

Southern Highlands Vietnam Veterans' Peacekeepers and Peacemakers Association

NEWSLETTER MARCH 2017

ANNUAL GENERAL MEETING

The Annual General Meeting was held on 1 March 2017 at the Mittagong RSL Club. While attendance numbers were disappointing, the good news is that a new Committee was elected and therefore our Sub Branch will continue to operate as before. Details of the new Committee are provided below. Following the AGM, an excellent meal was enjoyed by AGM attendees at the RSL Club.

SHVVPAA COMMITTEE FOR 2017/2019

Executive	President	Terry Lemcke	4883 7505	0409 607 733
	Vice President	Bruce Bofinger	4872 3175	0407 225 045
	Secretary	Gordon McCreadie	4861 3126	0425 233 019
	Treasurer	Graeme Moffatt	4861 7767	0419 484 482
Ordinary Committee Members	Welfare Coordinator	Ray McCann	4861 3525	0402 813 753
	School Visits Coordinator	Terry Lemcke	4883 7505	0409 607 733
	Newsletter/Publicity Officer/Webmaster	Ray McCann	4861 3525	0402 813 753
	Pensions Co-ordinator	Position Vacant		
	Social Co-ordinator	Bob Bailey	4862 3741	0412 269 217
	Committee Member	Jeff Forbes	4861 1640	0406 895 231
	Committee Member	Ross Latta	4872 1883	0402 413 817
Appointed Officers	Public Officer	Graeme Moffatt		
	Auditor	Ross Cowley		
Non-voting Assistants	Ladies' Lunch Coord	Judi Bofinger	4872 3175	0407 225 045
	Welfare Assistant	David Babbage	4868 1627	0490 127 168

A MESSAGE FROM OUR NEW PRESIDENT
TERRY LEMCKE



After a near death experience, I am pleased to report that our Sub Branch has risen like a Phoenix from the ashes. The 1 March 2017 AGM succeeded in electing a new Committee **and it's now business as usual.**

Firstly, I would like to thank the outgoing Committee for their hard work and diligence under difficult and generally thankless circumstances - they have set a high benchmark for the new Committee to aspire to. However, I am confident that we have an appropriate mix of talent and experience in the new Committee to meet the challenge. The Executive has experienced **a 100% churn rate; so, it won't be easy. I will be relying** heavily on the continuation Committee members to facilitate the transition.

Our initial priority is to complete transition from the former Committee while continuing to meet our prime objectives of promoting and facilitating the welfare of veterans and their families, fostering community understanding, and conducting commemorative events. This year, we will look at whether we might be able to assist the *Homes for Heroes* project.

Please contact me at any time if you have and concerns with, or ideas for, management of the Sub Branch

Kind regards
Terry

LADIES VIP LUNCH
Wednesday 15th March 2017 @ 12:00
Shaggy Cow Restaurant Mittagong

If you are coming please RSVP to Judi Bofinger Ph 4872 3175 by the previous Monday.

DINNER MEETING
Wednesday 5th April 2017
Sutton Forest Inn

6pm for 6:30pm

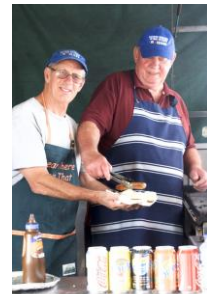
If you are coming - RSVP to Bob or Noelene Ph 4862 3741
by the Monday before

SCHEDULE OF MONTHLY DINNER MEETINGS 2017

1st February	Porterhouse Bistro Moss Vale
1st March	Mittagong RSL Club (following AGM).
5th April	Sutton Forest Inn
25th April	After Mittagong ANZAC Day march, lunch at Lion Rampant Hotel Mittagong
3rd May	Bowral Hotel
7th June	Lion Rampant Hotel Mittagong
5 th July	Christmas in July at Mittagong RSL Club
2nd August	Bowral Bowling Club
18th August	Vietnam Veteran's Day - Mittagong RSL Club after the service.
6th September	Porterhouse Bistro Moss Vale
4th October	Moss Vale Services Club
1st November	Lion Rampant Hotel Mittagong
6th December	Bowral Bowling Club.

BUNNINGS BBQ

Bunnings has reserved 23rd April and 5th November for us this year. The sausage sizzle is a good fund-raiser, good fellowship and it provides an opportunity to meet with the public as Vietnam Veterans. Put the dates in your diary now. Contact Terry Lemcke 4883 7505 if you are able to help.



ARRANGEMENTS FOR ANZAC DAY 2017

Previously, we rotated between the three Highlands' towns each Anzac Day. The outgoing Committee decided that in future we would only march at Mittagong because that location offers better organisation, more space, good post-march lunch options and the opportunity to build a closer relationship with the Mittagong RSL Sub Branch which already provides us with useful administrative support. This issue was raised at the AGM without dissent.

So, this year we will be marching at Mittagong 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 ranks for the parade which will step off at about 10:20 am. The parade will go down the highway and arrive at the Cenotaph in time for the Anzac Day service to commence at 10:30 am.

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

and family. Many of you will be aware that the Lion Rampant owner is Allan Swift, one of our members. Allan has been very generous in his support of our Association; therefore, we should do our utmost to support him in return.

OTHER ANZAC DAY SERVICES

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

BOWRAL - Main march forms up at 10.00 am at the eastern end of the central town car park. The parade will march off at 10.35am with the service to begin at Memorial at 11.00 am

BOWRAL DAWN SERVICE - Form up outside Cameron's Newsagency at 5.45 am with service to begin about 6 am at the Memorial. Light breakfast at Campbell Jones Real Estate afterwards.

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 with service to 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.

Members are advised to check the local press closer to the day to confirm the above arrangements.

WELFARE COORDINATOR'S REPORT TO 2017 AGM

At last year's AGM, I reported that the onset of chronic disease and illness was the major issue facing many of our members as they move into their 70's. Nothing has changed. Sadly, we lost one member during the year and some others continue to battle serious health issues. It is my intention, therefore, to continue with the Planning Ahead articles in our Newsletter because recent experience has demonstrated their value.

It is encouraging to see the number of members participating in water aerobics and exercise physiology. Those who do not attend these programs are encouraged to remain active at all costs through other forms of physical exercise.

I encourage everyone to look at the 'At Ease' and 'High Resilience' sections of the DVA website. There are some new and useful programs on mental health, stress management and resilience.

For those members without a Gold Card, DVA now offers Non-Liability Health Care for certain conditions. Please speak to me if you want to know more. Members over 70 with qualifying service, but without a Gold Card, can now apply on the DVA website for issue of a Gold Card.

VVCS has reduced the number of group programs this year – none are scheduled for the Southern Highlands in the next few months. The VVCS program is included below.

Last year saw the passing of two local Vietnam Veterans – Tony Mitchell of Moss Vale and Michael Tolnay of Bowral. Our Sub Branch provided family support and Veteran's Tributes for both funerals. Our deepest sympathies go to both families.

Several hospital visits were undertaken during the year. In many cases, I don't get to hear that someone is in hospital; so please let me know if you or your NOK would like to be visited in hospital.

The DVA Training and Information Program (TIP) has been replaced by a much stricter Advocacy Training and Development Program (ATDP). Under the new program, all pension and welfare advocates must undergo a national accreditation program involving formal training, OJT, RPL and mentoring. This program is mandatory; otherwise we will lose our indemnity insurance cover. I attended a Welfare Level 2 Course at Blacktown RSL on 15 November last year but must undergo further OJT, mentoring and RPL before qualifying for Level 3. In the meantime, the Level 2 qualification will meet our needs.

Last year, I provided input to a new and independent history, led by Dr Yule from Melbourne University, on the *Medical Legacies of the Vietnam War*. This history was initiated by the AWM in response to criticisms about the **AWM's Official History** which denigrated **veterans'** claims regarding PTSD and Agent Orange. I provided details to researcher Tristan Moss on the abnormally high cancer rate experienced by our members.

Ray McCann
Welfare Coordinator

VVCS WORKSHOPS

Program	Date	Location	Structure
Operation Life ASIST Suicide Prevention Program	13 & 14 February	Sydney	2 day workshop
	27 & 28 February	Canberra	2 day workshop
Stepping Out	4 & 5 April	Sydney	2 day workshop
	25 & 26 May	Canberra	2 day workshop
	19 & 20 July	Maitland	2 day workshop
Doing Anger Differently	9 & 10 May	Sydney	2 day workshop
PTSD for Carers and Families	6 June	Sydney	1 day workshop
Relaxation & Mindfulness	11 May	Canberra	1 day workshop
	24 May	Sydney	1 day workshop
	25 May	Newcastle	1 day workshop

Contact VVCS on 1800 011 046 if you would like to attend any of the above workshops.

MEMBERSHIP RENEWALS

Please ensure that you have renewed your membership. If you have not done so please fill it in now and post it to SHVVA, PO Box 900, Moss Vale 2577. If you do not wish to renew, please let Gordon McCreadie know so your name can be removed from the register of members. If you need another form, please let Gordon know - Ph 4861 3126

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 Wednesday of the month. Ladies meet for lunch at different local cafes & restaurants. Details in newsletter. Contact Judi Bofinger Ph 4872 3175.

NEWSLETTER EDITOR

Norm Austin has been our newsletter editor, publicity officer and webmaster for many years. On taking over this role, I acknowledge the excellent work that Norm has done in the past and on your behalf, I thank him for his valuable contribution towards meeting our **Association's objectives.**

Ray McCann
Editor

