

Southern Highlands Vietnam Veterans,  
Peacemakers and Peacekeepers Association  
**NEWSLETTER SEPTEMBER 2015**

**NEXT DINNER MEETING**

**Wednesday 7th October**

**PORTERHOUS - MOSS VALE HOTEL**

Argyle Street Moss Vale

The food is always very good - as is the company.

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

or by email: [rnbailey@bigpond.com](mailto:rnbailey@bigpond.com)

by the Monday before

**LADIES VIP LUNCH**

**Thursday 21st October**

**THE SHAGGY COW**

112 Main Street Mittagong

If you are coming - please contact Julia Billows: Ph 4872 1727

by the Tuesday before.



**CHRISTMAS PARTY**  
**Wednesday 2nd December**

**MITTAGONG RSL CLUB**

**6:00pm for 6:30pm**

Make it a date in your diary now.

Full details to follow in November



**AUGUST DINNER**

The Bundanoon Club (Bolo) was our venue this month. The dinner was well attended and we had some guests from the Bundoon RSL Sub Branch. The food was good but a bit slow due the club being packed. Everyone seemed to have a good time during our visit to the southern suburbs. Sorry there are no happy snaps - I forgot the camera.

**LUNCHEON FOR VETERAN'S HEALTH WEEK**

Veterans' Health week is in October. Bob Bailey organised an outing for members, wives and friends. It will be held at Bowral Club (Bowling Club) **on Friday 16th October**. The meal will be a "healthy lunch", designed by the chef. Bob has applied for a grant from DVA to cover some of the costs of the event, which if successful, will reduce the cost to about \$5 to \$10 per head. After lunch attendees will enjoy some barefoot bowling, which is great fun even if you get the wrong bias. Please let Bob or Noelene know if you would like to go: Phone 4862 3741

## BUNNINGS SAUSAGE SIZZLE - SUCCESS

On Sunday, 20th September a gregarious band of Veterans and wives provided Bunning's shoppers with hot "sausages on roll", and soft drinks. The sunny but cool weather ensured lots of customers.



A team of 10 "sizzlers" worked in three shifts to provide an efficient, friendly and fast service. We delivered about 500 buns with onions, hot sausages and a selection of sauces. Bruce did a great job spruiking and upgrading orders and flogging drinks. The ladies did a great job in customer service, taking orders and money. The sausage and onion chefs worked under great pressure to ensure an adequate supply of goods. The assembly team sliced buns and constructed rolls with great skill. Oh No! - twice we got down to the last sausage - whilst Phill raced to and fro to Aldi, for fresh supplies. Not one customer was turned away. Well done team.



There were three highlights on the day. The first was the great co-operation displayed by all members of the team. The second was the friendliness and support for "Vets" displayed by the Bunning's customers. And the third was financial result that netted close to \$900 for our efforts.

Special thanks go to Phill for organizing the event, and co-ordinating activities. To Terry and Bundanoon Butchery for donating the snorkers. To Ray Kuscher, for his guidance and support both before and on the day. Finally to "The Team", for donating enthusiasm, time and energy.

**NOVEMBER DINNER**  
**Wednesday 4th November**

**MOSS VALE EX SERVICES CLUB**

Argyle Street Moss Vale

We have not been here for quite a while but rumor has it that the new Chef is a vast improvement. Give it a go.

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

**BONG BONG BONG RACES**  
**20th NOVEMBER**



We have had a great response with 22 booked in, so for those people please ensure that you have this event in your diary. Each veteran will be allowed to have a partner join him or her.

The Bong Bong Picnic Race Club, using the 100 years of Anzac as a theme, has invited veterans as honoured guests.

Entry to the course will be free but R.S.L. Sub Branch or Vietnam Veterans' Membership card will have to be shown. A marquee will be provided with tables and seating, a drink or two and light refreshments. Dress is smart casual.

**NEW TOOLS TO HELP WITH STRESS**

DVA has released a new web site that helps manage stress and build resilience. It features self-help tools, resources and videos to help users cope better with stress and bounce back from tough situations. It provides a personal 'dashboard' where users can develop a resilience plan, set goals and track progress.

It is free and very comprehensive - give it a go at [www.at-ease.dva.gov.au/highres](http://www.at-ease.dva.gov.au/highres)

Norm Austin, Editor