

INCOMING

March, 2022

Number 91



Veterans' Support Group [®]

Founded by the
Vietnam Veterans' Federation
Qld Branch Inc.

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**ANZAC IS NOT MERELY ABOUT LOSS.
IT IS ABOUT COURAGE,
AND ENDURANCE, AND DUTY, AND
LOVE OF COUNTRY, AND MATESHIP,
AND GOOD HUMOUR, AND THE
SURVIVAL OF A SENSE OF
SELF-WORTH AND DEGENCY
IN THE FACE OF DREADFUL ODDS.**

HON. SIR WILLIAM DEANE
GOVERNOR-GENERAL OF AUSTRALIA
ANZAC DAY 1999



Monday 25th April, 2022

Page 1	Front Cover– Thank you	Page 15	
Page 2	Index /Editor’s Report	Page 16	Book Review
Page 3	President’s Report	Page 17	
Page 4	Sub Branch President’s Report	Page 18	Funnies Page
Page 5	Funnies Page	Page 19	Holiday Centre for Veterans
Page 6	Workshop Report	Page 20	Important Ph. Nos. Word Ladder
Page 7		Page 21	Puzzle page
Page 8	Chaplain Gary Stone	Page 22/23	Our History
Page 9	Funnies page	Page 24	42 for 42
Page 10		Page 25	Word search puzzle
Page 11		Page 26	Veterans Holiday destinations
Page 12		Page 27	Puzzle Solutions
Page 13	Recipe -	Page 28	Membership form
Page 14	Poets’ Corner - Reflections		



EDITOR'S REPORT



Hello Everyone,

Narelle has been forced to take time off. Due to COVID19

Government guidelines some Volunteers were not allowed to Return to the office. Hence the “March” edition of INCOMING is very much delayed.

We truly have done our very best to put this edition together all be it late.

Clearly, we miss those volunteers and in the process we have learnt new skills.

Peter Handy, President

Aging is tricky. It's like you still feel young *INSIDE*, but then every once in a while you catch a glimpse of yourself in the mirror and reality just smacks you in the face.



DISCLAIMER: The material contained in this publication is in the nature of enlightenment for the members. Contributions are acknowledged, with thanks, from Service and Civil publications. The editor expressly disclaims all and any liability to any person, whether an association member or not. Views expressed may not necessarily be those held by the Executive or the members.

PRESIDENT'S REPORT

President's Report – March 2022

We have been busy since our last year particularly with the absence of Flavia. We congratulate Flavia and Paulo on the birth of their son, Zion.

Kerry Bridges, Brad Rauchel and Michelle Caldwell have worked longer hours and enthusiastically during Flavia's absence on leave. We appreciate their dedication and desire to ensure veterans get the assistance they deserve. Kathryn McRae, an outstanding advocate who partnered and mentored Flavia when Flavia first trained with us as an advocate has made herself available for advice and assistance during Flavia's absence.

We have just become aware of significant wood rot and a white ant's infestation in our office building. We are arranging urgent treatment to kill off the white ants and investigation as to the extent of the damage. We will think positive and hope for the best. We do realise that many window frames do need replacing.

News is that Deirdre Breakwell is preparing for the replacement of her knee replacement. The result of an infection following the knee replacement late last year. All her friends and fellow volunteers wish her a speedy and full recovery. Our best wishes for a speedy and full recovery also go out to Narelle Cupit, our INCOMING Editor. Having been advised by her doctor not to vaccinate against Covid because of probable blood clotting problems.

The administration staffing needs to be reviewed as with current volunteers taking well deserved vacations and the uneven flow of administration can result in busy periods and very quiet periods. What we need are a couple of back-up people able to fill in when volunteers take a vacation.

Ken Bridges and I were in Canberra for ANZAC Day this year for a reunion with our unit, 8 Field Ambulance, in Vietnam. With Australia and the world lifting Covid19 restrictions I believe that many of our volunteer members will take vacations this and next year. Considering our ages, we must also be able to cover unplanned absences due to ill health.

Our Newsletter the INCOMING cannot be completed by Narelle, so I will finish it off and send it out to members. Very much easier said than done!

I take this opportunity to acknowledge and thank two dedicated and tireless members who contributed greatly to the continuation of our Queensland Branch and our Men's Shed. Peter Cameron OAM continues to ensure all duties and responsibilities of both Secretary and Treasurer of both the Queensland Branch and the Sub-Branch are looked after. Peter has not missed one deadline over the several years of holding those positions. Peter's ability to obtain numerous grants through his skills in addressing the required criteria of each grant application is exceptional. Peter has achieved grants totalling more than one million dollars when combining both branches.

The second outstanding person is Vice President of the Sub-Branch and Shed Captain, Kevin Roberts. Kevin has a heart of gold and his willingness to help and support others is remarkable. Kevin made sure he regularly phoned all Sub-Branch Members during Covid and when asked for help he always does help. Kevin is there to open the shed early almost every morning, does all the jobs that others ignore and can count every member as a close friend. I again thank Kevin Roberts for a very large donation to the Queensland Branch on receiving a compensation payment from DVA following a claim submitted through our Advocacy Service.

To both Peter Cameron and Kevin Roberts, our Nerang services for all Veterans is the envy of similar services provided for fellow Veterans. We cannot thank you enough.

Peter Handy
President

Sub Branch President's Report – March 2022

Andy Bryson - President.

Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Branch Inc.

Hello fellow veterans and members,

Another year has begun, and still, we are under the cloud of Covid 19, and all its variants, with seemingly a new one coming out every month. However, life goes on, and by and large we have adapted to the situation, while continuing to take sensible health decisions for ourselves, family, and friends. The sub branch and the Men's Shed are alive and well, although member numbers are down a little on a day-to-day basis, probably because of Covid, but more likely this is now the new norm.

The success of any organisation depends on its members, the skill sets they bring to the table and their willingness to work as a team. In return those people should expect to have a feeling of satisfaction for a job well done, and a feeling of having accomplished their own personal goals that the organisation can deliver for them. Based on our current financial situation and general observations, the sub branch is delivering those expectations, but of course there is always room for improvement. So, members, please feel free to come forward with ideas and suggestions that you feel may help in improving our organisation. The sub branch committee, elected by you the members, is always trying their best to not only keep the organisation running, but is constantly trying to find better ways to achieve our goals, whatever they may be.



On the 15th of March, we celebrated the 10th anniversary of our incorporation with a free BBQ and good fellowship, while looking back at the humble beginnings via some archive photos playing on the large screen TV in the kitchen. Invited guests included our federal member Angie Bell and a contingent from the Land Warfare Centre at Canungra, led by their new CO, Lt. Col. Wendy Say. Wendy was presented with a coffee table which was the final part of a set of tables commissioned by her predecessor Lt. Col. Diane Gray. Wendy gave an eloquent acceptance speech, in which she invited us to lunch and a base tour sometime in the near future, thus cementing the good relationship between us.

March proved to be a busy month, and on the 16th of March, Kevin Roberts (shed captain), Frank Bosio (committee member) and myself attended a cluster meeting of Men's Sheds from South east Queensland at Nerang, held by the Queensland Men's Shed Association. The meeting was a great success, and we came away with some interesting ideas, but equally left the other sheds with some ideas and information from us. Various speakers talked on subjects such as shed governance, depression and prostate cancer. All sheds agreed that these meetings should be held more frequently to further improve shed operations in general.

I take this opportunity to wish all our veterans and members and their families a safe, healthy and Covid free year, and encourage you all to continue to partake of our facilities and support in the remainder of the year.

Andy Bryson

President,

VVF Brisbane/Gold Coast Regional Sub Branch Inc.

Vietnam Veterans Support Group Men's Shed, Nerang.

1st. quarter 2022 news update.

After a seemingly long wait, the new utility finally arrived, along with some confusion over the insurance, which was eventually sorted. New signs were commissioned for the ute doors and the two trailers, and these have been fitted. The new automatic ute is a pleasure to drive, and with its 10-year warranty, should give us us many years of trouble-free motoring.



The last three months have seen many events and projects completed, as the men's Shed continues to provide an environment where our members can come and in whatever activity suits their needs, or to simply sit have a cuppa with their mates. A very successful First Aid fresher course was held in Qld. Branch conference room, and 9 participants from both the shed and the

club were taken through the latest techniques and procedures of First Aid training. Sue McDonald and celia were the presenters, and all agreed that it was the best First Aid course they had ever done.



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One of the ongoing fund-raising activities is the collection of cans and bottles which attract a 10-cent refund, and when enough have been collected and sorted by our hard-working team of Roger, Graeme and Peter as driver, the full load is taken to the recycling depot and unloaded in exchange for cash. The last load netted us just short of \$1,000.00, so the team is determined to make it over the \$1,000.00-mark next time around.

Another very welcome addition to the shed is our new [SawStop](#), which was partly funded by the Australian Government's Volunteers Grant 2021. A SawStop operator cannot sustain any injuries (it comes with an unconditional worldwide guarantee), as the saw will immediately jam/shut off when it detects flesh.

The grant was for an amount of \$3391.00 & the total cost was \$5978.00. Wozza and Kevin, shown here, had great delight in assembling the new rip saw, and while there have been no injuries sustained during its subsequent use (touch wood), it has proven to be a very well designed and useful addition to our shed equipment. The old rip saw was sold for a good price, and thus helped to make up some of the dollar difference in the Saw Stop's purchase price.

Our donated items sales officer, Roger May, continues to provide a valuable service to the shed with his Market Place sales of many and various donated items that the shed receives from the public, many of whom are either fellow veterans or the families of same, where the veteran has passed away. The latest donation consisted of two wood lathes from the owner (a veteran himself) of a company in Currumbin which was winding up. As we could not make use of the lathes in our shed, these were on sold at a good price. Over the last year, Roger has raised more than \$20,000.00 through his Market Place efforts, thus providing a very valuable service to the shed and sub branch. By previous arrangement between the sub branch and Qld. Branch, half of these proceeds go to the Qld. Branch, thus helping them with their annual budget.

veterans, Volunteers & Friends Workshop

Join our Activities

Mixed Firewood \$15 bag
Woodworking
Woodturning
Metalwork
Leatherwork
Private Projects
Produce Gardening
Organised Projects
Spray painting room



Join our friendly & Sociable Environment

Open Mon, Tues,
Wed & Thurs.
8am - 3pm

Drop in and see us at:

**18 Leagues Club Drive,
Nerang.**

Phone/Fax:55022836

Peter 0408276044

Vietnam Veterans Support Group Men's Shed, Nerang. 1st. quarter 2022 news update

The sub branch is responsible for general building and grounds maintenance in the complex here at Leagues Club Drive, Nerang. One such maintenance project recently was to replace a rotting external wooden door in the eastern side of the Qld. Branch building. However, shortly after commencing the project, it was discovered that not only was the door rotting away, but the wooden door surround was also crumbling. On closer inspection, termites were found to be the culprits, and so the pest control people were called. Following their inspection and immediate treatment, the entire timber sections of the eastern wall, both external and internal, have to be replaced, along with all the timber surrounds of the buildings windows, due to weather rotting. Needless to say, this simple project has progressed way beyond the capabilities of our shed members and will have to be done by professional builders funded by a grant.

Our shed continues with Bunnings sausage sizzles, although since Covid, not nearly as often as in previous years. These BBQs are a major form of fundraising for us, as well as providing a very popular service to the Bunnings customers. As the Covid regulations have become more relaxed, the sausage sizzle location is now back next to the entrance of the store, with the resultant increase in takings. The shed members involved enjoy these BBQ days, despite the constant work at busy times, as they enjoy working as a team, interacting with the public, and knowing that the end result is helping to raise funds for the shed.

A recent innovation, Cricut, has resulted in Michelle from Qld. Branch, after purchasing the Cricut system, being able to do customised printing on high vis work shirts and the like. The shed members supply the shirts, and then Michelle prints the shed's name, personal name and VVF logos on them. The cost is quite low, as the printing supplies are not expensive on a per shirt basis.

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“People tell you the world looks a certain way. Parents tell you how to think. Schools tell you how to think. TV. Religion. And then at a certain point, if you're lucky, you realize you can make up your own mind. Nobody sets the rules but you. You can design your own life.” **Carrie Ann Moss**

Tony Scroope



Wanted - ANTIQUE MANTEL CLOCKS

Will pay cash

Tony Scroope is a long-standing member of our Organisation.

We are always supportive of our members

Mobile. 0408768787

ascroope@bigpond.net.au

PO Box 462, Harbour Town, Qld. 4216 Australia.

Special Notice: Vietnam War Veterans

We seek your help to assist fellow Veterans who served in the Vietnam War - 3 Aug 1962 – 2 Dec 1972. A large percentage of ARMY personnel who served in the Vietnam War were conscripted Nashos. It is likely that many of them are not aware of their entitlement to a DVA Gold Card for medical conditions and treatment. That entitlement is available when they reach the age of 70 years.

As this year marks the 50th Anniversary of the Vietnam War, almost / if not all Vietnam Veterans should now have a DVA Gold Card. Therefore, if you come across a Vietnam Veteran who does not have a Gold Card for medical and health treatment have them contact us on **07 5578 2233**. We will assist them through DVA's application process. Consider also that Veterans other than Nashos may not be aware of their entitlements.

Volunteers Required

Our Queensland Branch office requires volunteers for administration duties in our Nerang Office next to the Nerang Train Station. Past general office experience is ideal as are computers skills using Microsoft Office and emailing.

Reception duties, and general office duties including taking phone messages, assisting our Advocates and Committee Office Bearers is required. The ability to respond to social media messages and opportunities would be welcomed. A minimum of two four hour shifts per week (excluding public holidays) is necessary.

We also require a volunteer cleaner for 4 hours per week.

Please phone Peter Handy on 0448 195 020. Thank you.

Padre Gary

Easter 2022

Easter 2022 has now passed and I hope all who read this may find happiness, contentment and gratitude in their lives, as they ponder the experiences of life. We certainly have had an extraordinary series of happenings in recent times. I'm mindful that most of us have been challenged, but Easter pops up, every year, to remind us that Light can still shine in the darkness. Good can overcome evil, new life can come even out of death.

We echo that in our ANZAC ceremonies when we move from the sombreness of the last post to the rouse or revallie. This approach to life is really natural law, and universal truth. It was codified and witnessed to in the life and behaviour of Jesus and many others, but especially in the lives of those who have risked their lives to protect others and bring peace through their honourable military service.

The inspirational courage and hope of the Ukrainians at this time is before us. We pray that against the seemingly impossible odds they face that justice will prevail for them. Of course their faith is sustaining them but they need and deserve the support of all people of goodwill. We all have a role to play in making our world and local community, with whatever gifts and resources we have.

On Easter Saturday night, my role at our local parish church at Nerang was to lead the congregation into the church in darkness, carrying a massive Easter candle, which all participants did in turn light their own candles from. At the end of the service I then commissioned them to go out and be light bearers to others in darkness.

We veterans too are called to be shining lights in a community of love, reaching out to veterans and their families in need at this time. From making contact with someone who seems to have gone off our radar, to organising life giving activities for veteran groups, we all can play a part.

Let us all thank God for the life we have been given and be aware that we are loved by God and others. We can live with hope that God has a purpose for each one of us in making our local community and our wider world a better place, through simple acts of love.

We are an Easter people. May Grace, Peace and Love be with you all, and continue living the happiness of Easter.

Your Padre
Gary

Kind regards

Gary Stone OAM

The Veterans Padre P: 0403 270 515 W: www.VeteransCare.com.au

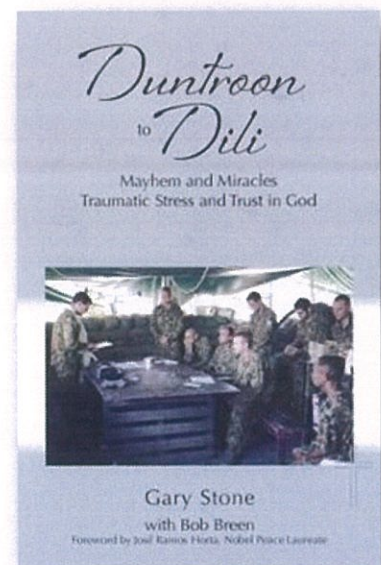
Gary Stone's Book

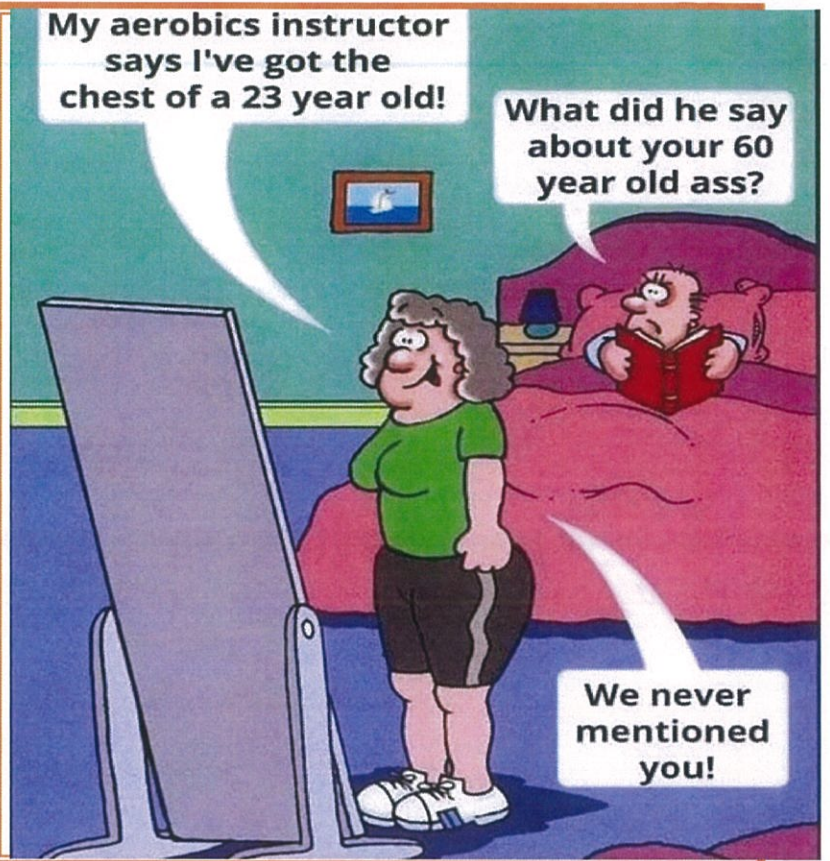
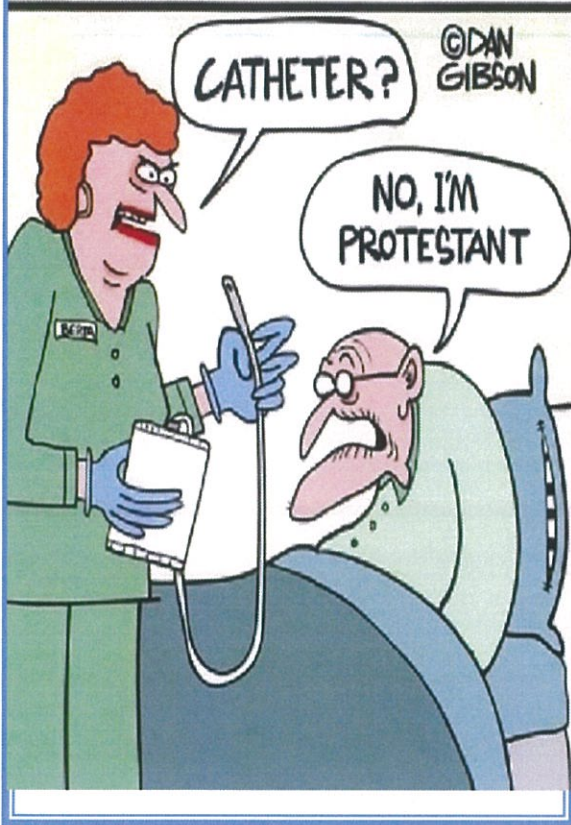
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Available at Thriftbooks Australia

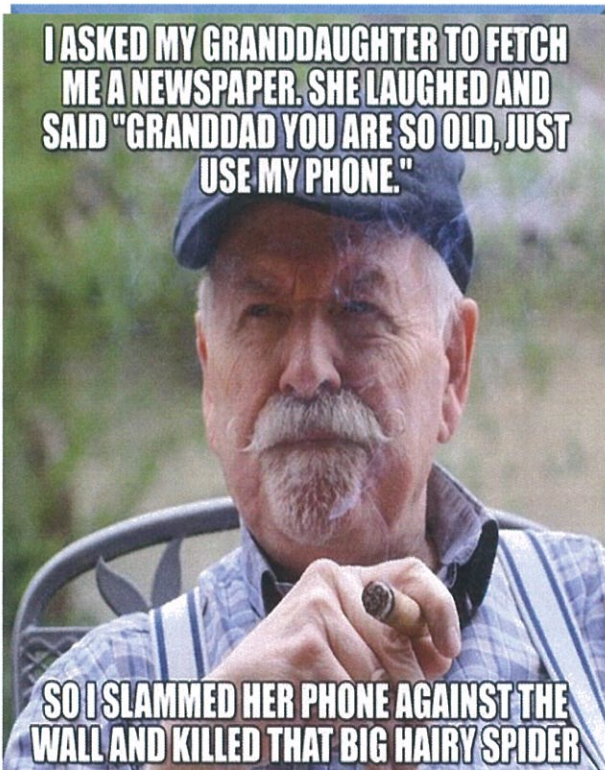
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FUNNIES
AND
QUOTES

FIVE TIPS FOR A WOMAN....

1. It is important that a man helps you around the house and has a job.
2. It is important that a man makes you laugh.
3. It is important to find a man you can count on and doesn't lie to you.
4. It is important that a man loves you and spoils you.
5. It is important that these four men don't know each other.

A BANK LOAN TO A SCOTSMAN

A Scotsman (wearing his kilt and a bonnet) walks into offices of private bankers Coutts & Co in the Strand, London (Bankers to the Royal Family since 1820) and asks to speak to the manager.

He informs him that he is going abroad on business for two weeks and needs to borrow £5,000. The Manager tells him that Coutts & Co would only be delighted to meet his requirements, but that he should understand that since he is not a client of the Bank, it would need some modest security for the loan.

So, the Scotsman opens his sporran, takes out the keys and documents of a brand-new Ferrari parked in front of the bank, and hands them to the manager saying "Will this do?" He also produces the car's log book and after a phone call, everything checks out fine.

The manager agrees to accept the car as collateral for the loan; the cashier hands out £5,000 while the bank's porter drives the Ferrari into the bank's underground garage for safe keeping.

Over lunch the manager tells his colleagues the amusing little story of how a simple-minded Scot from North of the Border secured a loan for £5,000 offering a £120,000 Ferrari as collateral and they all enjoy a good chuckle as they sip their Port.

Two weeks later, the Scotsman returns, repays the £5,000 and the interest, which comes to £15.41. The manager says, "Sir, we have been more than happy to have had your business and this transaction has worked out very nicely, but we are just a little puzzled. While you were away, we checked you out and found that you are in fact a wealthy property investor. What puzzles us is why would you bother to borrow £5,000 from us? "

The Scotsman replies:

"Where else in London can I park my Ferrari for two weeks for only £15.41 and expect it to be still there when I return?"

oooooOooooOooooo

"You make a choice: continue living your life feeling muddled in this abyss of self-misunderstanding, or you find your identity independent of it. You draw your own box."

Duchess Meghan

"I just want you to know that if you are out there and you are being really hard on yourself right now for something that has happened ... it's normal. That is what is going to happen to you in life. No one gets through unscathed. We are all going to have a few scratches on us. Please be kind to yourselves and stand up for yourself, please." **Taylor Swift**

"Success is not final, failure is not fatal: it is the courage to continue that counts."

Winston Churchill

"You define your own life. Don't let other people write your script." **Oprah Winfrey**

"You are never too old to set another goal or to dream a new dream." **Malala Yousafzai**

Interesting Article! Good things are still ahead for us older folk.

The director of the George Washington University School of Medicine argues that the brain of an older person is much more practical than is commonly believed. At this age, the interaction of the right and left hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over 60 years of age you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it gains in flexibility. Therefore, with age, we are more likely to make the right decisions and are less exposed to negative emotions. The peak of human intellectual activity occurs around the age of 70, when the brain begins to function at full strength.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities increase by 300% compared to the average.

Also interesting is the fact that after 60 years, a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri, from the University of Montreal, believes that the old man's brain chooses the path that consumes less energy, eliminates the unnecessary and leaves only the right options to solve the problem. A study was conducted involving different age groups. Young people were very confused when passing the tests, while those over 60 years of age made the right decisions.

Now, let's look at the characteristics of the brain between the ages of 60 and 80. They are pink.

CHARACTERISTICS OF THE BRAIN OF AN ELDERLY PERSON.

- 1. Neurons in the brain do not die, as everyone around you says. The connections between them simply disappear if one does not engage in mental work.**
- 2. Distraction and forgetfulness arise due to an overabundance of information. Therefore, it is not necessary for you to concentrate our whole life on unnecessary trifles.**
- 3. From the age of 60, a person, when making decisions, does not use one hemisphere at the same time, like young people, but both.**
- 4. Conclusion: if a person leads a healthy lifestyle, moves, has viable physical activity and is fully mentally active, intellectual abilities do NOT decrease with age, they simply GROW, reaching a peak at the age of 80-90 years .**

So do not be afraid of old age. Strive to develop intellectually. Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance! Take an interest in life, meet and communicate with friends, plan for the future, travel as best you can. Do not forget to go to shops, cafes, shows. Don't shut up alone, it's destructive to anyone. Live with the thought: all good things are still ahead of me!

SOURCE: *New England Journal of Medicine.*

Pass this information on to your family and friends in their 60s, 70s and 80s so they can be proud of their age 😊😊😊 oooooOOOOOooooo

"I came in one day to ask about a Gym Program sponsored by DVA, no one I spoke to knew anything about it. Since then I have tracked it down and been attending twice a week.

The program is well managed and available to all Veterans. The web site for more information is:

<https://veteranhealth.com.au/>

I strongly recommend people to check it out and join. Would you please advertise this info.

Laurens and Roni Wildeboer

HYDRATE WITH WATER

by Dr. Arnaldo Liechtenstein, Physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's".

I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it is not. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they do not feel like drinking water, because their internal balance mechanisms do not work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, mandarins, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that every two hours, you must drink some liquid. **Remember this!**

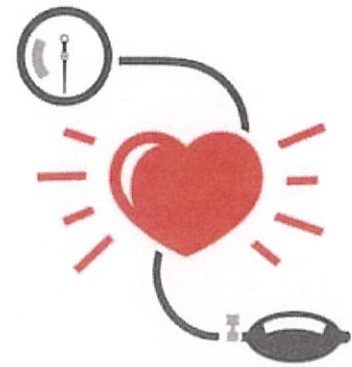
2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now?? Send this information out to others! **DO IT NOW!** Your friends and family need to know for themselves and help you to be healthier and happier.

It is good to share! *For people over 60*

VVFQld Branch "Incoming", March, 2022 Page 12



Australia's Involvement in the Vietnam War

As we approach the 50th anniversary of the end of the Vietnam War what date will be used by Australian veterans as the end the war? For those Vietnam Veterans still living and the families of all affected by the Vietnam War closure is important and having an accepted date would be beneficial to all concerned. In my opinion, for what it is worth, the 50th Anniversary will fall on either the 11th January 2023 or the date that **the last Australian personnel were withdrawn in 1972**. Consider the following and form your own opinion.

Australia's participation in the Vietnam War was formally declared at an end when **the Governor-General issued a proclamation on 11 January 1973**. The only combat troops remaining in Vietnam were a platoon guarding the Australian embassy in Saigon (this was withdrawn in June 1973).

Australia's involvement in the Vietnam War began with a small commitment of 30 military advisors in 1962, and increased over the following decade to a peak of 7,672 Australian personnel following the Menzies Government's April 1965 decision to upgrade its military commitment to South Vietnam's security.^[2]

By the time **the last Australian personnel were withdrawn in 1972**, the Vietnam War had become Australia's longest war, eventually being surpassed by Australia's long-term commitment to the War in Afghanistan.

It remains Australia's largest force contribution to a foreign conflict since the Second World War, and was also the most controversial military action in Australia since the conscription controversy during World War I.

Although initially enjoying broad support due to concerns about the spread of communism in Southeast Asia, an increasingly influential anti-war movement developed, particularly in response to the government's imposition of conscription.

The withdrawal of Australia's forces from South Vietnam began in November 1970, under the Gorton Government, when 8 RAR completed its tour of duty and was not replaced. A phased withdrawal followed and, by 11 January 1973, Australian involvement in hostilities in Vietnam had ceased. Nevertheless, Australian troops from the Australian Embassy Platoon remained deployed in the country until 1 July 1973,^[2] and Australian forces were deployed briefly in April 1975, during the fall of Saigon, to evacuate personnel from the Australian embassy.

Approximately 60,000 Australians served in the war: 521 were killed and more than 3,000 were wounded.^[3]

References:

"About this Nominal Roll". *Nominal Roll of Vietnam Veterans*. Department of Veterans' Affairs. Retrieved 18 July 2009.

[^] Jump up to:^{a b c d e f g h i} "Vietnam War 1962–1972". Website. Army History Unit. Archived from the original on 5 September 2006. Retrieved 20 September 2006.

[^] Jump up to:^{a b c d e} "Vietnam War 1962–1972". Encyclopaedia. Australian War Memorial. Retrieved 1 July 2006.

Reference: https://en.wikipedia.org/wiki/Military_history_of_Australia_during_the_Vietnam_War

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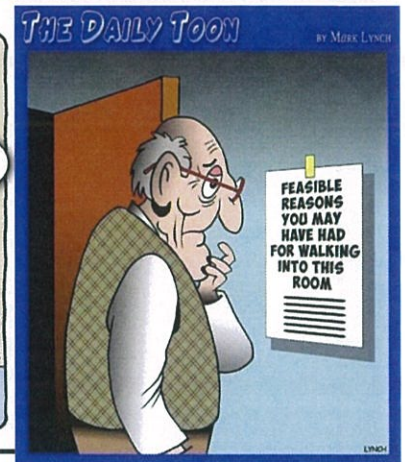


Think Trailer, Think Swiftco

11 Precision Dr, Molendinar QLD - (07) 5618 8118 - Hours and services may vary



What happens when Old Car Guys get sent to a nursing home ...



I waved to a man because I thought he waved at me. Apparently he waved to an other woman. So to get out of the awkward situation I kept my hand up and a taxi pulled over and drove me to the airport. I am now in Poland starting a new life.

When a kid says "daddy, I want mommy" that's the kid version of "I'd like to speak to your supervisor" 😂😂

I WAS LONELY UNTIL I GLUED A COFFEE CUP ON TOP OF MY CAR.



Wife crashed the car again today..... She told the police the man she collided with was on his mobile phone and drinking can of beer ! Police said he can do what he likes in his own living room !



Poets' Corner

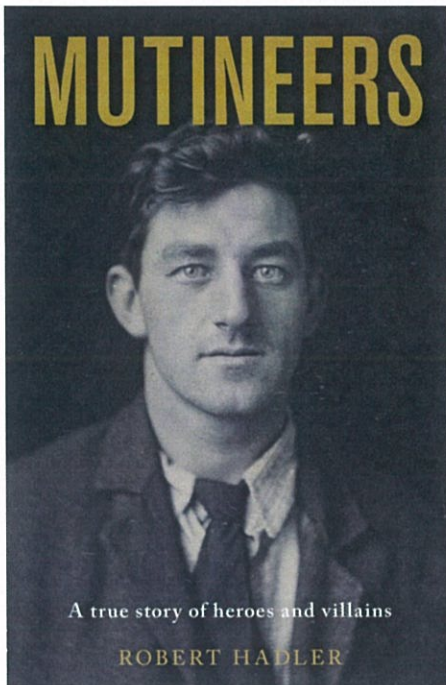
THE VETERAN

I stood, there, on the battlefield; I stood with mixed emotions,
It was not as I'd imagined as we flew across the ocean.
I felt so numb, I could not speak, I had no time for fear.
But I must confess, with all the stress, I could not withhold the tear
That left my eye, rolled down my cheek, and splashed upon the ground.
Emotionally I felt so weak as I took a look around
My heart was heavy as I thought of those around my feet,
Knowing that they never would, again their loved ones meet.
Fathers, mothers, sisters, brothers, with no life left within
Regardless of the outcome, no one could claim a win
It's true, the politicians may declare a victory
and leaders of the nations may claim they now are free
But they're not standing where I stand, where lifeless bodies lay,
as loved ones wait, anxiously at home, for a great reunion day.
But, for those, that day will never come, their worse fear became a fact
As a cruel war has broken the bond for such a selfless act.
They kissed their loved ones fond farewell as their hearts felt such a pain,
Bravely saying, "I'm coming back, I'll be home again, one day."
"Your loved one acted selflessly, they served their country well"
Are not the words you want to hear now life's a living hell.
Many years have passed by now, but still, the pain remains
And I wonder, with so many lost, what did we actually gain?
The two great wars, Korea, Vietnam, the Middle East
Are names down in the history books, but did they bring us peace?
We are forever thankful for those who gave their all
Who did not shy away but answered to the call
We thank the ones that did return, that bear the scars today,
That think about the conflicts that they fought so far away
The Veteran, who stands up tall, remembers those awful days,
But wishes, when they look back on it, there'd been some other way

Chaplain Steve Johnson

July 2021

Book Review

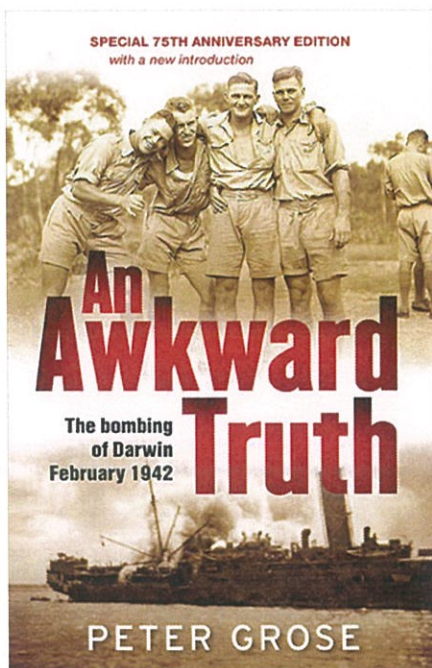


A True Story of Heroes and Villains

The story of five young Australian sailors seeking adventure in a far off war who fell foul of British Imperial authority and sparked one of the most controversial events in the annals of the RAN. *Mutineers* explores the use and abuse of power by our military and political leaders at a critical time in our nation's history and reveals how leaders missed an opportunity to take control of our national destiny.

Five young sailors, including a decorated war hero, were ringleaders of the most controversial mutiny in the annals of the Royal Australian Navy in Fremantle Harbour on 1 June 1919. Severe gaol sentences handed out by a naval court martial sparked a political furore several months before a Federal election. The two most senior naval officers in the RAN threatened to resign when the Hughes Government pressured the Admiralty in London to allow the sailors to be released early in time for Christmas. Three of the sailors went on to serve again in World War Two in the Middle East, Malaya and New Guinea. One became a prisoner of war of the Japanese in Changi and another served with the US Small Boat Service. All but one lived long and happy lives.

AN AWKWARD TRUTH



'Grose's compassionate, honest and vivid account deserves to be widely read.' -*Sun-Herald*

The bombing of Darwin on 19 February 1942 is the battle Australia tries to forget. Although there was much to be proud of that day - courage, mateship, determination and improvisation - the dark side of the story lingers: looting, desertion and a calamitous failure of Australian leadership.

The Japanese struck with the same carrier-borne force that devastated Pearl Harbor only ten weeks earlier. There was a difference: they dropped more bombs on Darwin, killed more civilians in Darwin, and sank more ships in Darwin than in Pearl Harbor. It remains the single deadliest event in Australian history. Yet the story has remained in the shadows.

Absorbing, spirited and fast-paced, *An Awkward Truth* is a compelling and revealing story of the day war first came to Australia, and of the under-armed and unprepared soldiers and civilians who faced their toughest test on home soil.

8		1			3	2		
4	3	9			7			
	5		8				7	
3	4			1			6	
7				8				9
	1			6			3	7
	8				5		9	
			1			5	4	2
		4	9			3		8

1sudoku.com

n° 115516 - Level Easy

	2		9					7
7		9	5					3
4		5				9		
9	5			1			4	3
		3	4		5	2		
6	4			7			8	9
		4				6		8
	9				1	3		2
1					8		9	

1sudoku.com

n° 15221 - Level Easy

	8	6				2		
9			8				3	
	1	7	3					9
8	9			5			6	2
		1	4		2	7		
2	7			3			9	4
7					4	9	5	
	5				9			1
		9				4	2	

1sudoku.com

n° 1185 - Level Easy

5			8		1			2
6				9	7	4		
		9	5	2				7
2				7	3	8		6
	8						4	
9		6	4	5				3
1				8	4	6		
		2	6	3				8
7			9		2			4

1sudoku.com

n° 11374 - Level Easy

RESULTS
 OVER PAGE

Solutions :

8	7	1	6	9	3	2	5	4
4	3	9	2	5	7	6	8	1
2	5	6	8	4	1	9	7	3
3	4	2	7	1	9	8	6	5
7	6	5	3	8	4	1	2	9
9	1	8	5	6	2	4	3	7
1	8	3	4	2	5	7	9	6
6	9	7	1	3	8	5	4	2
5	2	4	9	7	6	3	1	8

1sudoku.com

n° 115516 - Level Easy

3	2	6	9	8	4	1	5	7
7	1	9	5	6	2	8	3	4
4	8	5	1	3	7	9	2	6
9	5	2	8	1	6	7	4	3
8	7	3	4	9	5	2	6	1
6	4	1	2	7	3	5	8	9
2	3	4	7	5	9	6	1	8
5	9	8	6	4	1	3	7	2
1	6	7	3	2	8	4	9	5

1sudoku.com

n° 15221 - Level Easy

3	8	6	9	4	5	2	1	7
9	4	2	8	1	7	5	3	6
5	1	7	3	2	6	8	4	9
8	9	4	7	5	1	3	6	2
6	3	1	4	9	2	7	8	5
2	7	5	6	3	8	1	9	4
7	2	8	1	6	4	9	5	3
4	5	3	2	8	9	6	7	1
1	6	9	5	7	3	4	2	8

1sudoku.com

n° 1185 - Level Easy

5	7	3	8	4	1	9	6	2
6	2	1	3	9	7	4	8	5
8	4	9	5	2	6	1	3	7
2	5	4	1	7	3	8	9	6
3	8	7	2	6	9	5	4	1
9	1	6	4	5	8	2	7	3
1	3	5	7	8	4	6	2	9
4	9	2	6	3	5	7	1	8
7	6	8	9	1	2	3	5	4

1sudoku.com

n° 11374 - Level Easy

A small gesture for the environment: save paper by finding solutions online or on your mobile.

Weird Events in History



Sometimes in life, things go incredibly wrong. And other times, they just go incredibly weird. 1st Lt. Gary Foust was preparing for the first scenario during a test flight in 1970, when his fighter jet began an uncontrollable flat spin. After struggling to regain control of the F-106 interceptor jet for a few moments, he did the smart thing and pressed the eject button 8,000 feet above the ground.

Or ... he thought it was the smart thing. Once his chute deployed and buoyed him up in the air, Foust looked down towards the ground, expecting his plane to light up like the Fourth of July upon impact. What he saw instead was his plane cruising along, as if the spin had never happened and it was being piloted by a very casual, aircraft-savvy ghost.

One of Foust's wingmen, Maj. Jim Lowe reportedly shouted over the radio "Gary, you better get back in it!" But Gary could not get back in. All he could do was watch with wonder as his plane flew itself in a straight line before landing gently in a snow-covered wheat field.

When police arrived on the scene, the F-106's engine was still running. Wary of whatever had possessed this thing, the Air Force suggest the cops wait until the plane ran out of fuel, rather than attempt shutting it off. It took a while. When the plane finally breathed its last it was collected and repaired by the Air Force, and eventually returned to active service..... Freaky.

oooooOOOOOooooo



Hedy Lamarr 1914—2000

"NOT SO WEIRD"

Hedy Lamarr was an Austrian-American actress and inventor who pioneered the technology that would one day form the basis for today's WiFi, GPS, and Bluetooth communication systems. As a natural beauty seen widely on the big screen in films like *Samson and Delilah* and *White Cargo*, society has long ignored her inventive genius.

Hedy Lamarr Quotes

"I win because I learned years ago that scared money always loses. ..."

"I don't fear death because I don't fear anything I don't understand."

SWING	Word	SWAMP	Word	Word ladder rules. You can only change one letter at a time for each move down the ladder. No foreign words. solution P 27
	Ladder -		Ladder -	
	Can you		Can you	
	turn to		turn to in	
	in 7		7 moves ?	
	moves ?			
SHORT		STORM		

Important Phone Numbers

Department of Veterans' Affairs 1800 555254 regional 133254 local generalenquiries@dva.gov.au Get started www.dva.gov.au	Open Arms Veterans and Counselling Service. Ph. 1800 011 046 Veterans and Veterans families Counselling Services
Defence Service Homes Insurance Scheme 1300 552 662	Voluntary Work Scheme www.dva.gov.au Fact sheet MC36
VAN Robina Department of Human Services Level 5 Robina Town centre 19-33 Robina Town Centre Dr, Robina. 07 55832023	VAN Tweed Heads Department of Human Services 100 Blundell Boulevard Tweed Heads South 07 55697525
VAN (Veterans' Access Network) 133 254 www.dva.gov.au Veterans' Home Maintenance Line 1800 80 1945	War Widows' Guild of Australia (Qld) Inc. Ph. 32 211391 Toll free : 1800 061945

B
R
A
I
N
-
G
Y
M
-
N
U
M
B
E
R
28

15	3	16	6	19	3	16	14	23		25		3
16	1			16		24		16	5	5	26	20
6	12	16	11	5		16	11	5		16		3
6	16	1		17	11	22		5	16	7	20	
3	25	25		23		8	16	20		3		2
5	3	3		10	12	16	15	15	3	14		3
6		12		12		10		16	1			25
26	4	3	23	3		9	11	1	14		13	3
20		14	3	13		3	1			17	16	4
	18		16		11	6		3	5	3	15	11
18	21	11	12	3			17	5	16	13		11
	11				15	26	16		2		25	
23	6	16	1	14	16	12	14	1	16	6	26	

C
R
O
S
S
W
O
R
D

M	E	B
M	O	B
T	A	S

Word Maker :

How many words, 3 letters or more, can you make from these letters.

Term for:

Army Parachutists



1.

25	3	14	21	1	9	-
----	---	----	----	---	---	---

15	16	10	19	11	1	3
----	----	----	----	----	---	---

The letters have been replaced by numbers. Each number represents a different letter. I have given you 2 letters to get you started. Think about the most used letters and how many of any one number there is in the grid. Have fun. When you have solved the main puzzle see what the Extra clue is, (1)above right. *Solution P. 27*

1	2	3	4	5	6	7	8	9	10	11	12	13
D ¹⁴	M ¹⁵	16	17	18	19	20	21	22	23	24	25	26

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Two people played five hands of chess. Both of them won the same number of games and there was no draw. How is this possible?

Six neighbourhood children — Leisha, Benito, Delia, Charlotte, Weldon, and Zina— were measured yesterday. Weldon is taller than Delia but shorter than Zina. Leisha is taller than Benito but shorter than Delia and Weldon. Benito isn't the shortest. Can you list the kids in order of height from tallest to shortest?

In a game of Tug-o'-War, Oliver and John easily won over Thomas and Jacob. When Oliver and Thomas were a team, they could barely pull Jacob and John. When Oliver and Jacob played in a team against Thomas and John, the game ended in a draw. Can you name each person from strongest to weakest?

Peter's father has five sons. The names of four sons are Fefe, Fifi, Fafa and Fufu respectively. What is the name of the fifth son? ☐

1. Soft drink and lolly dispenser

8			2	6				4	
	1			8	3			6	2
2	6		7	4		1			
		6		7	8	2	1		
		4		3	2		8		
	2				9			7	
7	4			1	6		2		
	3		8		4		7	1	
		1		2	7			6	

Sudoku: Complete the grid so that every row and column contains the numbers 1-9.

Solution Page 27

Answers to opposite quiz

This is only possible if they played with other people. Zina, Weldon, Delia, Leisha, Benito, Charlotte Oliver, John, Thomas and Jacob. Peter's father has five children and four of them have already been named above. The fifth son is Peter himself.

our history



Melbourne Age newspaper correspondent, Phillip Schuler, in 1914. AWM G01560

One day, it illustrates the spirit of the Turkish army, a Turkish officer was seen directing the erection of some overhead cover down a communication trench behind this position. A burst of shell had warned him that he was observed, and bullets from machine guns played round him. He paid little attention, and went on with the directing of his job. When complete it was blown down, and continued to be blown down as fast as it was constructed, until the Turks had to give it up in despair. That brave officer directing the operations, was killed. [Phillip Schuler, *Australia in Arms*, April 1916]

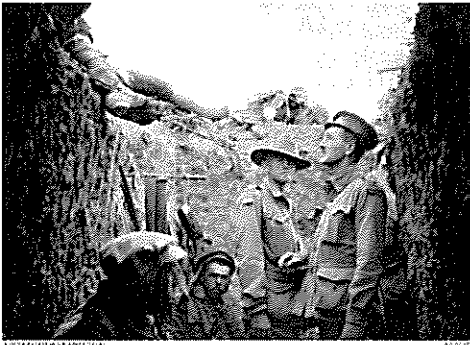
Phillip Schuler was a respected journalist and photographer for the *Melbourne Age* newspaper. Schuler spent only 3 months on Gallipoli. He died 2 years later in Belgium while serving in the AIF. However, he left behind:

- a remarkable collection of writings, including the book *Australia in Arms* and more than 2000 photographs.

Schuler's words and images acknowledge the courage of both Australians and Turks on Gallipoli. In the preface to *Australia in Arms*, Schuler also recognised the role played by other allied forces in the campaign. This, and the sheer breadth of the Gallipoli

experience that he recorded, provides both humanity and authenticity to the Anzac legend.

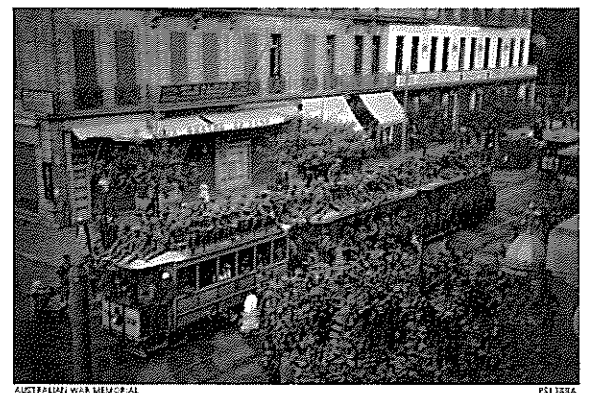
Finally, I am most anxious to remove, at the outset, any suggestion that might be gained from this narrative that the Australians alone were the outstanding heroes of the Dardanelles campaign. When the history of the British forces — the magnificent 29th Division, the Lowland Division, and the Yeomanry — comes to be recorded, and the story of the French participation in the assault of Achi Baba told, it will be seen that, glorious as has been the name won by the Australians, heroically as they fought, proudly and surely as they held all they gained, they played a part in this "Great Adventure," and it is of that part that I have written because it was the only one of which I had full knowledge. [Phillip Schuler, *Australia in Arms*, 1916]



Australian and Turkish dead lie on the parapet of a trench at Lone Pine after the battle. Private Jim Bryant (standing, facing camera) survived the Gallipoli campaign and received a Military Medal for his bravery on the Western Front.

He re-enlisted in 1941 and later survived three years as a prisoner of the Japanese at Changi.

AWM A02025



Cairo trams packed with Australian soldiers on leave from the AIF camps. AWM PS1388A Burnt buildings and carts in Cairo. This photo is believed to have been taken after the Good Friday 'Battle of Wazza' riots. AWMP51373

42 for 42

In 2016, four Afghanistan combat veterans founded the non-profit organization 42 for 42 to raise funds to build a memorial garden in Brisbane that would honour their fallen mates and educate the public about why the war occurred.

17th February, 2021

An important aspect was to represent the unknown soldiers who were losing their battle back home and falling victim to suicide.

Having had struggles returning home themselves, this was and is an issue that is close to their hearts. Every deployment sent to Afghanistan faced different circumstances and had different outcomes. It's important that we don't forget that this was Australia's longest war and a war on terror, which has shaken the world. The Afghanistan War Memorial Garden will be built as a storyline around each deployment, incorporation our fallen soldiers and our Victoria Cross winners.

After WWI, Australian soldiers came together and built the Great Ocean Road in Victoria. This was a source of inspiration when establishing a plan for The Afghanistan War Memorial Garden, in Brisbane. It has always been the main project of the 42 for 42, and has been a collaboration of many veterans, their families and proud Australians coming together to do their bit. It will continue to serve as a place to remember and honour all the deployments to Afghanistan and educate the next generations to come.

42 for 42 began with a 42-hour challenge, in which Afghanistan veteran Sean Mulqueen walked the concourse and stairs of Suncorp Stadium for 42 hours straight carrying 42 kilos in a military pack. As each hour passed, a kilo was removed from the pack by members of the 42 - families of the fallen, veterans and supporters of the 42. It represented lightening the load for soldiers.

This led to the annual 42 hour challenge at Suncorp Stadium every November for anyone to participate in. 42 represents the 41 soldiers Australia lost in Afghanistan, with the 42nd being the soldiers we have lost to suicide and those who are still struggling with their wounds and injuries post-war.

The team quickly expanded as the 42 for 42 are dedicated to supporting the families of fallen Afghanistan soldiers as well as combat veterans who have returned from active duty in Afghanistan, and their families. The 42 for 42 members have worked hard to maintain a positive environment, where veterans and families can join, participate and contribute to the organization as they wish. It supports the Afghanistan veteran community by helping acknowledge, establish, and increase awareness of events, groups, support programs, job help and financial assistance when required.

Please feel free to contact the 42 for 42 through their website:

<https://www.42for42.org.au/>

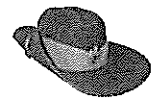
or follow them on social media and watch how the memorial will come to life.

By Sean Mulqueen, co-founder and President





WORD SEARCH : military words



This one will get your brain boxes working. Read all the instructions below.

I	C	C	U	G	I	G	G	L	E	H	A	T	K	C	A	R	H	A	N
O	K	C	I	L	L	I	K	N	A	K	S	K	N	A	R	U	O	T	A
R	M	A	K	A	N	F	I	S	T	Y	C	U	F	F	S	R	C	M	M
E	Y	A	D	S	T	E	O	P	A	P	E	R	O	C	K	S	H	O	W
R	A	B	B	I	T	H	O	U	S	E	O	N	B	A	C	K	I	K	O
B	H	U	R	R	Y	U	P	A	N	D	W	A	I	T	C	R	M	N	N
M	D	E	K	A	F	I	S	H	H	E	A	D	I	I	T	O	I	O	S
O	Y	O	P	O	B	Y	L	D	D	I	D	R	R	R	E	J	N	G	Y
S	O	H	O	R	E	N	N	A	P	S	G	T	A	A	D	A	S	P	E
P	X	O	R	W	H	E	A	R	T	L	I	D	G	E	A	M	H	G	K
S	Y	W	A	K	S	O	E	P	B	P	N	C	I	S	C	A	U	L	H
U	G	A	R	N	A	G	U	O	E	A	G	M	J	C	E	C	F	E	T
P	E	R	E	T	I	O	N	K	I	R	E	I	A	U	C	S	F	N	L
E	N	D	Z	O	R	K	A	I	E	T	R	L	C	N	A	T	L	N	A
R	T	G	O	G	P	N	O	T	K	S	B	I	K	G	P	N	E	M	E
G	H	R	O	O	S	P	S	O	N	Y	E	S	T	I	S	O	H	U	H
R	I	E	B	U	I	B	O	D	H	F	E	T	A	E	M	R	E	N	A
U	E	E	G	K	O	S	W	A	T	F	R	R	R	S	A	F	N	S	L
N	F	N	O	L	D	M	A	T	E	I	S	A	G	I	C	O	D	I	A
T	A	Y	H	E	L	I	C	O	P	T	E	R	P	A	D	S	O	E	G

ANGUS
BOOZER
CAMS
DIDDLYBOP
DART
DIRT
DOC
FAKE
FISH HEAD
FISTY CUFFS
FRONT SCAM
GALAH
GIGGLE HAT
GINGER BEERS
GLENN MUNSIE
GONK
GREY KINGSWOOD
GRIT
GUCCI

HEALTH KEYS
HEARTLIDGE
HENDO
HELICOPATER PADS
HO CHI MIN SHUFFLE
HOOK IN
HOUSE ON BACK
HOWARD GREEN
HURRY UP AND WAIT
JACK TAR
KILLICK
KIP
KNOB
LOBSTER
MAJOR
MAKAN
MILIS
O GROUP
OLD MATE

OPPO
OSKA
OXYGEN THIEF
PAPER
POETS DAY
RABBIT
RACK
RANK SKANK
ROCK SHOW
SADS
SCRUNGIES
SNAKE PIT
SNOWMAN
SOMBRERO
SPACE CADET
SPANNER
STRAP
SUPER GRUNT
SWAT

TIFFY
TOUR
TRICK
TRIO

1. 19 LETTERS LEFT OVER TO
MAKE A SLANG PHRASE
MEANING: PAY DAY

ANSWERS PAGE 27

The person who makes it has no
need of it; the person who buys it
has no use for it; the person who
uses it can neither see nor feel it.

What is it? Answer Page 27

The Australian War Memorial, Canberra

About the architectural designs

The architectural designs of the Memorial's new buildings were approved by the National Capital Authority (NCA) on 24 November 2021. For more information on the approvals process.

New Southern Entrance

Includes Main Building Refurbishment Works (external), Forecourt and Parade Ground Works.

Designed by Scott Carver Pty Ltd, the new Southern Entrance will be located immediately below the existing main building forecourt. It will improve weatherproof access to the main building, with particular consideration to the needs of people with impaired mobility, and will provide additional access to lower level galleries. The oculus above the new entrance will offer a view toward the main building and the dome of the Hall of Memory.

The heritage entrance, stairs and Commemorative forecourt will be reinstated in their original positions and will remain available as an alternative entrance to the Memorial for visitors who wish to use it.

Expanding and re-shaping the parade ground has been designed to improve sight lines to the Stone of Remembrance. It will be used for military parades, and provide increased and improved accessible seating capacity for major events, as well as enhancing visitor safety and site security.

CEW Bean Building Extension

Designed by Lyons Architecture, the CEW Bean Building extension will offer more space to house the Museum's extensive archives. It will also allow us to consolidate operational and administrative functions that currently take place in the main building, thus freeing up space in the main building for gallery content.

The extension and refurbishment will occur to the east and to the south of the existing building, aligning with the forecourt in front of Poppy's Café.

A new world-class research centre will be integrated into the CEW Bean Building to provide efficient and secure access to the National Collection and reference materials, as well as offering visitors welcoming, light-filled spaces.

New Anzac Hall and Glazed Link

Designed by Cox Architecture Pty Ltd, the New Anzac Hall provides an additional 4,000m² of gallery space with the construction of a new two-storey building. It will display exhibitions and house artefacts from our National Collection that currently cannot be put on displayed for the public.

The Glazed Link will make use of the area between the main building and old Anzac Hall. It will house non-light-sensitive large objects from our collection, a café/restaurant, and space to support the Memorial's educational programs.

The decision to rebuild Anzac Hall was made following a comprehensive study and rigorous analysis of possible alternatives. This outcome was determined to be the least complex, best value-for-money approach that would not threaten the integrity of the heritage main building. For further information, please refer to our [frequently asked questions](#).

For more information visit <https://www.awm.gov.au/ourcontinuingstory/ourplans>



Holiday Centres

*Holidays for Veterans
at a reasonable price*

Navy Canteens operates holiday centres across Australia with great discounts for Navy members. Destinations include Amblin Holiday Park (WA), BIG4 Bungalow Park on Burrill Lake (NSW), Forster Holiday Village (NSW) and Pandanus Pocket Villa (NSW). A great range of discounted holiday options across Australia and overseas are also available to all Australian Navy, Army, Air Force and Defence APS personnel.

WELCOME TO ST GEORGE'S DEFENCE HOLIDAY SUITES

St George's Defence Holiday Suites at The Garland are for Service and ex Service Personnel, their Spouse and dependent school age children. St George's Defence Holiday Suites are operated by the Service Personnel Anglican Help Society Inc, an independent and charitable organisation. Prior to accepting a booking we require a copy of your Service ID or Discharge Certificate to verify your eligibility to stay at St George's.



**NAVY ARMY
AIR FORCE**



St George's is for Only Military people - Exclusive for Military.

Website: stgeorges.net.au

The Garland Building incorporating St George's Defence Holiday Suites opened in December 2016. The holiday Suites are located on the first 3 Levels with a BBQ and large Community area located on the 1st Level.

The Garland Apartments are located 4th floor and above and are for all holiday families and is not part of the St George's Defence Holiday Suites and doesn't offer the St Georges discounted rates for Defence Families. Situated in Coolangatta Qld.



St George's Defence
Holiday Suites
incorporating
The Garland
Luxury Apartments

192 Marine Parade,
Rainbow Bay,
Coolangatta,
Gold Coast Area
Queensland 4225

Puzzle solutions

Number Crossword Puzzle Solution :

Page 18 - 1=N; 2=V; 3=E; 4=B; 5=L; 6=T; 7=Z; 8=P;
 9=K; 10=C; 11=I; 12=R; 13=W; 14=D; 15=M; 16=A;
 17=F; 18=Q; 19=H; 20=Y; 21=U; 22=X; 23=S; 24=J;
 25=G; 26=O.

SECRET WORDS/TERMS: CROSSWORD PUZZLE PAGE 22

1. Gedunk machine

Solution to Sudoku puzzle Page 22

8	9	7	2	6	1	3	5	4
4	1	5	9	8	3	7	6	2
2	6	3	7	4	5	1	9	8
3	5	6	4	7	8	2	1	9
9	7	4	1	3	2	6	8	5
1	2	8	6	5	9	4	3	7
7	4	9	5	1	6	8	2	3
6	3	2	8	9	4	5	7	1
5	8	1	3	2	7	9	4	6



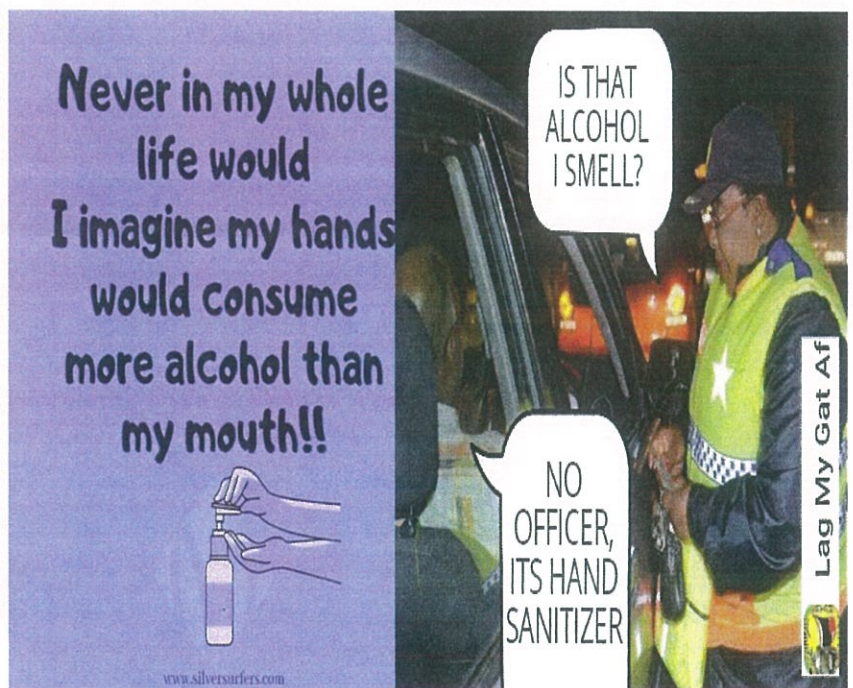
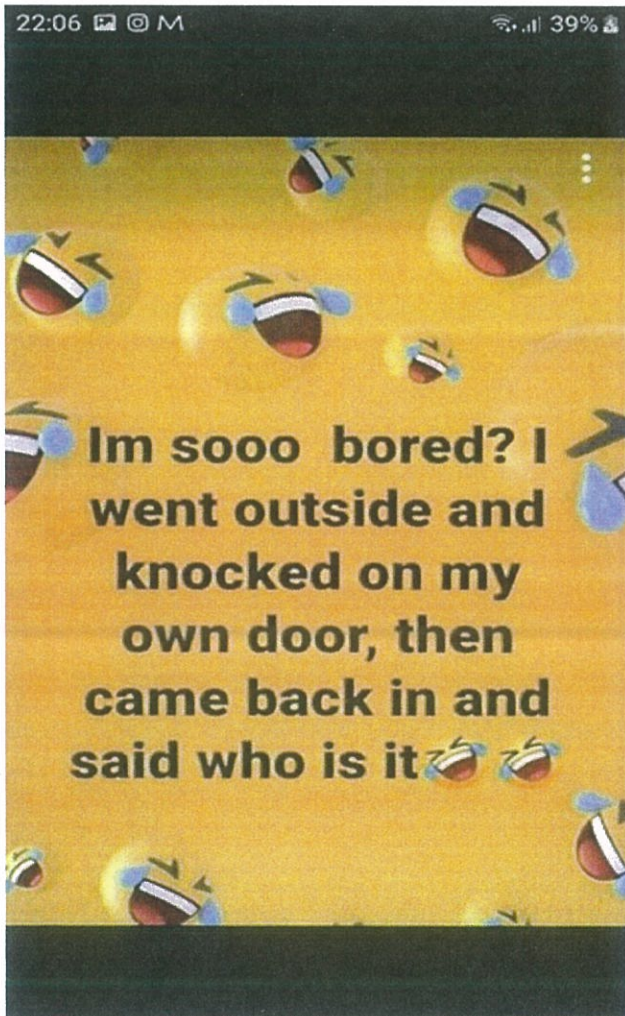
SWING	SWAMP
SWINE	SCAMP
SPINE	SCARP
SPITE	SHARP
SPIRE	SHARE
SPIRT	STARE
SPORT	STORE
SHORT	STORM

Word Ladder solutions from p21.

Word Maker Solution P 22:

abbot, ammo, ate, atom, babe, bam, bat, base, baste, beam, beat, beast, best, bet, boa, boast, boat, bob, bomb, eat, east, ebb, mad, mas, mast, mat, mate, meat, MEATBOMBS, mem, met, moa, moat, most, mote, oat, oast, oaten, sabot, sat, same, sate, seat, set, smote, sob, soma, some, sot, stab, steam, stem, stoa, tab, tam, tame, tea, team, tom, tomb, tome.

How many more words you can find is anyone's guess.





The RAAF Welfare Recreation Company Charter is articulate through its Aim, Mission and Corporate Goals:

Aim

To provide access to discounted recreational accommodation and to manage and promote RWRC owned recreational facilities for RAAF members, their families and other eligible persons, and to provide financial support to, and assist in the provision of, recreational amenities and services to RAAF members.

Mission

To manage the activities of the RCWTF as a sustainable entity through a strategy of diversification and with broad long term vision in order to optimise the benefits to eligible persons in the provision of discounted recreational accommodation and welfare recreational amenities.

Corporate Goals

Objective 1 – Recreational Facilities

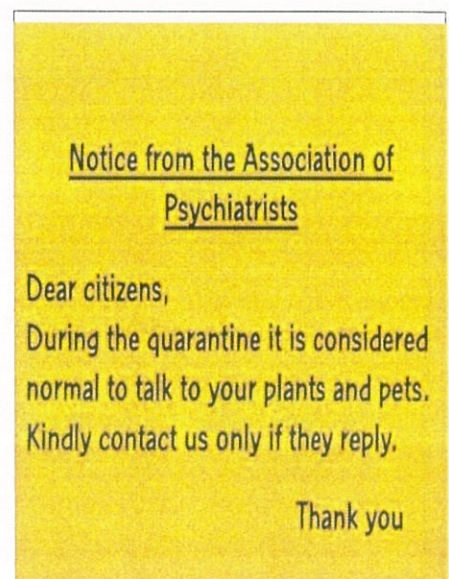
To provide access to discounted high quality recreational accommodation and facilities for members of the RAAF, their families, and other eligible persons through the provision of the RCWTF owned or leased holiday apartments, joint commercial ventures with other corporate bodies or promoting the use of other Service owned facilities. The recreational facilities may be owned solely by the Trust, owned by virtue of a joint venture, or by economically viable short or long term leasing arrangements.

Objective 2 – Recreational Amenities and Welfare Activities.

To provide financial assistance via loans and grants in the provision of recreational amenities and Service recognised welfare activities.

Objective 3 – Mutual Cooperation and Marketing.

To foster relations with the providers of Navy, Army and other Allied nations in order that RAAF personnel and other eligible persons can access their similar amenity benefits. To promote, in accordance with the RWRC marketing plan, RCWTF holiday facilities, other affiliated recreational accommodation, and other welfare amenity benefits available to eligible persons.



DVA Statistics:

Dept Veterans Affairs statistics – Total Number of Clients 2020/21 per State.

	NSW	Vic	Qld	SA	WA	Tas	NT
Total	89,994	54,814	102,221	25,549	33,449	8,943	6,080

DVA Gold Card and White Card Statistics

At:	<u>30/6/2016</u>	<u>30/6/2017</u>	<u>30/6/2018</u>	<u>30/6/2018</u>	<u>30/6/2020</u>	<u>30/6/2021</u>
Gold Card:	143,635	135,263	128,517	122,536	117,072	112,146
White Card:	56,610	58,705	62,450	84,624	133,539	151,019
Totals:	200,245	193,968	190,967	207,160	250,611	263,165

Number of Estimated Surviving Veterans

At:	<u>30/6/2017</u>	<u>30/6/2018</u>	<u>30/6/2018</u>	<u>30/6/2020</u>	<u>30/6/2021</u>
WW2	25,000	19,300	14,600	10,800	7,800
Korean War Malayan Emerg.	11,000	10,300	9,600	8,900	8,200
Vietnam War	42,500	41,500	40,400	39,300	38,000
Other Pre 1972 conflicts	5,000	4,700	4,400	4,000	3,700
Cambodia, Golf War, Namibia, Somalia, Yugoslavia, Rwanda, And Bougainville	10,300	10,300	10,200	10,100	10,100
Post 1999 conflicts*	58,300	58,200	58,100	57,900	52,800

(These statistics are taken from data related to veteran entitlements under the Veterans Entitlement Act 1986)

War Widow/ers Pensions

At:	<u>30/6/2016</u>	<u>30/6/2017</u>	<u>30/6/2018</u>	<u>30/6/2018</u>	<u>30/6/2020</u>	<u>30/6/2021</u>
Pensioners	69,960	64,500	59,001	53,899	49,000	44,391

Disability:

At:	<u>30/6/2016</u>	<u>30/6/2017</u>	<u>30/6/2018</u>	<u>30/6/2018</u>	<u>30/6/2020</u>	<u>30/6/2021</u>
Pensioners	92,374	88,974	85,811	83,363	81,918	80,252

Defence Service Homes Statistics

At:	<u>30/6/2016</u>	<u>30/6/2017</u>	<u>30/6/2018</u>	<u>30/6/2018</u>	<u>30/6/2020</u>	<u>30/6/2021</u>
Insured:	58,285	55,838	53,641	52,243	51,415	50,492
Loan Subsidies	8,322	6,699	4,960	3,925	3,173	2,521

Veterans Support Group® - (Advocacy Services)

Founded by the **Vietnam Veterans Federation Australia Queensland Br. Inc.**

MEMBERSHIPS - New Applications (Section A)

Surname: Given Names:

Address:

Email: (only if you use email) Phone:

Partners can join as full members at \$30 also: Please complete partner's details on next line if required.

Partner's Details

Surname: Given Names:

Email: (only if you use email) Phone:

Service details:

(A) Service No. (B) Navy / RAAF / Army (C) Other

(D) Service No. (E) Navy / RAAF / Army (F) Other

Please use (D), (E) and (F) above for the Partner if you and your partner have both served in the Australian Defence Force.

MEMBERSHIPS - Renewals (Section B)

Your Details

Surname: Given Names:

Address:

Email: (only if you use email) Phone:

Partners can join as full members at \$30 each (\$60 total): Please complete partner's details on next line if required.

Partner's Details

Surname: Given Names:

Thank you for your support Our Advocacy team of Flavia, Brad, Kerry, and Michelle are achieving results for all veterans. That team is supported by a further 9 admin volunteers. All Membership subscriptions are allocated to our Advocacy Service. The more members, the better chance we have to receive the funding Grants needed to meet our expenses. In 2020/21 we received Government Funding of \$105,680.20 towards our Advocacy Services. We needed to raise over \$63,000 to cover our actual costs. **Every single membership is important and we thank the many members who add a donation when paying their membership fees.**

Membership Fees: \$30 per annum per member (1 July to 30 June). Half fees apply for new members only:- 1st January to 30th June at \$15.00. All renewals fall due on 1st July yearly. All membership Applications can be completed online "veteransupportgroup.org.au"

Pay- ing:	Membership Fees of \$.....Donation of \$.....Total \$.....
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Pay by direct deposit into our bank account BSB 124065 A/c No. 20454340 and use your name as the Payee Reference OR send online, OR by email to admin@vfvqld.com, OR post "Veterans Support Group, PO Box 2817 Nerang Qld 4211, OR bring your Membership Application to our office. We process your payment by phone: 07 5578 2233. Office hours: - 9.30am to 2.30pm Mondays to Thursdays (incl.).

Our Quarterly Newsletters are available by (A) Email Hyperlink (B) Post or (C) Not required. Please circle your choice A, B, or C. Our National Newsletter is only available by post or on website. Do you require the National Newsletter posted to you? Yes / No (please circle your option)

Office Use:	Received / / 20	Receipt No. / / 20	Committee Approval / / 20
Membership Register / / 20	Newsletters Email Hyperlink or Post or Not wanted		Secretary: