

Southern Highlands Vietnam Veterans'  
Peacekeepers and Peacemakers  
Association  
**NEWSLETTER APRIL 2016**

**ANZAC DAY ARRANGEMENTS**



ANZAC Day continues the centenary commemorations of the First World War the Second World War and other wars and conflicts. The recent war in Afghanistan has also inflicted a fairly heavy toll on our current crop of Diggers, Sailors and Airmen.

On this day we remember those that gave their lives in the service of our Nation and those that were wounded and maimed. It is also a day to acknowledge those that served both overseas and at home. It is a day to reflect on the hardship endured by family of those who served and other loved ones who in one way or another have also paid a price.

However, above all it is a day to reflect on their legacy - a peaceful and harmonious Australia that lives with freedoms not enjoyed by many others.

On this day veterans get together to commemorate, to remember old mates and to reflect on



times good and bad that we shared in South Vietnam

**MITTAGONG PARADE AND SERVICE**

Each year we rotate between the Highlands' towns so that we can march behind our banner and to ensure that we are well represented. This year we will be marching at Mittagong: 10:00am - please meet in the Information Centre car park to allow ample time to "have a chat" and form ranks for the parade which will step off at about 10:20am.

The parade will go down the highway and arrive at the Cenotaph in time for the ANZAC Day service to commence at 10:30am.

**ANZAC DAY LUNCH**

After the service, members, family and friends are invited to adjourn to the Lion Rampant Hotel to have a few drinks before lunch which will be from the bistro menu and paid for individually. For those with the taste "Old" beer is on tap.

The hotel is adjacent to the memorial and is a great spot to share with friends and family.

The following menu has been provided by the owner Allan Swift who is one of our members.

ANZAZ DAY 2016  
LUNCH MENU

ENTRÉE

Garlic Bread \$5  
Cheesy Pesto Bread \$6.60  
Chips. Sm \$5. Lg \$8  
Seasoned Wedges, sour cream sweet chilli. Sm \$6. Lg \$10

MAINS

Bangers & Mash \$10  
Chicken Schnitzel, chips salad & gravy \$16  
Rump fillet 300gm, chips salad & gravy \$15  
Beer Battered Fish chips & salad \$16  
Roast of the Day \$20

DESSERTS

On the dessert board – All \$8

**OTHER ANZAC SERVICES**

**MITTAGONG** - Dawn Service: 5.15 am at the Cenotaph, Hume Highway Mittagong.

**BOWRAL** - Main march – form up at the eastern end of the main csr park at 10.00 am The parade will march off at 10.35am and service to begin at Memorial at 11.00 a.m.

Dawn Service - form up outside Cameron's Newsagency at 5.45 a.m. with service to begin at Memorial about 6 a.m. Light breakfast at Campbell Jones Real Estate afterwards

Anzac Memorial church service. All are invited to St. Jude's, Bowral on Sunday, 24th April at 10.00 a.m. Followed by a special morning tea served in the new Church facilities.

**MOSS VALE** - The parade will form up at Moss Vale Queens Street Carpark to step off at 10:40 am and march to the Cenotaph at the Services Club. The ANZAC Day service will commence at **11:00 am**.

**SUTTON FOREST** - there will be a service at 8:00 am and participants are requested to form up at 7.45am

**NEXT DINNER MEETING**

**4TH MAY -BOWRAL HOTEL**

1800 for 1830hrs.

This is a warm, wood fired, and central winter location.

The food is very good. So make it a date.

If you are coming - RSVP to Bob or Noelene **before** Monday  
Ph 4862 3741

**FOLLOWED BY**

**1st June at Moss Vale Services Club**

**LADIES VIP LUNCH**  
**Eling Forest Winery Café**  
**12587 Hume Highway, Sutton Forest**  
**Best approached on the Highway heading south.**

Please let Julia Billows Ph 4872 1727 know by the Monday before if you are coming.

**NEW MEMBER**

Welcome to Ben Devos, another engineer, who service with 30 Terminal Squadron in 1971.

**50TH ANNIVERSERY COMMEMORATIONS**

Under the Chairmanship of President Phill Moscott, the Sub-Committee comprising Norm Austin, Terry Lemcke, Ross Latta and Bruce Bofinger is working hard to ensure the success of the Commemorations.

**COMMEMORATIVE DINNER**

If you haven't done so please put it in your diary now - it is on Saturday 20th August - after Vietnam Veteans' Day.

This should be a memorable night for which the cost will be \$80 per head and not as previously reported.

"Little Pattie" Patricial Amphlet, a well known singer of the 60's, has confirmed that she will be there on the night. She is a long term frient of Geoff Harvey and his wife. In fact she will have freshly? returned from Vietnam where she will participate in commemorations for the 50th anniversary of The Battle of Long Tan.

As part of Col Joy Show, she performed in two (and a half) concerts that were held in the Nui Dat base on the day of the battle. If you are interested you will find a video of her reminiscences of the day at <https://www.youtube.com/watch?v=YHkhct09jcs>

Geoff Harvey, his band and Johnny Spitz will select music and songs from the 60's and 70's and if his recent show "50 Years of The Beatles" show is anything to go by it will be a fantastic night of entertainment - if you would like to see some of his Beatles show go to <https://www.youtube.com/watch?v=IRnY5Rv-5mA>

Good news is that we have received a Veterans' Affairs grant towards the cost of the dinner and hope to get further support from other local organizations.

**CERTIFICATES OF SERVICE**

Shortly Veteran members will be receiving a request to provide photographs, in Vietnam or the uniform about that time, and service details. These will be used to create Service Certificates for presentation at the dinner. We are seeking grants for this and hope to produce something really worthwhile.

## HAVE YOU COMMITTED TO ATTENDING?

At this stage members have been talking about booking a table for the dinner. Therefore with a view to gaining an early idea of numbers we would like you to make a preliminary commitment. To do this please contact Bruce Bofinger by phone 4872 3175 even if you have previously casually committed as this will enable us to assess the number of tickets that will be offered to the public.

## VIETNAM VETERANS DAY 2016

Please put it in your diary - 18th August at 3:00 pm at the Vietnam War Memorial, Bowral.

We have not been able to identify a suitable **guest speaker**. If you can suggest someone please contact a committee member.

Unfortunately we will be unable to march from the Bowral War Memorial to the Vietnam War Memorial because of considerable traffic problems and a somewhat prohibitive cost due to the "nanny state" requirements.

More details will be published as the day approaches

## DINNER MEETING 4th MARCH



On a very balmy autumn evening a gathering of 20 people enjoyed a good selection of meals, the atmosphere and a few drinks at the Surveyor General Inn (The Oldest in Australia). It was good to catch up with some of our newer members. Thanks to Bob and Noelene for organising the event.



You can see more happy snaps at [http://shvva.com/?page\\_id=3439](http://shvva.com/?page_id=3439)

## BUNNINGS - SAUSAGE SIZZLES



The last Sizzle was a great success and we raised over \$1,000 . This year we have been allocated 12th June and 6th November.

We will call for roster nominations later, but please put the dates in your diary NOW.

In addition to raising funds, these events provide a great opportunity for: socialising, making the public aware of our existence, and attracting new members.

## BOWLS CARNIVAL

Also, annual notice of 9th National Digger's Bowls Carnival 2016 – Dubbo 13th, 14th & 15th September, 2016. Sandra Freer has all the details and team nomination form if anyone is interested - ph 4868 1945

### PLANNING AHEAD ISSUE 3 – ADVANCE CARE PLANNING

This is the third in a series of *Planning Ahead* articles aimed at helping our members and their families prepare for bereavement. The first covered a *Planning Ahead Kit* and the second *Wills, Powers of Attorney and Enduring Guardianship*. This article looks at *Advance Care Planning*.

*Advance Care Planning* is a way to make sure that people who are involved in your life understand your wishes about medical treatment and care. This will help to guide them if you become seriously ill or injured and cannot make your own decisions about medical care.

*Advance Care Planning* is a process that helps you to plan for future medical care and treatment towards the end of your life. The process involves thinking about your values, beliefs and your wishes about what medical care you would like to have if you cannot make your own decisions.

An important part of the planning process is to discuss your wishes with your family and other people who are close to you, as well as talking to your General Practitioner about any medical conditions you have and what treatments are available and what choices you would like to make about your medical care.

*Advance Care Planning* should include thinking about what treatments you would want to have that may prolong your life, and what treatments you would refuse. It also identifies a *Person Responsible* who would make medical decisions for you if you were unable to make your own decisions.

You may choose to write down your wishes with the help of a health care professional in an *Advance Care Directive* which outlines your specific treatment wishes.

There is no specific form to use for an *Advance Care Directive*. However, a workbook and example directive can be found at

[www.cclhd.health.nsw.gov.au/patientsandvisitors/CarerSupport/cpa/Documents/ACP\\_Workbook.pdf](http://www.cclhd.health.nsw.gov.au/patientsandvisitors/CarerSupport/cpa/Documents/ACP_Workbook.pdf)

You should discuss your wishes and treatment options with your GP. You can request that your *Enduring Guardian* refer to your *Advance Care Directive* before making any medical or health decisions on your behalf. No one can override your *Advance Care Directive*, not even your legally appointed guardian.

Your treating doctor will consider your *Advance Care Directive* to be valid if:

- you had capacity when you wrote it and you made it voluntarily
- it has clear and specific details about treatments that you would accept or refuse
- it is current and extends to the circumstances at hand.

Doctors and health care professionals will only refer to your *Advance Care Directive* if you are unable to make your own decisions.

You should keep your *Advance Care Directive* in a place that is easily accessible for you or for others to obtain if needed. You should also give a copy of your *Directive* to your *Person Responsible*, doctor and health care facility. Remember to give updated copies to these people whenever you change your *Advance Care Directive*.

This newsletter article has been adapted from the NSW Government website [www.planningahead.com.au](http://www.planningahead.com.au)

Please Turn Over for more welfare information.

## **SHVPPAA AGM 2 MARCH 2016 WELFARE COORDINATOR'S REPORT**

The major issue facing many of our members is the onset of chronic disease and illness as we move into our 70's. Several of our members are struggling with such issues at the present time. In response, we have published three *Planning Ahead* articles in our Newsletter. The articles can also be accessed on our webpage under the heading *Welfare* in the Members' Section. The Committee has decided to continue with this initiative in 2016.

I encourage everyone to look at the '*At Ease*' section of the DVA website. There are some new and useful programs on mental health and stress management and resilience. These programs are critical to the management of chronic health conditions.

Last year saw the deaths of two local Vietnam Veterans – Bob Colson of Moss Vale and Bruce Arthur of Tahmoor, aged 74 and 69 years respectively. While not members of our Association, I have provided support especially in the case of Bruce Arthur who served in the past with both Mick Cupitt and me.

DVA has been quietly tightening the belt in some areas of veteran support. An example is the provision of hearing services and the way some other services are delivered e.g. home support. Where we become aware of such changes, we will alert members via our Newsletter.

VVCS has scheduled a five-day *Residential Lifestyle Management Course* in Bowral on 24 – 28 October 2016. A *Relaxation and Mindfulness Course* is scheduled for 31 May 2016 in Campbelltown.

I have asked the DVA Training and Information Team (TIP) for details of their new eLearning modules and will examine the option of attending the Welfare Officer Course in Canberra on 24 May 2016 as a refresher.

I thank Padre John Wheeler and David Babbage for their support throughout the year.

Ray McCann  
Welfare Coordinator  
SHVPPAA

29 February 2016