

Southern Highlands Vietnam Veterans' Peacekeepers and Peacemakers Association

NEWSLETTER NOVEMBER 2015

The Executive Committee would like to wish all members and their families a very Happy Christmas and prosperous New Year



CHRISTMAS DINNER

MITTAGONG RSL CLUB

THE NEW ALEXANDER ROOM

Wednesday 2nd December

6:00pm for 6:30pm

With the extensions and renovations now completed we will be able to enjoy the new facilities of the Alexander Room. We have the usual festivities organized with a wonderful meal and fantastic lucky door prizes. This will be a very enjoyable evening. Visitors are most welcome. All this for only \$50.00 per head.

ENTRÉE

Prawn and Avocado Salad

or

Persian Beef

Prime cut of grass fed beef with truffled aioli and finished with crumbled Persian fetta and micro herbs

MAINS

Yuletide Roast

Combination of roast of turkey breast, leg ham and pork.

or

Chicken Supreme

Served with brie and cranberry jus.

DESSERT

Traditional Christmas Pudding

With brandied fudge sauce, custard and cream.

or

Vanilla Bean Panna Cotta

Served with wild berry compote.

SERVED WITH

Bread roll, Tea, Coffee & White Christmas

Please **RSVP** to Bob Bailey on 4862 3741 before **18th November**.

Because we have to book and pay the Club we need your payment in advance. This you can arrange with Bob or post to

SHVVPPA PO Box 900 MOSS VALE NSW 2577

MEMBERSHIP RENEWALS

Renewal notices have been posted. Payment is due by 31st December but early payment would be appreciated so that we can send dues off to Head Office. Please use the stamped addressed envelope and do not forget to sign the form and include your money. If you have not received a renewal notice please contact Norm Austin 48691772.

The money paid to the Association helps to provide services to all Vietnam Veterans, Peacekeepers and Peacemakers and with declining membership overall it is much needed.

BONG BONG RACES FRIDAY 20th NOVEMBER

The theme for this year's races is the Centenary of ANZAC and the Race Club has specially invited War Veterans as honoured guests for the day.

A Veterans parade will be held at midday and our members are requested to be there by 11:45 wearing medals. The parade will be led by the Army Military Band.

Entry to the course will only be by ticket, which will be posted out to those who have "booked". There will be a marquee near the main gate for veterans and partners with tables and seating, a drink or two and light refreshments sponsored by Moss Vale Services Club and the Bowral Hotel. You will need a wrist-band to enter the marquee, which will also be posted,

The first race starts at 1:15 Dress is smart casual. Parking is free.

Norm and Sue can't make it as Sue is having another knee replacement. So if you would like to go and have not booked please give Norm a call on 4869 1772

VETERANS HEALTH WEEK

Bob Bailey applied for and received a DVA grant for Veteran's Health Week.

At the Bowral Club, a delicious health lunch was prepared by the Chef Ian Armstrong. Ian's father was a Vietnam Veteran, as was his uncle. He certainly made the day a success by producing a delicious healthy spread. Ian's proud mum Veronica, who is one of our members, was there to provide encouragement and support. Thanks Ian and Veronica.



After lunch we headed outside where we formed teams and bowled. After warming up the competition became fierce. It was a very warm afternoon but fortunately there were plenty of cold drinks on hand.





The aim of the day was to eat healthily, exercise and enjoy the camaraderie of our mates. In this we were very successful. Thanks go to Bob and Noelene for organizing the event.

AUSTRALIA DAY

To celebrate this day, to honor our service to our nation, and to have good time - we are again having a GREAT AUSSIE BBQ. This is a family event held at the home of Norm and Sue Austin. Family and friends are most welcome. Bring your meat and drinks. Make it a date in your calendar NOW - Tuesday, January 26th 2016. Full details in the January Newsletter.



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NOVEMBER DINNER

Held at Moss Vale Services club after a long absence, 17 veterans and guests attended. Because the Club was very busy we had the pizza bistro to ourselves. Because of the change Bob organized an alternative drop menu. By all reports the barramundi was plentiful, juicy and really tasty as was the rack of lamb. I think we will be back here in the not too distant future.



HAPPY CHRISTMAS AND FANTASTIC NEW YEAR

PLANNING AHEAD

PLEASE TURN OVER FOR THE THIRD ARTICLE IN
THE SERIES BY OUR WELFARE OFFICER RAY McCANN

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 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