

CONTACT !



Lest We Forget



*Blue Mountains Vietnam Veterans
and Associated Forces Inc.*

2020

Issue 1

January, February & March

BMVVAF express their thanks to Susan Templeman MP, Member for Macquarie, for her support to the Blue Mountains Vietnam Veterans and Associated Forces Inc., particularly by allowing the BMVVAF to use her communications entitlement for the production of this newsletter.

CONTACT !

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 incorporating
 RAAF VIETNAM ASSOCIATION and the QANTAS "SKIPPY SQUADRON" ASSOCIATION
 ABN 74 645 329 198 CFN 17276
 THE ASSOCIATION FOR THOSE WHO SERVED IN ALL POST WORLD WAR II CONFLICTS

Your Committee

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2020

Association Meeting Dates

To Be Advised

*Meetings commence at 10:00am in our office
 at the Blue Mountains Theatre &
 Community Hub, Springwood NSW*

Office Manager: Wendy Humphrys Phone: (02) 4751 8528

Email: secretary@bmvets.com.au Web site: www.bmvets.com.au

Office Hours are Tuesdays and Thursdays between 10:00am and 2:00pm

Wellbeing Support

*Please contact our office on (02) 4751 8528
 Tuesdays & Thursdays 10:00am to 2:00pm*

Or

John Fenton JP, ATDP3 Advocate on 0412 679 802

Hello All members and their Families.

We are all aware that at the moment we are facing one of the most difficult times in Australia's history and in fact the World. The Coronavirus is redefining the way we work, socialise and live. We at the BM Vets. have to adapt to these changes to protect our staff, Volunteers and members and as a result the following will apply to our office procedures until further notice;

From the 26/03/2020 our office at the Springwood Hub will not be open BUT telephone calls will be diverted and answered and all emails will be opened and actioned as required.

All Welfare interviews at the Springwood Hub will be suspended until further notice however John Fenton will be able to be reached on his Mobile or by email.

Our midyear raffle is suspended.

Our main mission at present is to get through this situation together so that when it is over (which eventually it will be) we can continue serving our members.

Us Australians have been through Wars, Droughts, Fires, Floods and Famines and come out the other side and we will again.

Stay healthy. Stay united We will get through this together.

Our best regards

Peter Jones and Chris McKay
President and Secretary

PRESIDENT'S REPORT

Hi folks,

Bad news is we will not be holding raffles this Winter due to Coronavirus being rife and putting our volunteers at risk.

You already know that ANZAC Day Services and Marches have been cancelled. Memorial Day is too far off for a decision to be made. When you read Chris' Secretary's Report, you will be filled in completely on our goings on.

Chris McKay recently went to a Reunion in Tweed Heads to commemorate Operation Hammersley, on the Battle of the Long Hai, on the 28 February 1970. In one day they (8th Battalion) lost nine men. Overall they lost eighteen men. Well done Chris and his cohorts from 8th Battalion.

All the best and stay virus free.

Peter Jones

SECRETARY'S REPORT

Coronavirus (COVID-19) has certainly taken a grip around the World and is changing our way of life. As you would all be aware the 2020 Anzac Day commemorations have been cancelled across Australia as well as overseas. My Father's Uncle Harry Sawley Army Number 101 was killed at the 1st Landing at Gallipoli on the 25th April 1915. He was a member of the 11th Australian Infantry Battalion. My Father Harry Sawley McKay Army Number WX1148 who was named after him enlisted at the outbreak of War in 1939 and served with the 2/6 Cavalry Commando Regiment in both the Middle East and New Guinea until 1945. I mention this because my Father when I was a kid use to tell me that Anzac Day wasn't about glorifying War but remembering your Mates who didn't return and catching up with those that you served with and sharing a camaraderie that only those that have experienced War can understand. It wasn't until I got back to Australia after serving with 8RAR in Vietnam that I fully started to understand what my Father meant.

Lest-We-Forget.

With the COVID-19 pandemic we unfortunately will have to cancel our mid-year raffle. This will of course place us under financial pressure so any donations will greatly be appreciated. Our Annual General Meeting (AGM) will be postponed until a later date to be advised. Memorial Day in August may have to be cancelled but we will advise on this.

I had a nice email from our Patron Brigadier Nerolie McDonald who is working at USINDOPACOM in Hawaii. Nerolie adopted a little baby girl whilst she was in Vietnam and she advises that it was the best thing she ever did. Well done to you both.

Remember, if you can't be nice be quiet.

Chris McKay

WELLBEING⁵ REPORT

March 2020

Members, firstly I must acknowledge that our very dedicated Wellbeing Co-ordinator, Angus, has himself been somewhat in need of TLC lately. A speedy recovery Angus you are needed on deck as soon as practicable.

With the support of the local Federal Member, Susan Templeman MP, your headquarters team have applied for a small volunteer grant. If awarded it is proposed to address social isolation in our geographical area, our membership like most ESO members is ageing & it is important to remain connected with friends & family.

Most public buildings & work places now have situated throughout their facilities a defibrillator for use by the general public in case of cardiac emergency. We have all viewed Bondi Rescue or Paramedics on TV but could we correctly apply CPR or use a Defibrillator in an emergency situation? We are planning a First Aid & Defibrillator training session in the mountains if we gain the volunteer grant. For those members in the Regions I'm sure you are associated with other ESOs, so push your local committees to undergo this very important basic skill training.

Now to coronavirus, designated COV-19. firstly, it is another variation of a large family of viruses which include SARS & MERS. I have stated in the second paragraph above that our membership is an ageing cohort & as such the ageing are more at risk than a younger cohort & children. The symptoms are flu like, fever, cough, shortness of breath & breathing difficulty. While it is suggested close personal contact be avoided, kissing, handshaking for example. The solution in providing protection is basic personal hygiene, wash your hands regularly with soap and water for at least twenty seconds, don't forget to wash the web between the fingers just like you see medical staff doing on TV. If flu like symptoms develop, undertake personal quarantine at home and contact your GP.

For us "oldies" Autumn is now with us so, don't forget your annual flu shot, vaccinations should be available by April although there is some suggestion the Government should bring the program forward as an adjunct to fighting the coronavirus.

John Fenton JP
ATDP3 Advocate
Mob: 0412 679 802

PADRE'S CORNER EASTER/ANZAC DAY 2020

Hello Everyone,

As you read this, we will be we will be preparing to celebrate Easter and commemorate ANZAC Day. **For Christians Easter is a major religious festival of our year, it is the culmination of the message of Christmas.** For Christians it is the celebration of Christ's death and resurrection.



For Christians the Easter Story is summed up in the in the following passage. **Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. John 20:1-18**

Easter commemorates not simply an empty tomb, but rather the death of Christ on the Cross and his resurrection in fulfillment of the prophecies of the early prophets. It is a most important Christian festival for all believers. **Without Christ's resurrection on that first Easter Day there would be no Christian faith; for the basis of our Christian faith is the birth, death, resurrection and ascension of Christ.** Regardless how terrible the suffering of Christ was, it was part of God's plan for the salvation of all people including



Also as we approach ANZAC Day let us also remember the great sacrifices made by so many men and women on our behalf in the cause of world peace. The author of Sirach an apocryphal book in some versions of the Bible reminds us to remember, honour and respect these people.

**All these were honoured in their generations and were the pride of their times.
Some of them have left behind a name, so that others declare their praise.
But of others there is no memory; they have perished as though they had never existed;
they have become as though they had never been born, they and their children after them.**

But these also were godly people, whose righteous deeds have not been forgotten.

Their bodies are buried in peace, but their name lives on generation after generation.

MAY WE NEVER FORGET THE SACRIFICE OF CHRIST NOR OF THESE BRAVE MEN AND WOMEN,

LEST WE FORGET

Please remember also those members of our Defence Force who will be serving overseas at this time and will not be with their families and friends. We pray that Almighty God will keep them safe as they seek to bring peace wherever they are.

May I finish with a prayer, which I believe reflects our needs to be with family and friends not just at special times during the year, but at all times throughout the year.

May the Risen Christ our good shepherd surround *you and your loved ones and friends* with love, fill *you and your loved ones and friends* with peace, and lead *you and your loved ones* in hope, and may the blessing of God Almighty, The Father, the Son, and the Holy Spirit, be with *you, your loved ones and friends* and remain with *you all* always. Amen

Best wishes to you and yours,

Colin Aiken

0417203722

VALES

Robert Billett



17/01/1933 - 21/12/2019
 Royal Australian Army
 18/09/1951 to 17/09/1978
 Service Number 52029 - Private
 Theatres of Operation - Korea
 1RAR 2/09/1952 to 21/03/1953 &
 2RAR 22/03/1953 to 4/09/1953

Alan Braid



20/05/1948 - 1/02/2020
 Royal Australian Army
 28/09/1972 to 1/12/1995
 Service Number 4723248 - Sergeant
 176 Sqn, AMTDU

John Staal



Royal Australian Airforce
 11/01/1961 to 22/01/1984
 Service Number 0211825
 Dates of Service Overseas 1964 -1973
 Vietnam, Laos & Cambodia

Garry Woolnough



24/02/1948 - 4/01/2020
 Service Number 123470
 Vietnam
 Qantas Skippy Squadron

Lest We Forget



A DAWN SERVICE

John McKechnie (May 2005)

**Standing in the early chill
We think of those who died
On that terrible Gallipoli dawn
Remembering them with pride**

**A wistful mist surrounds us
Then silently it slips by
Was that the spirit of the fallen
Seeking mates for whom we cry?**

**Soon we hear a muffled sound
We strain to see and hear
Is that the sound of marching feet?
Then out of the gloom they appear.**

**Why do they march so quietly?
Asks a little girl of her dad
Why do they wear those medals?
Is somebody really dead?**

**He tells her that it's ANZAC Day
One day she'll comprehend
Why men and women go to war
Our world they have to mend.**

**The marchers halt at the War Memorial
Suddenly the crowd is quiet
There's prayers, Last Post and Reveille
For those who went off to fight.**

I wrote this poem following a visit to the Dawn Service at Windsor ANZAC Day 2005. Prior to the Service starting a mist swept in around the War Memorial but disappeared before the Service began. The marchers formed up down the street out of my view. We could hear the sound of marching feet in the darkness before they appeared. A large crowd was in attendance, which included many small children.

Invictus Games The Hague 2020

Invictus Games The Hague 2020 is scheduled to be held from 9-16 May. This will be the fifth time the international games have been staged since their inception in 2014.

The Australian Defence Force (ADF), Returned and Services League (RSL) and Veteran Sport Australia (VSA) will partner to send a combined team of 32 current and former serving ADF members to the Games.

Sergeant Nathan King, the son of our Association Member Mr John King OAM, is one of the competitors. We congratulate Nathan on his recovery and achievement, whether or not this event goes ahead.

Sergeant Nathan King

ADF Service: I joined the Royal Australian Air Force in 1996 and am currently serving in No. 37 Squadron. I have spent the majority of my career supporting the C-130 Hercules aircraft and have twice deployed to the Middle East Region (in 2004 and 2006).

Age: 42

Home town: Penrith, New South Wales

Current town: Penrith, New South Wales

Competing in: Athletics, indoor rowing, swimming and sitting volleyball



What is the nature of your injury or illness?

Following complications from a damaged thigh playing soccer, I suffered compartment syndrome in the left thigh resulting in skeletal muscle breakdown. I was confined to the intensive care unit for six weeks. I lost two muscles in my left quad which required extensive operations and skin grafts. I have restricted movement in my left leg.

What role has sport played in your rehabilitation?

To make the Australian Invictus Games team has given me the motivation to continue my rehabilitation, and not just go through the routine, but strive towards a new goal.

What is your greatest achievement to date?

I'm proud of my wife and three great kids. They are tough, resilient and kind.

Why did you apply for the Invictus Games?

I was just out of hospital and in rehab when the Games were in Sydney. It planted the seed. I have represented the Air Force and ADF in soccer and loved the idea of representing Australia again. I also wanted the Games to re-focus my rehab routine. To represent my country at Invictus Games The Hague 2020 will be an opportunity to thank all my caregivers and those who have helped me along my way. This includes my family and friends, Nepean hospital staff, Defence medical staff - including the Intensive Rehabilitation Team, and my workplaces at No. 35 Squadron and No. 37 Squadron - to say that all they have done was worth it.

What will "winning" look like for you at these games?

Representing Australia is a win. Hopefully I can inspire someone else as I was inspired. Any medals will be a bonus.

The person I most admire is...

The people I admire are my family. For them to go through what they did during my worst times in hospital and then to support me through my recovery was amazing. They are my reason to push on and all I can do in getting back to a functional state is to say 'thank you'. I also have admiration for all of the competitors at the Invictus Games selection camp. They are inspirational in what they have overcome.

Darrell's Gopher Page



A lady comes home from her doctor's appointment grinning from ear to ear. Her husband asks, "Why are you so happy?" The wife says, "The doctor told me that for a forty-five year old woman. I have the breasts of an eighteen year old". "Oh yeah?" quipped her husband. "What did he say about your forty-five year old ass?" She said, "Your name never came up in the conversation."

Instead of "the John", I call my toilet "the Jim." That way it sounds better when I say "I go to the Jim first thing every morning."

A boy selling fish on a corner. To get his customers' attention, he is yelling, "Damn fish for sale! Get your dam fish here!" A pastor hears this and asks, "Why are you calling them 'dam fish?'" The boy responds, "Because I caught these fish at the local dam." The pastor buys a couple of fish, takes them home to his wife and asks her to cook the dam fish. The wife responds surprised, "I didn't know it was acceptable for a preacher to speak that way." He explains to her why they are dam fish. Later at the dinner table, he asks his son to pass the dam fish. His son responds, "That's the spirit, Dad! Now pass the f*cking potatoes!"



A blonde and a redhead have a ranch. They have just lost their bull. The women need to buy another, but only have \$500. The redhead tells the blonde, "I will go to the market and see if I can find one for under that amount. If I can, I will send you a telegram,"

She goes to the market and finds one for \$499. Having only one dollar left, she goes to the telegraph office and finds out that it costs one dollar per word. She is stumped on how to tell the blonde to bring the truck and trailer. Finally, she tells the telegraph operator to send the word "comfortable."

Sceptical, the operator asks, "How will she know to come with the trailer from just that word?" The redhead replies, "She's a blonde so she reads slow. 'Come for ta bull.'"



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BLUE MOUNTAINS VIETNAM VETERANS & ASSOCIATED FORCES INC.
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PO BOX 55 SPRINGWOOD NSW 2777
Phone: (02) 4751 8528 Email: secretary@bmvets.com.au

MEMBERSHIP/ASSOCIATE MEMBERSHIP RENEWAL APPLICATION

Please renew my membership/associate membership of the Blue Mountains Vietnam Veterans & Associated Forces Inc for.....year/s

Surname:.....

Given names:.....

Address:.....

Town:.....State:.....Postcode:.....

Home phone number.....Mobile:.....

Email:.....

PLEASE DO NOT SEND ANY NOTES THROUGH THE POST

Annual Membership Fee: (BMVV&AF Inc.) \$ 10.00 x.....year/s \$

Membership Badge \$10:00 (plus \$5:00 postage if applicable) Total \$15:00 \$

Association Logo Car Sticker \$2:00 each \$

Vietnam Campaign Ribbons Car Sticker \$5:00 each \$

Pens \$5:00 each \$

Caps (with Logo) \$20:00 each (plus \$10:00 postage if applicable) Total \$30:00 \$

Polo Shirts (with Logo) - (Please ring the office for colours, sizes and prices) \$

Raffle Tickets \$

Donation \$

I enclose a cheque/money order for TOTAL \$

Payment Details

Cheque or Money Order – please make the cheque payable to Blue Mountains Vietnam Veterans & Associated Forces Inc. and forward to the above address OR

Direct Credit - BSB: 032-837 (Westpac Bank Springwood NSW) Account Number: 138817

Account Name: Blue Mountains Vietnam Veterans and Associated Forces Inc. Reference: “*your name or membership number*”

Please Note: Please don’t forget to include ‘your name or membership number’ as the reference.

I agree to be bound by the rules of the Blue Mountains Vietnam Veterans & Associated Forces Inc.

SIGNATURE:.....DATE:.....

Office Use Only

Direct Debit/Receipt number:.....Date:..... Membership details updated:.....

Remarks:.....Membership card:.....