

Southern Highlands Vietnam Veterans Peacekeepers and Peacemakers Association

Website: www.shvva.com



DECEMBER 2017 NEWSLETTER

NEXT MONTHLY DINNER MEETING

Wednesday 6th December 2017

Bowral Bowling Club

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

LADIES VIP LUNCH

There will **no** lunch this month as the scheduled date is too close to Xmas.

MEN'S LUNCHEON

A men's luncheon will be held on Friday 8 December 2017 commencing at 12:00 noon in the Springs Room at the Mittagong RSL Club. Please attend if you can.

SCHEDULE OF MONTHLY DINNER MEETINGS 2018

7th February 2018	Porterhouse Bistro Moss Vale
7th March 2018	Mittagong RSL Club (Springs Room)
4th April 2018	Berrima, Surveyor General Hotel
25th April 2018	After ANZAC Day march, lunch at Mittagong RSL Club
2nd May 2018	Bowral Hotel
6th June 2018	Lion Rampant Hotel Mittagong
4th July 2018	Mittagong RSL Club (Springs Room)
1st August 2018	Bowral Bowling Club
18th August 2018	Vietnam Vets' Day - Mittagong RSL after the service
5th September 2018	Porterhouse Bistro Moss Vale
3rd October 2018	Moss Vale Services Club
7th November 2018	Lion Rampant Hotel Mittagong
5th December 2018	Bowral Bowling Club

The July dinner will be a routine dinner rather than a special 'Xmas in July' function.

The above list is a compromise which seeks to reconcile disparate tastes and budgets while recognising that it is not possible to satisfy all members all the time.

BUNNINGS BARBEQUE - 5 NOVEMBER 2017

The Bunnings BBQ Sunday 5 November 2017 yielded a profit of close to \$900 for your Association. Thanks to Terry Lemcke who did all the organising and running around, and to those members who generously gave of their time to help out on the day.

ANNUAL GENERAL MEETING 2018

The 2018 Annual General Meeting will be conducted on Wednesday 7 March 2018 at 5:00 pm at Mittagong RSL Club. Please mark your diary and consider attending this important meeting. While this will be a non-voting year, it will be necessary to confirm the Acting Vice President position and fill an existing vacancy for an Ordinary Committee Member. Further information will be provided in the February Newsletter.

SHVVPPA COMMITTEE MEETING 20 FEBRUARY 2018

The next Committee meeting is scheduled for 20 February 2018. If you wish to bring any issue to the notice of the Committee, please talk to one of the Committee members before the meeting.

HEALTH TOPIC – LIVER FLUKES

The following article was published in *The Australian* on 22 November 2017. Veterans please note. Also, travellers to less developed countries should be careful with hygiene and ensure food is always well cooked. Thanks to Brian McFarlane for bringing this article to my attention.

A half a century after serving in Vietnam, hundreds of veterans have a new reason to believe they may be dying from a silent bullet - test results show some men may have been infected by a slow-killing parasite while fighting in the jungles of Southeast Asia.

The US Department of Veterans Affairs this year commissioned a small pilot study to look into the link between liver flukes ingested through raw or undercooked fish and a rare bile duct cancer. It can take decades for symptoms to appear. By then, patients are often in tremendous pain, with just a few months to live.

Of the 50 blood samples submitted, more than 20 per cent came back positive or bordering positive for liver fluke antibodies, said Sung-Tae Hong, the tropical medicine specialist who carried out the tests at Seoul National University in South Korea.

"It was surprising," he said, stressing the preliminary results could include false positives and that the research is ongoing.

Though rarely found in Americans, the parasites infect an estimated 25 million people worldwide.

Endemic in the rivers of Vietnam, the worms can easily be wiped out with a handful of pills early on, but left untreated they can live for decades without making their hosts sick. Over time, swelling and inflammation of the bile duct can lead to cancer. Jaundice, itchy skin, weight loss and other symptoms appear only when the disease is in its final stages.

VIETNAM VET RADIO

John Stead has drawn my attention to *Vietnam Vet Radio*. Visit <http://vietnamvetradio.com/> and listen to and enjoy the great music of that era. Listen again to *Chicken Man* and AFVN Radio. *Vietnam Vet Radio* is run by volunteers in the US and, if you wish, you can donate to help keep the station on air. See the website.

OVERSEAS TRAVEL

DVA will only cover health care costs for treatment of your recognised **war-caused disabilities** while you are overseas. You should complete a *Notification of Overseas Travel Form D578* if you intend to go overseas so that DVA can advise you of the arrangements for receiving medical treatment at DVA expense. If you do not notify DVA, you may not be aware of the treatment expenses that can be refunded and payment for any treatment while you are overseas cannot be guaranteed. For more information refer to *Factsheet HSV65 - Medical Treatment while Overseas*.

Generally speaking, service pension or income support supplement is payable while you are overseas. If you are travelling outside Australia temporarily, your usual rate of energy supplement and pension supplement may be payable for 6 weeks after departure from Australia. Those absent for longer than six weeks may, until their return, receive pension supplement at the basic rate depending on their income and assets. See *Fact Sheet IS77 – Travelling Overseas*.

KEEPING OUR BRAINS IN GEAR AS WE AGE

Extracted from DVA *Vet Affairs* Vol 33 No 3 Spring 2017

Dr Loretta Poerio, DVA Mental Health Adviser, poses the question: “Ever wondered why some people maintain their edge well into their later years and others don’t?” There are a number of factors that can make a difference, and we have more control over these than we give ourselves credit for. Risk factors such as age or genes cannot be changed, but high blood pressure or a lack of exercise can. It is worth the effort as maintaining a healthy brain can reduce the risk of developing chronic diseases like diabetes, heart disease and cancer, and may also mitigate the onset of dementia.

With the incidence of dementia, and particularly its most common form, Alzheimer’s disease, increasing as we age, there is no better time to start looking after your brain than now. Dementia is the second leading cause of death in Australia after coronary heart disease. Of course, these conditions are not mutually exclusive. In fact, the risk of developing dementia increases as a result of conditions that affect the heart or blood vessels such as high blood pressure, diabetes and high cholesterol.

Dr John Arden, neuropsychologist and author, talks about planting **SEEDS** as a way of remembering the fundamentals of healthy brain maintenance:

SEEDS =	S ocial Support	E ducation	E xercise	D iet	S leep
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Read the full article in *Vet Affairs* for further information on ‘SEEDS’.

MEMBERSHIP RENEWALS 2018

Renewal notices will be posted out today. Payment is due by 31st December 2017 and prompt payment would be appreciated. Please use the stamped addressed envelope provided and do not forget to sign the form and include your payment.

Payment can be by cash, cheque or direct debit to the account below:

Name of Account: VVPPAA Southern Highlands
BSB No: 641 – 800
A/C No: 2007 55934
Reference: [\[your name\]](#)

Address cheques to: SHVPPA, PO Box 900, MOSS VALE, NSW, 2577

CHRISTMAS GREETINGS

President Terry Lemcke and the Committee wish all members and their families a Merry Christmas and a Happy New Year. Thank you for your support in 2017 and we hope to see you again in 2018.

There will no Newsletter in January.



REGULAR ACTIVITIES

WALKING GROUP – every Tuesday at 8.00 a.m. - all welcome at the Cherry Tree Walk, Bowral (meeting at the Vietnam War Memorial). Just show up.

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.

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

LADIES 'VIP GOURMET CLUB' – 3rd Thursday of the month except January and December. Ladies meet for lunch at different local cafes & restaurants. Details in newsletter. Contact Judi Bofinger Ph 4872 3175 or mobile 0407 225 045.

Ray McCann
Editor/Welfare Officer
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1 December 2017