofinger Ph 4872 3175 or mobile 0408 101 575.

Ray McCann

Editor/Welfare Advocate

Mobile: 0402 813 753 or email raymondmccann@bigpond.com

1 April 2018

**HAPPY EASTER
TO YOU ALL**

