

Southern Highlands Vietnam Veterans'  
Peacekeepers and Peacemakers  
Association

**NEWSLETTER APRIL 2013**

**WEB SITE HAS BEEN LAUNCHED**

The website is now available to the public and for members' use. Use your web browser to go to [shvva.com](http://shvva.com) where you will be able to find out about the coming events, news of recent events, our activities, and our charter. The Members section is still under development and will be password protected when it's up and running. This will ensure that only members have access to the more confidential information about our organization.

A **USER GUIDE** to its use is attached however if you need help or have feedback, please email me at [normanbaustin@yahoo.com.au](mailto:normanbaustin@yahoo.com.au) or phone 48691772.

Over time I hope to move much of the communication from the Newsletter to the Website, which is easier to keep current, cheaper and easier to maintain. It will also provide a means of interaction between members who can comment on Blog Posts and Events.

Norm Austin -Webmaster

**DINNER MEETING WEDNESDAY 1st MAY**

The PORTERHOUSE BISTRO  
1800 for 1830hrs.

If you are coming - RSVP to Bob or Noelene Ph 4862 3741 ASAP  
Bob Mobile 0412 269 217 Noelene Mobile 0412 807 156

**TENTH ANNIVERSARY DINNER WEDNESDAY 5th JUNE**  
DORMIE HOUSE  
1800 FOR 1830hrs

This venue is a favourite of the Vets and will be a great setting.  
Please note that the venue has changed from that previously advised.

Cost \$35.00 for 2 courses and \$45.00 for 3 courses.  
**R.S.V.P. Sandra Freer ASAP but no later than 30th May.**

**LADIES VIP LUNCH**

Wednesday, 15<sup>h</sup> May at 1:00PM  
The Post Café - Near the Railway Station in Moss Vale

If you are coming - RSVP to Bob or Noelene Ph 4862 3741 ASAP  
Bob Mobile 0412 269 217 Noelene Mobile 0412 807 156

## ANZAC DAY

The weather was perfect for a really nice day. With 30 Vietnam Veterans Marching behind our banner, we set off at 10:30 and proceeded down the Old Hume Highway to the cenotaph in the middle of town.



There were over 100 marchers led by the Southern Highlands Scottish Band. It was good to see A Coy 1 RAR marching behind their blue banner. Most of them were in Vietnam in 1965 a year before the Task Force. The evening before, 11 of our members enjoyed dinner with them at the Mittagong RSL.

A good crowd lined the march and at the cenotaph we were welcomed by many school children. The service was lively and ANZAC Address by Ms Elizabeth Beszant from Mittagong RSL was outstanding as was the ANZAC Message delivered by Alexander Staats from Bowral High.

After the ceremony we adjourned to the Lion Rampant where, in an area reserved for us by the hotel, we enjoyed good food and great company. The bar and food service was excellent as was the vibrancy and behavior of the large number of young adults who also celebrated ANZAC Day. A number of us happily accepted a "Drink for a Digger". Thanks go to the people that participated in this way.

To see a movie of the march and service and pictures go to our website:  
<http://shvva.com> then go to **NEWS - RECENT EVENTS - ANZAC Day 2013**

You may need to wait a few seconds for the video to appear. When it does you can enlarge to full screen, pause or replay. Thanks to Sue Austin and Julia Billows for the video footage.

If you click on the photos they will enlarge. You can also right click and copy the photos to your computer.



### DINNER MEETING APRIL

This dinner at Bowral Hotel provided good fellowship for the 24 that attended and some amazement. The meals were quite good but the service left a lot to be desired. The staff claimed that somebody else had eaten my meal and wouldn't give me another without a lot of persuasion - true. I was one of the first to order, and when I finally got my steak after everybody else had eaten, the steak was good - but what an ordeal.



### LIFESTYLE MANAGEMENT PROGRAM

Monday 26th May - Friday 31st May

These residential programs are a chance to "get away from it all" and learn more about healthy living and building stronger relationships. It covers a range of topics including: stress management, relaxation, dealing with anger and anxiety, enhancing communication and conflict resolution skills and healthy living.

Many of our couples have already done this course, which is highly recommended. It is available to veterans with wives or partners.

### DOING ANGER DIFFERENTLY

Monday 2nd September - Tuesday 3rd September

This course is scheduled to be held at Bowral, so we need to support it if we can. It will probably be held at Links House which is a very good venue. Its open to vets wives and partners.

To register your interest -

Phone VVCS Canberra 02 6225 4620 or email [VVCSCANBREG@dva.gov.au](mailto:VVCSCANBREG@dva.gov.au)

### HQ 1 ALSG REUNION - APRIL 2014

Headquarters 1<sup>st</sup> Australian Logistic Support Group is holding a reunion in Mildura over the Anzac week end in 2014. For more details contact Tony Brown on 0350 212 066 or mobile 0428 852 736 Email [tonyraye11@bigpond.com](mailto:tonyraye11@bigpond.com)

### CHRONIC CARE ACTIVITY PROGRAM - CAP

Available to veterans and non-veterans this provides a Sports Physiologist managed program of 24 sessions under Medicare and you pay \$60.00. Obviously the patient needs to have or be recovering from a chronic condition. If you think you or a loved one fits this criteria phone our AquaVets physio Belinda Downtown for further information and the inevitable form - 4861 4366

## WEB SITE USER GUIDE

This is just a brief guide to get you started. The site is fairly easy to use and similar to lots of sites on the Web. I have developed it using WordPress which is a free development program.

I am hoping that as many members as possible are able to readily access the site and find their way around it. In this way you will be able to keep up to date with coming events and also access information, pictures and videos on it.

Some of you will have relatively slow internet connections. If this is the case you still use the site but you will need some patience to wait for downloading.

To get started, use your web browser to go to [shvva.com](http://shvva.com) The site will open with its HOME PAGE.

Across the middle of the home page you will see a green bar with white headings on it. This is the Navigation Bar which includes:

**HOME** The page you see when you get to the site.

**EVENTS CALENDAR** This lists up and coming events in chronological order the EVENT LIST and if you go to the top right hand there is a faded CALENDAR button. If you click this, the CALENDAR will appear. At the top you can navigate between months and years. If you click on an event the detail in the EVENT LIST will show. Use your back arrow to return to the calendar or HOME PAGE to go back there.

**NEWS** Place your cursor on NEWS (DO NOT CLICK) and a "Drop Down Menu" will appear. (If there is a little down arrow next to a heading it indicates that it has Drop Down Menu.) Three sub-headings will appear:

**RECENT EVENTS** - Click on this and a list of events will appear. Choose one and you will be able to see the news, pictures and videos of the events.

**LATEST NEWSLETTER** - Click on this and then on the month heading and a PDF version will appear. You can enlarge this by hovering your cursor over the bottom centre of the page - where buttons will appear to "enlarge", "shrink", "preview" or "save" it to your computer.

Because the document appeared in a new browser window you will need to close this by clicking the little red cross in the top left hand corner.

**PAST NEWSLETTERS** - Click on this and a list of past newsletters will appear. Click on one and it will open in a new browser window. See LATEST NEWSLETTER above for instructions.

**BLOG** - is short for WEB LOG. Here you will find POSTS or items or information that you may be interested in reading or viewing. They are listed in reverse chronological order. These are usually found by my members and forwarded to me for publication - please send any to me if you think they would be worthwhile [normanbaustin@yahoo.com.au](mailto:normanbaustin@yahoo.com.au) You can comment on them in the boxes provided or just read any posted comments. To weed out any unwanted or inappropriate comments, I approve them before publication.

**ACTIVITIES** are things that we do regularly. This is a "Drop Down Menu" so if you hover over it you will see a list of things we do. Just click on one to get the information. Because the navigation bar stays at the top you just go there again to access another activity.

**ABOUT US** this is also a "Drop Down Menu" and at present has two items **OBJECTIVES** which quotes from our constitution and **MEMBERSHIP** which outlines the requirements of membership.

Happy browsing. If you have any difficulties, suggestions, or just need a hand please get in touch. Feedback is also welcomed.

Norm Austin 48691772 [normanbaustin@yahoo.com.au](mailto:normanbaustin@yahoo.com.au)