

# Southern Highlands Vietnam Veterans Peacekeepers and Peacemakers Association

Website: [www.shvva.com](http://www.shvva.com)



## NOVEMBER 2017 NEWSLETTER

### NEXT MONTHLY DINNER MEETING

Wednesday 1<sup>st</sup> November 2017

*Lion Rampant Hotel Mittagong*

6:00 pm for 6:30 pm

If you are coming - RSVP to Bob or Noelene phone 4862 3741 or text 0412 269 217

### LADIES VIP LUNCH

Please note that Ladies VIP Lunches are now held on the 3rd Thursday of the month rather than the 3rd Wednesday. The next lunch will be:

Thursday 16<sup>th</sup> November 2017 @ 12:00 noon

*The Mill Café, Bong Bong Street, Bowral*

If you are coming please RSVP to Judi Bofinger phone 4872 3175 or text 0407 225 045 by the Tuesday before.

### SCHEDULE OF MONTHLY DINNER MEETINGS 2017

1st November	Lion Rampant Hotel Mittagong
6th December	Bowral Bowling Club.

### SOUTHERN HIGHLANDS MEN'S HEALTH MONTH NOVEMBER

Wingecarribee Health Association for Men (WHAM) will be holding a series of presentations on men's health each Tuesday evening starting at 6:00 pm in November at St Jude's Anglican Church Auditorium, Bowral. Topics include Mental Health, Hearing and Eye Health, Diagnostics and Imaging, and Substance Abuse impacts on the Kidneys and Liver. Please see the flyer attached to this Newsletter for details.

## VALE 243110 SERGEANT JOHN ROSS RAEME



Our erstwhile member, John Ross, passed away aged 74 in Bowral Private Hospital on 4 October 2017. His funeral was held at St Jude's Anglican Church Bowral on Friday 13 October 2017.

Twenty veterans attended the funeral to farewell and pay tribute to their Vietnam veteran comrade, 243110 Sergeant John George Ross, Royal Australian Electrical and Mechanical Engineers. John's funeral was very well attended and all speakers spoke highly of his commitment to his family and his leadership and people skills as a senior business executive.

John enlisted in the Regular Army as an Apprentice Vehicle Mechanic on 9 January 1958 at the age of 15. He underwent four years' of technical and military training with the 13th Intake at the Army Apprentices' School at Balcombe, Victoria. Sixty years' later, fellow apprentices Frank Maloney and Frex Keenan remember him as "a very fine bloke".

Army Apprentices were renowned for their technical skills and soldierly qualities. John Ross was no exception.

John's service included postings to:

- 2 Base Workshop
- 1 Field Regiment Light Aid Detachment
- 1 Transport Company Workshop
- Australian Logistic Support Company Vietnam
- 101 Field Workshop Vietnam

His awards include:

- Australian Active Service Medal
- Vietnam Medal
- Australian Defence Medal
- Vietnam Campaign Medal
- Returned from Active Service Badge

John served for nine years in the Regular Army followed by 5½ years in the Regular Army Emergency Reserve. After leaving the Army, John forged a successful career in the transport industry with major entities such as Ansett and TNT. In later years, he worked as a Real Estate Agent in the Southern Highlands.

Our deepest sympathies go to his widow Lynette, children Trudi and Matthew, and the extended family on the untimely loss of a fine man.

## BUNNINGS BARBEQUE - 5 NOVEMBER 2017

The next Bunnings BBQ is scheduled for Sunday 5 November 2017. The sausage sizzle is a good fund-raiser, good fun and provides an opportunity, as Vietnam Veterans, to interact with members of our local community. Please put the dates in your diary now. Contact Terry Lemcke 4883 7505 if you are able to help.



## BATTLE OF LONG TAN 18 AUGUST 1966

The website listed below includes a movie length re-enactment of the battle of Long Tan:

<http://battleoflongtan.com>

## SHVPPA COMMITTEE MEETING 21 NOVEMBER 2017

The next Committee meeting is scheduled for 21 November 2017. This will be an important meeting where we will set the agenda for 2018 including the social calendar. If you wish to bring any issue to the notice of the Committee, please talk to one of the Committee members before the meeting.

## 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.

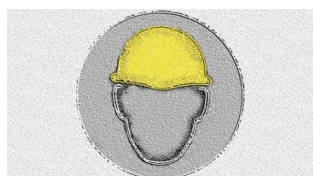
**DINNER MEETINGS** – Monthly - 1st Wednesday. Details in newsletter. Tel: Bob or Noelene Ph 4862 3741 or email [rnbailey@bigpond.com](mailto:rnbailey@bigpond.com). (please note the r and the n are separate letters ie not m)

**LADIES 'VIP GOURMET CLUB'** – 3rd Thursday of the month. 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  
Mobile: 0402 813 753

30 October 2017

**Attachment:** WHAM Health Month Program



## Southern Highlands MENS HEALTH MONTH

Four Tuesdays in NOVEMBER 2017

Start time 6 pm (Sharp) -7:30 pm

St. Jude's Anglican Church Auditorium

### 7th November 2017

*Welcome*

*Recognising Anxiety/ Depression*

*Cognitive Behaviour Therapy*

*Family/Interpersonal Therapy*

*Positive Relationship*

### Down But Not Out

*Dr Terry Flynn Patron*

*Dr Geoff Sparkes GP*

*Astrid Toscan Psychologist*

*Dr Chris Bauer Psychological Medicine*

*Campbell MacBean Psychologist*

### 14<sup>th</sup> November 2017

*Hearing*

*Eyes*

*Your Vision is Our Passion*

### Hear NO evil, See NO evil

*Audiologist (TBA)*

*Darryl Flegg Optometrist*

*Dr Peter Macken Ophthalmologist*

### 21<sup>st</sup> November 2017

*Xray, CT Scan, MRI*

*Nuclear Medicine*

### What they see is what you've got

*Dr Anthony Grattan-Smith Radiologist*

*Dr Patrick Donnelly Consultant Physician*

### 28<sup>th</sup> November 2017

*Kidney*

*Liver/ Substance Abuse*

*Close*

### The OFFAL truth

*Dr Andrew Jefferys Nephrologist*

*Dr Vince Roche GP*

*Peter van Dort (Chairman WHAM)*

## MEN'S HEALTH MATTERS!

Wingecarribee Health Association for Men (WHAM) Inc.

**CHAIRMAN: Peter van Dort**

**0418 223 696**

**SECRETARY: Tom Carroll**

**0419 482 208**

**TREASURER: Keith Withers**

**0407 015 514**