



THE VIETNAM VETERANS' NEWSLETTER

OFFICIAL JOURNAL OF THE VIETNAM VETERANS FEDERATION OF AUSTRALIA Inc.

SUPPORTING ALL WHO SERVE & HAVE SERVED

JULY 2018

**On the 50th Anniversary of the
Battles for Fire Support Bases Coral and Balmoral the
government has awarded the
Unit Citation for Gallantry to the men who took part.**



Also in this issue

**MYTHS AND LEGENDS ABOUT THE VIETNAM WAR
TEAM RUBICON—TATHRA**

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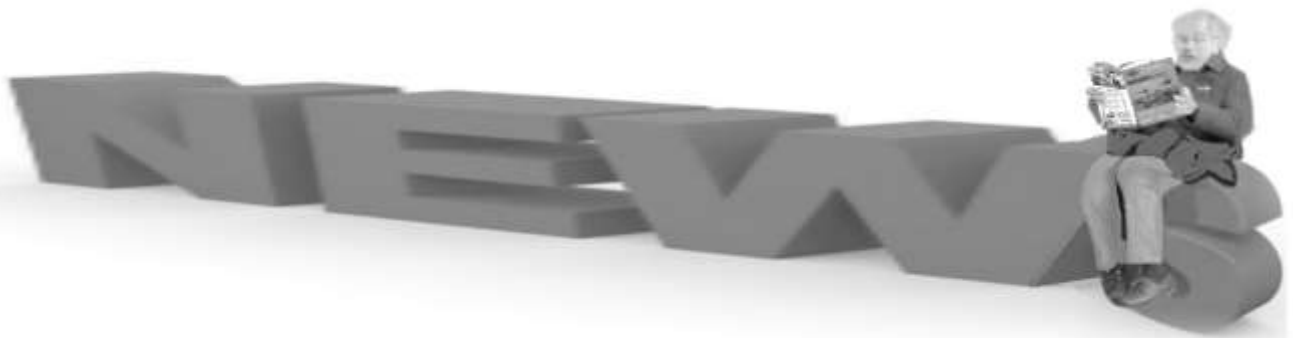
Graham Walker AM

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OUR COVER PICTURE

By the Editor, Bob Freshfield
Showing a representation of units who took part in the Battles for Fire Support Bases Coral and Balmoral., 50 years ago , May to June 1968.



THE TATHRA BUSHFIRES

**The burned out mess was overwhelming.
Enter Team Rubicon.....**

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Battle of Fire Support Bases Coral and Balmoral 50th Anniversary

Many of those who fought in the Battle of Coral and Balmoral have felt forgotten. They feel the spotlight has been only on the Battle of Long Tan.

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**"They would have been
like that anyway"**

**(The scientist who put that slur to bed
once and for all)**

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10 Myths and Legends about the Vietnam Veterans

**(Myths & Legends
an address by Dr Brian O'Toole, posted
with his permission)**

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ANYBODY WHO IS, OR KNOWS
ANYONE WHO WAS, FROM
66th BN 2nd AIF, 2 AR,
2 RAR or 2/4 RAR
SHOULD TAKE A BUTCHERS
AT PAGE 46



FROM THE EDITORS DESK

G'Day readers, I hope everyone is rugged up for the winter, and you are keeping the bugs at bay.

Congratulations to the heroes for the Battles of Coral and Balmoral on the awarding of their Unit Citations for Gallantry. Well done.

50 years on and this publication includes a short historical report, (beginning on page 14), on the attacks at the Fire Support Bases. The biggest battles involving Australian forces during the Vietnam War.

Those looking for motivation to volunteer could look no further than the exploits of the international disaster relief organisation, Team Rubicon, and their recent actions during and after the Tathra bushfires. (See page 7)

We encourage our younger brother veterans to consider joining Team Rubicon—good for the veteran, good for the community.

There must be lot of stories out there languishing in old letters, diaries and, of course, in our heads, about our time in Vietnam.

We bring you one such story, with pictures, from Al Wood. More will follow in future editions.

A veteran suicide is a very sad affair. A soldiers suicide inconsolable. Both bring nothing but debilitation to those left behind. That they occur because of delays in administration of their claims procedures is inconceivable and must be a priority for government to enact changes NOW.

To all who have lost loved ones we send our sincerest condolences and share your sympathy. Please do not hesitate to call Lifeline or Operation Life in times of despair.

Be well, go well, Ed.

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NATIONAL PRESIDENT'S REPORT

Firstly I would like to thank all the members of the Federation for their support over the past three years. In particular Graham Walker for his sound advice and encyclopaedic knowledge on what happened, when and why. State and Territory presidents have given sound counsel which has always been appreciated.

Trying to change the way DVA operates has been a constant challenge but this year has seen some victories for veterans. We, like many other ESOs and individual veterans made a submission to the Senate Inquiry into veterans' suicide.

The Government accepted the recommendations made by the Inquiry. Most importantly it tasked the Treasurer to direct the Productivity Commission (PC) to investigate and report on – whether having three separate compensation Acts was in the best interests of veterans and how efficient and effective the policies and procedures used by DVA to implement those Acts is.

This gives us a once in a lifetime chance to strongly influence Government thinking. We attended an informal meeting with the PC recently and now our submission is almost complete and will be lodged after the AGM and input from State/Territory branches is received. I thank John Godwin, Jules Wills, Ray Colburn and Cheryl Camp for their invaluable contribution to the PC submission.

DVA has accepted recommendations put to them by the VVFA and other ESOs at the ESORT meetings. DVA have sought and received funding for a trial of the Canadian advocacy system. They recently announced that barristers would no longer be used at AAT hearings where veterans are not represented by a barrister. They accepted that a single Act to replace the current three acts would be the best way forward for veterans and DVA.

All in all a challenging three years made worthwhile by the victories achieved and the chance offered by the Productivity Commission.

Thank you one and all.

Cheers - Jim

Jim Wain OAM
National President



NEW SOUTH WALES PRESIDENT'S REPORT



FSB Coral and Balmoral

Numerous services took place around Australia during May to commemorate the battles of Fire Support Bases Coral and Balmoral where 26 days of fighting resulted in 26 Australians being killed in action and 109 wounded. The North Vietnamese Army were repelled having sustained losses of about 300. Whilst the Australians were well aware that these fire support bases were set up on an enemy infiltration routes to Saigon and return by nightfall the FSB Coral base defences were only partially complete with companies and support units dispersed. Only partially completed shell scrapes protected the Australians.

The Divisional NVA Commander ordered a battalion and two infiltration groups to attack the Australians before they settled. Close to 2.30 in the morning all hell broke loose. The battle of Fire Support Bases Coral and Balmoral had begun. The rest is history. The longest, fiercest and most costly battle involving Australian forces in the Vietnam War is an incredible story and should not be without appropriate recognition.

50 years on the remaining participants of FSB's Coral and Balmoral have learned that they are to be honoured with a Unit Citation for bravery. The Unit Citation goes to all of the veterans of the battles, regardless of corps and parent unit. Veterans of Coral/Balmoral we salute you.

Read our full article beginning on page 14 of this issue.

Raffle Tickets

You would be aware that the NSW Branch conducts an annual raffle which offers significant gift vouchers to the winners. The purpose of the raffles is to assist funding scholarships for the children and/or grand-children of Vietnam Veterans, Peacekeepers and Peacemakers. The scholarships are administered by AVCAT (Australian Veterans' Children Assistance Trust) on the Association's behalf. Our scholarships are designed for the veterans who may be struggling on their Repatriation Pensions and do not have the spare financial resources, or are in necessitous circumstances to help these children through tertiary education.

The scholarships each provide for funding of \$4,000 per year for three years, provided that the recipient continues to meet the eligibility requirements and also the Association's availability of funds. The raffle winners for the draw conducted in late May are announced on page 50 of this publication. You are encouraged to purchase tickets in this annual raffle in order that our scholarships may continue long into the future.

Vietnam Veterans Day

I ask you to continue to support your local Vietnam Veterans Day commemorations and enjoy the camaraderie. You are once again reminded that the main Vietnam Veterans Day function in Sydney will be held at the Bankstown District Sports Club on Saturday 18 August 2018 commencing with a service followed by lunch and entertainment. See pages 34 and 35 of this publication for full details.

Frank Cole
NSW State President

That old feeling



‘ I knew to expect devastation and hard work. What I didn’t expect was the incredible team made up of veterans and civilians ready to meet the challenges of the day. We know exactly where we’re headed and confident we can make a difference in the lives of those affected by disasters. In a single day, we’ve managed to become brothers and sisters ’

Geoff Evans ADF veteran

The story of Team Rubicon and the
Tathra Bushfires follows

The burned out mess was overwhelming.

Enter Team Rubicon

HE rushed into the house next door.

‘What’s the matter’, the neighbour asked.

‘Look out your kitchen window!’

And there it was, a great yellow-brown-black rolling cloud rising from the ground and occupying the whole sky, blocking out the sun.

Leaving the air conditioned house, they felt the searing 45 degree plus heat.

‘We’ve got about 20 minutes.’ they agreed.

They set to work blocking the downpipes with towels and filling the gutters with water, then grabbed a few essentials and fled in their cars.

They thought they’d probably be safe at the surf club down by Tathra beach, but the 50 to 100 km/hour gale was coming from inland so a thick porridge of smoke soon made it uncomfortable to breath.

Police arrived and organised an evacuation to Bega and when that road was blocked by fire, to Bermagui.

The whole population (less a few intrepids) was evacuated.

For a few days evacuees didn’t know whether their houses survived or not.

When they were allowed to return they found some 70 houses totally destroyed and many more fire damaged.

Many houses had yards and surrounding bush burned-out right up to their front and back doors, houses saved at the last minute by the fires

arriving in their trucks to douse the flames or those extraordinary helicopter pilots flying into the smoke, dumping loads of salt water.

Without those brave interventions there is no doubt every house would have burned to the ground.

But oh what a mess the fire left behind.

There were thickly wooded gullies and roadside scrub adjacent to houses that were now messes of tangled and twisted foliage.

For the returnees the mess was overwhelming.

Where to start?

Enter Team Rubicon.

Team Rubicon is an organisation of volunteers that responds to disasters.

By pairing the skills and experiences of military veterans with first responders, medical professionals, and technology solutions, Team Rubicon provides teams of helpers that lift the heavy hearts of those faced with the seemingly impossible task of clearing out and cleaning up.

And so they did in Tathra.

Just a few days after the fire, Team Rubicon arrived.

They set up a headquarters in the Tathra Bowling Club and sleeping quarters in the



TATHRA BUSHFIRE DAMAGE



Pictures of
Team
Rubicon by
team
member
Kirk
Jackson



Tathra Surf Club.

Then they got to work.

Small teams spread out round Tathra, clearing, cleaning and driving trailer load after trailer load of the fire's dreadful aftermath to the tip.

It was the thought of that task that so overwhelmed the returning residents.

With the inroads Team Rubicon made in the clean-up, the task was no longer overwhelming for the locals.

It was not only the residents of Tathra who benefited from Team Rubicon's efforts. Through continued service, Team Rubicon seeks to provide our veterans with three things they lose after leaving the military: a purpose, gained through disaster relief; community, built by serving with others; and self-worth, from recognising the impact one individual can make. Coupled with leadership development and other opportunities, Team Rubicon looks to help veterans transition from military to civilian life.

And, to the observer, it seems to be more than that. It seems to be, even in the tragic circumstances in which they are working, fun.

The team members tell you it's also deeply

satisfying. Seeing the immediate impact it makes on the lives those newly shocked by their devastating experience.

And friendships are borne not only between the Team Rubicon members, often working together for the first time, but also between the Team members and those they are helping.

Team Rubicon is an international organisation with the Australian branch recently established. Australian members have previously volunteered for disaster relief including a devastating hurricane in the Caribbean and an earthquake in Nepal.

Finance comes from many sources. Corporate and governments donations in the US and UK are important. In Australia the deployment to Tathra was financed by the NSW Clubs Association whilst DVA has provided funds for training.

So if you're a veteran missing the mateship you experienced in the military and wanting to make a great contribution to the community, why don't you join?

(Continued on page 11)

"Veterans are not victims, we're changing that narrative by getting these guys back into roles that allows them to serve a purpose."



As a member you can be asked to volunteer for a week or two to disasters in Australia and anywhere in the world.

Have a look at the web-site at Team Rubicon Australia.

It's full of information.

It will lead you to:

<https://www.teamrubiconaus.org/join-the-team/>
where you can join.

If Team Rubicon's response teams in Tathra are anything to go by, you'll be hugely appreciated by the community you help and have a deeply satisfying experience at the same time. ■

Roughly 70% of Team Rubicon volunteers are military veterans. Many of the skills gained in the military – things like emergency medicine, small-unit leadership, logistics, experience in austere environments – translate well to disaster response. Military service does not define a Team Rubicon member, nor is it required. Many of our volunteers are pulled from the civil service sector. Firefighters, medical professionals, law enforcement officers, teachers, and mental health providers are among the diverse careers held by TR volunteers.

The only prerequisite required for volunteering with Team Rubicon is a commitment to service. As a Greyshirt, you will be responsible for providing immediate and impactful aid to communities affected by disaster. If you are willing to raise your hand to help those in need, we're ready to get you in a grey shirt.

Disaster relief requires a breadth of skillsets and experience. Team Rubicon offers various training tracks – from chainsaw operation to heavy equipment to disaster technology – to our members. If you consider yourself "unskilled" don't worry, we'll train you up.

VICTORIA STATE PRESIDENT REPORT



GIDDAY from the winter capital of the mainland.

At this time of the year we are really starting to realise that winter is upon us and already the 'experts' are predicting phenomenal snowfalls for the Southern Alps which means we will all have to be extra cautious on any roadway that leads up into the mountains and give the snow bunnies a wide berth.

The office continues to assist veterans from ALL conflicts and their families as needed in approaches to DVA on pension and welfare matters. Naturally the stalwart in all of these dealings is our long term (and inaugural) secretary, Iris Cargill who does so much for this branch. Try as we might it is just so bloody hard to get volunteers from around the Geelong region to assist her in these works and I have to say that as the State President I feel I should do much more but it is difficult for me to travel from my home in Melbourne to Geelong due to health, driving and the 'not so reliable' train service.

Our emergency housing facility, Bowder House, is a little quiet at this time with only one veteran housed there but we do receive enquiries from various organisations about getting veterans who may need the sanctuary. We have had a few very unpleasant incidents with some veterans we have had in Bowder doing the wrong thing regarding damage, theft of money, tools and other goods. This makes it difficult to trust people and we have had to introduce some extended conditions on any tenancy.

Each week sees sale stalls set up at a number of Bunning's stores in the region at which we sell memorabilia to raise much needed finance for the welfare work we do and I am glad to say that we have recently had a few more volunteers come aboard to man these events. I must thank Terry Martin for the time and precise care he puts into setting up the stalls at each venue and some innovations he has implemented in this effort. He

is out there at various stores every week and maintains a great record to assist in the ordering of replacements for those items we sell.

Currently we are in the middle of planning our Vietnam Veterans Day service which we hold every year at the Highton Middle School Campus and this year, due to the school curriculum, our service will be conducted on Friday August 17 which will give members and guests a chance to attend other services on the Saturday, such as myself who will be attending the Melbourne service. Our service continues to grow and is so very well received and attended which keeps us alert to make sure it is not just the "same old same old" each year and I believe that it is due to this that sees such successful comments and a readiness of special guests to attend.

It will only be a short time from when you read this that the branch will start to gather goods for our annual gift packages for our troops deployed which are always so well received and appreciated. We get feedback from unit commanders and individual troops who are just so grateful and who let us know that they often share the contents with allied troops who do not receive these little touches of home. This is an endeavour initiated and controlled by Stacey McDonald and she does a marvellous job of securing donations from such a variety of companies and organisations for which we and our troops are extremely appreciative.

This wraps up our bit for the interest of members and others who may read this newsletter and we wish you all well and good health.

Regards
John Arnold
Vic State President

CROWEATERS CORNER



This past year has been a busy one and also a very sad one with the State Government compulsorily acquiring our clubrooms to facilitate an upgrade to the adjacent Oaklands Railway Crossing. We were notified in October 2017 and started the process of looking for a suitable sight to relocate. This proved to be very difficult.

Ultimately, we decided the only thing to do was to build a new clubroom. The city of Marion Council and the Marion RSL were instrumental in helping us and we are in the throes of building at the Marion RSL site with their blessing. Our settlement from the Government has been tardy and very litigious but the light at the end of the tunnel is now bright sunlight..

In the interim we have had to relocate for day to day business to a rent-free site at Netley and must vacate our current premises by 31st May. We are trying to keep our existing phone number and internet address with our office managers and pension officers relocating to Netley whilst social activities will be held at the Marion RSL until we move into our own building. Completion date is hopefully going to be prior to 1st October, 2018. We will be collocated with the RSL on 5 acres of land owned by the Council.

Our Patron, His Excellency the Governor of S.A., Mr Hu Van Le attended our Christmas Function along with State, Federal Politicians and local dignitaries.

One of our groups, WACAS, (We All Care and Support) have organised a number of visits and trips including a trip to Clare where approximately 35 members attended a week of frivolity which included guided tours of historic properties, wineries, group lunches and dinners and the infamous car rally along with daily happy hours in the camp kitchen. A great time was had by all.

The 50th Anniversary of the battles for Fire Support Bases Coral and Balmoral has been and gone and what a success that was. Our Keynote speaker was Dr Brendon Nelson, Director of the Australian War Memorial, who gave a thought provoking and emotional talk about the battles using excerpts from diaries and memoirs from veterans who were involved in these battles.

Again, we were honoured to have our Patron in attendance along with senior Defence Force representatives from all three Services along with Federal and State politicians and local dignitaries. Sacred Heart College Students Choir along with individual students and their School Cadets (acted as door openers for the dignitaries attending) and all participated in the ceremony.

Many accolades both written and verbal, have been received from those who attended. The commemorative fifty cent coins and the first day stamp covers were very well received and sold out in record time. Many thanks to Bob Ellis and his subcommittee who planned this event over a period of two years organising the coins and stamps and liaising with the many organisations to make it a great day.

The new State Government is determined to reopen parts of RGH Daw Park which was closed by the previous Government. What happens with this site now is a “wait and see” type exercise.

The Branch continues to provide veterans of all conflicts with Advocacy, Welfare and Pension advice and this will continue.

The murals which adorn the walls of our present Club rooms are to be replicated at our new site, where they will be located is currently under consideration.

Mal Thiele
SA State President

Battle of Coral and Balmoral

50th Anniversary

Many of those who fought in the Battle of Coral and Balmoral have felt forgotten. They feel the spotlight has been only on the Battle of Long Tan.

They argue that theirs was Australia's most protracted and costly battle of the Vietnam War

We think they deserve sharing that spotlight.

Here's the story of that long and ferocious battle.

IN an attempt to influence the *Paris Peace Talks*, the *North Vietnamese Army* and *Viet Cong* launched the now famous *Tet Offensive* in May 1968. This time all efforts seemed centered around *Saigon* and it took a savage pounding as the *South Vietnamese* and *Americans* fought pitched battles to force the enemy to withdraw.

To obstruct the withdrawal of the *141 Regiment, North Vietnamese Army (NVA)*, *1st Australian Task Force (1ATF)* deployed two Battalions into *Binh Duong Province* near *Lai Khe*, establishing a Fire Support Base named Coral, (*FSB Coral*). However, the base was only partially completed when it came under heavy bombardment in the early hours of the 13th May.

Exploiting pre-dawn gloom and disorganised defences, the *141 Regiment NVA* attacking in battalion strength, temporarily capturing a forward gun position during savage close quarter fighting. Later that same morning, however, the assaults were repulsed, and the Australians reclaimed their gun position.

1RAR was mainly out on patrol during this first attack, so it was the troops from *102 Field Battery, Royal Australian Artillery*, with their machine gunners, and a *Mortar Platoon* from *1RAR*, who took the brunt of the first assault of about 250 to

300 enemy. A New Zealand battery, *161 Battery Royal New Zealand Artillery*, also joined in from a kilometer away, and helicopter gunships arrived to add critical firepower to the defence.

The following day, *1RAR* was deployed to defend *FSB Coral*, while *3RAR* established another Fire support Base – *FSB Coogee* – to the west of Coral in order to ambush along intelligence reported enemy infiltration routes.

On 16th May *FSB Coral* weathered another heavy bombardment followed by another battalion sized assault by the North Vietnamese troops.

Again the defensive perimeter was momentarily penetrated, but after a six hour battle, by Artillery and *1RAR* troops, *141 Regiment NVA* troops were forced to withdraw after suffering heavy losses.

Expecting further attacks *1ATF* reinforced the base with *Centurion Tanks* and additional artillery.

On 22 May 1968 *FSB Coral* was again attacked with a short but accurate mortar barrage, terminated by Australian artillery and mortar counter-bombardment.

On 25th May the Australians at *Coral*

(Continued on page 15)



Australian troops defending FSB Coral, May 1968

A patrol from 1RAR makes its way through the wire on Coral's perimeter as they search for signs of the enemy after one of the attacks on the base. Behind them are the rubber trees through which the North Vietnamese attacked early on the morning of 13 May. [AWM THU/68/0596/VN]



assaulted a number of bunkers, that had been established near the base, with *Centurion Tanks* supported by infantry, destroying the bunkers and their occupants without loss.

3RAR was then redeployed to establish another Fire Support Base – *FSB Balmoral* – on 24th May, to disrupt the North Vietnamese forces along route 16 about 3 miles, (4 km), north of *FSB Coral*.

Supported by tanks which had just arrived from *FSB Coral*, 3RAR and Artillery troops were confronted with a two-battalion assault by the 165 *Regiment, NVA* on 26 May. Just as before, the base was bombarded with heavy mortar and rocket fire. *D Company 3RAR* took the main brunt of the assault. Heavy fire from the *Centurion Tanks* and the *Infantry* soldiers, repelled the *NVA*.

The North Vietnamese attacked *FSB Balmoral* on 28th May, again in regimental strength. The enemy called off the attack after only 30 minutes, being soundly defeated by the supporting fire of the tanks, artillery and mortars.

The Australians then took the fight to the enemy with aggressive patrolling and ambushing, in the following days, until relieved by American and South Vietnamese forces on 6 June, when the Australians returned to *Nui Dat*.



Australian troops running for cover, FSB Coral, May 1968

The battles at *FSBs Coral* and *Balmoral* was the first time the Australians had clashed with regular *NVA* units operating in regimental strength in conventional warfare. During 26 days of fighting the *NVA* troops sustained heavy losses and were forced to postpone a further

(Continued on page 16)



Dr Nelson lays a wreath to honour the dead and wounded soldiers from the Battle of Coral-Balmoral. (Picture: Simon Bullard)

attack on Saigon.

The *Battle of Fire Support Bases Coral and Balmoral* was Australia's most protracted and costly battle of the Vietnam War.

Over the course of the 26 days, Australian losses were 25 Killed-in-Action and 99 Wounded-in-Action. The NVA and Viet Cong losses, although difficult to estimate because they took as many as they could of their dead and wounded with them as they withdrew from the battlefield, have been estimated at 267 dead and 7 wounded.

Unit Citation for Gallantry

On May 13 this year, the Minister for Defence Personnel, Hon Darren Chester MP, announced the award of the *Unit Citation for Gallantry*.

In a speech commemorating the 50th Anniversary of the battle, the Australian War Memorial Director, Dr Brendan Nelson, said the sacrifice of Australian soldiers at Coral-Balmoral would be remembered alongside Gallipoli, Kokoda and other important military events.

In an emotional speech, Dr Nelson relayed the personal experiences of soldiers who fought in the battle including the story of the initial assault on Fire Support Base Coral.

Veterans of eligible units for the *Unit Citation for Gallantry* are encouraged to apply directly to the Department of Defence, through the Defence Medals Online Application form available at: www.defence.gov.au/medals

Eligible units are:

- 1st Australian Task Force (Forward)
- 1st Battalion, The Royal Australian Regiment
- 3rd Battalion, The Royal Australian Regiment
- A Squadron, 3rd Cavalry Regiment
- C Squadron, 1st Armoured Regiment
- 12th Field Regiment, Royal Regiment of Australian Artillery
- 1st Field Squadron, Royal Australian Engineers.

Members of the below units who flew missions in direct support of the battles, or who were forward deployed to the Fire Support Bases, are also entitled to wear the Citation insignia:

- No 9 Squadron RAAF
- 161 Reconnaissance Flight

Family members of deceased veterans are also encouraged to apply for the insignia

(Continued on page 17)



The young soldier,
Lachlan Irvine



Lachlan Irvine's Story

AT FSB Balmoral, I operated a radio in the 3RAR command post, two hours on, four hours off, day and night. On the night of the first attack, after a shift on the radio I discovered my pit had been invaded by ants, so I was forced to sleep on top of my overhead cover.

When the first explosions woke me, I jumped into my pit. Then there was a blinding white flash, and it felt like I was being kicked in the head from every direction at once. Then everything went black and silent. I couldn't see, hear or feel. I realised I had been hit by an explosion and I must be dying. It was so peaceful, I felt like I was just floating away. I thought "this is not so bad, it's completely painless." Then it occurred to me that if I was still thinking then I must be alive, so I started biting my tongue until I could feel it, and gradually my senses came back. Remarkably the only damage was a small cut on top of my forehead, and I was able to get to the Command Post for my next shift.

Two nights later, when the second attack started, I was asleep in my pit. The explosions shook the ground and showered me with dirt. If one explosion seemed closer than the one before, I knew that I had to wait ... and wait ... and wait ... for the next one. If that one landed on the

other side of me, then I could breathe again until the next volley.

Because of my experience in the first attack, the possibility of my own death was now a reality to be faced, rather than some abstract notion that I didn't need to think about. I could die here, tonight, in this hole in the ground, thousands of miles from anything I had ever called home. I was an innocent country boy. I had barely lived. How could this possibly be happening? I could not identify with this reality, it was too absurd. The very notion that I could die here, on this night, in this place, in this war, was just mad. I remembered the title of a movie, "Stop the World, I Want to Get Off." That was exactly how I felt. I wanted this absurdity to end. If sanity made no sense then I must be mad. Two nights earlier I had a glimpse of what it might be like to die. Now I found myself on the brink of madness.

In the end, what brought me back to sanity was the knowledge that I was not alone. Everybody else at Balmoral must have been feeling the same terror I was feeling, and we all depended on each other to deal with it one way or another and get on with our jobs. Whatever happened, I could not let the team down. If others could handle it, then so could I. ■

QUEENSLAND STATE PRESIDENT REPORT



Advocacy Services:

The advocacy services provided by the Queensland Branch through our Administration centre have a consistently increasing workload and two of our 3 Advocates are all but working full time. We thank Kathryn McRae, Flavia Senter and Kevin Borger for their dedication and willingness to ensure the best possible outcome for all Veterans who ask for their assistance. Many experienced Advocates are retiring and the number of Advocates has declined in the past 12 months. Our Advocates provide a professional service as good as any throughout Australia.

The increased workload is a direct result of veterans who have used our Advocates and then personally recommending them to other veterans who they associate with. All three of our Advocates work brilliantly together.

Because of the increased workload, we now have a second assistant to help the advocates. I also thank Tiana Silen and Kerry Bridges for the valued personal assistance they give to our Advocates along with our other volunteers Jan Wiley, Stan Churchyard, Deirdre Breakwell, Narelle Cupit, Irene McFarlane, June Richards and Sandra Small. We treasure the great contribution of our volunteers.

Vietnam Veterans:

The youngest Vietnam Veterans are in their mid sixties and our numbers are very much thinning. We are quickly approaching the day when the majority of our members are not Vietnam Veterans. Change is inevitable. Veterans will always have to fight for their entitlements and paid 'compensation' advocates will become the norm. We welcome our younger veterans to our organization and look forward to them coming forward to assist each other.

History clearly indicates that the first to help a Veteran in need are other Veterans. That will never change. Until they are ready, we will give our younger Veterans all possible assistance.

Armistice Day Centenary Anniversary, Sunday
11th November 2018

Our major project is asking Australians to say thank you to Veterans for their service and thank the families of all Australians who paid the ultimate price for the freedom we enjoy today. By Australians saying thank you to veterans for their service and sacrifices it is hoped that the many Veterans doing it tough will understand and appreciate that their service is very much appreciated by the vast majority of fellow Aussies.

We encourage fellow Veterans to place their names and comments on the Saying Thank You Register. As mentioned above, it is always fellow Veterans who are first there to help other Veterans in need of help.

Please go to "sayingthankyou.org.au" and add your name and comments. Also ask family and friends to do the same. Comments made by fellow Veterans are well worth reading.

Veterans Men's Shed

The membership of the Veterans Men's Shed is increasing and the Tuesday's lunch for \$4 is most popular. By joining an activity such as a Men's Shed you get social activities with like minded people and also an opportunity to do something for yourself or to assist others. The true satisfaction is creating or making something special.

Thank you,
Peter Handy.
QLD State President

FROM NSW SECRETARY

Once again we say THANK YOU to our many members who have made a financial donation to their State Branch. Without these donations we would find it much more difficult to cater to the needs of our war veterans, service and ex-service persons generally.

Periodically, we will publish a list of individual NSW Branch donors of amounts of \$200 or more. Whilst all donations are gratefully received, and combined are of enormous assistance to us, they are too numerous to list. Donors to the NSW Branch of \$200 or more since the last Journal were:

\$3,000	Anonymous
\$2,000	Beverley Semfel
\$1,000	John Garcia, Amelia Jenkins Ken Van Den Heuval
\$625	Gayle Roberts
\$500	Brian Wood, R Bateup, John Greenhill
\$270	Thomas Grills
\$250	Andrew Brien, Ted Tokarczk
\$200	Elton Robinson, Alan Limn

Whilst the above refers to, mostly, individual donations only, we are also indebted to the many RSL sub-branches and other licensed clubs who generously contribute to our cause.

Sincere thanks to all,
Ron O'Connor
NSW Hon. Secretary

WA STATE REPORT

AGED CARE IN THE VIETNAM VETERAN COMMUNITY

Like it or not, the reality is that Vietnam Veterans are all now getting older and there are many seeking help and assistance from Aged Care Providers.



At some stage this may well impact on you if you are required to be admitted into an Aged Care Facility. It seems to have always been an unknown factor concerning fees paid in such establishments when the veteran is a TPI.

This is the question. Is the TPI component of the veteran's income considered as income for the purpose of assessing the veteran's daily care fee?

I have asked the question many times round ESO circles and always received a variety of answers so I put the question via a Member Submission to the last meeting of the DVA National Aged Care Community Forum (NACCF).

The answer is as follows: for a TPI with qualifying service admitted into an Aged Care Facility, the TPI component of his/her income is not asset tested as far as the fees to be paid to the facility.

For a TPI without qualifying service under the same circumstances, the TPI component of his/her income is asset tested in determining the daily care fee to be paid to an Aged Care Facility.

Further the same criteria applies to War Widows. The situation is now, thankfully, quite clear.

I trust this clarifies the matter for any members who may have been pondering the issue.

If there are further questions members would like me to put to DVA National Aged Care Community Forum (NACCF) please let me know. Kind regards to all.

Milton Kirk
VVFA Rep
NACCF
0407420472

Telling the story of military wives in music

(Below is a quote from a web-site
well worth a visit)

<http://www.soldierswife.com.au/>



IN years gone past, songs were the form of documenting our stories – telling the stories of those who had gone before, our histories, our tragedy's and our hopes. And music accompanied, being the one thing that could transverse those feelings that could sometimes not be voiced. This is at the very heart of The Soldier's Wife.

The past 4 years has seen a small group of Queensland songwriters go on a truly remarkable songwriting journey – to tell the stories of women whose partners have served in conflict over the past 60 years. To tell the stories of Soldiers Wives and their families and of their personal sacrifice.

The songwriters have talked to almost 100 women – aged from 25 to 104 years old. From varying backgrounds and conflicts, from remote and regional areas to inner cities, their personal journeys all have similar themes of love, of loss, of existence and most of all of resilience.

The artists use their voices and their muse to hold legacy to these stories and to share them on stage – these are not just stories of incredible women – they are stories of our history and of the new generation.

These songs have been performed across Australia at festivals and venues including The Sydney Opera House, Woodford Folk Festival, MONA, Cygnet Folk Festival, CoCA, Brisbane City Hall and many, many more.

The artists involved represent a mix of vast songwriting experience and community experience and talent. Australian Music Prize nominee and vocal powerhouse Jackie Marshall; North Queensland based Roz Pappalardo (best known as one half of Women in Docs); fast rising new talent Emma Bosworth, country blues artist Kristy Apps, Melinda J Wells and Deb Suckling (Lucy Star Satellite).

Now these stories have been documented into a double album and a book – giving further voice to these women and families and creating a way for the wider community to listen and learn from these experiences.

For more information contact Deb Suckling @ sugarrush@optusnet.com.au

Securing the Minefield

(Extract from *The Minefield, An Australian Tragedy in Vietnam*, by Greg Lockhart)

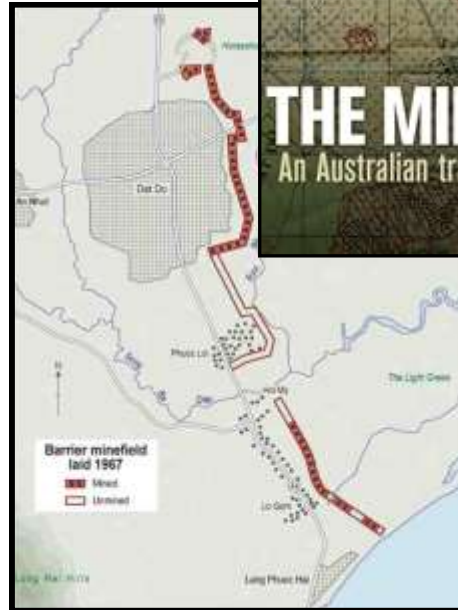
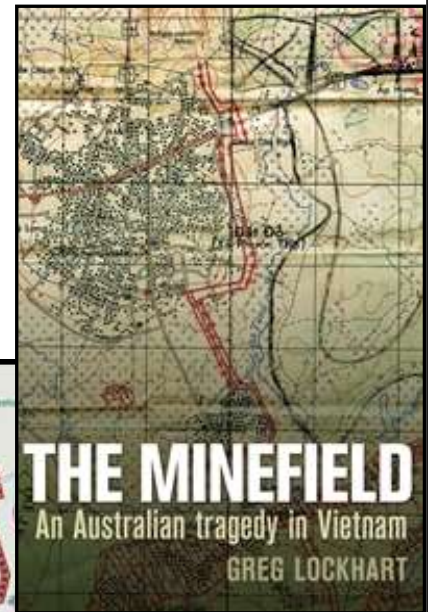
On the more immediate requirement for keeping the minefield intact, [Brigadier] Graham's response inspired even less confidence. When [OC 1 Field Squadron, Major] Florence asked Graham how he was going to secure the mines, Graham replied it would be with 'the new anti-lift device'. A preliminary problem with this suggestion was that neither Graham nor Florence knew what the new apparatus was....Besides, [Florence] stressed, the use of anti-lift devices could not effectively secure the minefield, particularly a field of anti-personnel mines, which had to be covered with detailed observation and fire.

...

Neither Florence nor his 2IC...could believe his answer. 'Brigadier Graham assured us that the Province Chief in Baria had guaranteed the necessary ARVN/RF/PF troops to patrol the minefield...We were doubtful to say the least, because we knew the local troops wouldn't go outside the wire.'

...

Even if the local troops did conduct patrols, they would still not have been sufficiently numerous or sufficiently well posted along the minefield to provide the required cover. ■



It is the best book so far written about Australia's participation in the Vietnam war. Written ten years ago and still selling well. To get your copy simply ring the NSW Branch Granville Office on 02 9682 1788.

Or order online at www.vvfaгранville.org



Dr Greg Lockhart is a Vietnam veteran, having served with AATTV.

He is an eminent historian whose work has been widely acknowledged.

His writing of this excellent book came from the VVFA's concern that it knew very little about the Minefield when dealing with veterans damaged by their contact with it.

He is the VVFA's honorary historian. ■

“They would have been like that anyway”

(The scientist who put that slur to bed
once and for all)

IN October 1981 an enquiry into the Agent Orange issue was begun by the Senate Standing Committee on Science and the Environment.

Evidence was given at one of its hearings by Dr Sol Rose.

Dr Sol Rose had been, until late 1981, Director of DVA Medical Services in Victoria responsible for the training and oversight of medical officers who dealt with compensation applications by veterans claiming their disabilities and illnesses were war-caused.

This was, in part, the evidence Dr Rose gave:

“I do not think that the nature of the war in Vietnam is any different or significant, because the service was not a long one in comparison to World War II; they were not debilitated anywhere near to the same as were the ...people coming back from long service in the tropics, particularly those from the New Guinea campaigns which were long and arduous.”

Dr Rose’s evidence showed an alarming lack of understanding of the stresses of guerrilla and mine warfare. Indeed, evidence given by Brigadier Rogers, Director of Army Medical Services, who had served in Vietnam, differed markedly. He said:

“I did a little calculation once of the amount of stress put on a Vietnam soldier in comparison to the World War II soldier. The infantry

soldiers – the combat soldiers – faced many times more stress.”

Vietnam veterans were not interested in an argument about whose war was the most debilitating, but they were interested in Dr Rose’s misconception of the Vietnam War.

Dr Rose, as we have said, was responsible for the training and oversight of DVA’s Victorian medical officers. Had his misconception corrupted the Victorian medical officers’ understanding of the Vietnam war? Would this influence the way they viewed Vietnam veterans’ compensation claims? Was it confined to the Victorian DVA or was it a misunderstanding rife Australia wide?

Did this explain, the veterans wondered, the oft expressed view inside DVA and Defence that those Vietnam veterans claiming compensation would probably be suffering psychological illness, alcohol abuse etc whether they had gone to war or not?

And whilst the Vietnam veteran community knew from their own experience that veterans’ psychiatric problems and, for that matter, the psychiatric problems of their families, were related to the veterans’ war trauma, scientific proof was necessary to move bureaucratic stubborn prejudice.



Dr Brian O'Toole
BSc PhD MPH

Until recently
Director, Vietnam
Veterans Family
Health Study
Psychiatry,
Sydney Medical
School
Brain & Mind
Research
Institute

Enter Dr Brian O'Toole.

Until recently, Dr O'Toole was the Clinical Senior Lecturer in Psychiatric Epidemiology and the Director, Vietnam Veterans Family Health Study at the University of Sydney Brain & Mind Centre.

Dr O'Toole's interest in the psychological consequences of fighting the Vietnam war began in the early 1980s.

Back then, he too was aware that it was not unusual for Vietnam veterans suffering psychiatric problems to be dismissed by the remark, 'they would have been like that anyway'. He was aware that some elements of DVA and Defence were included amongst those harbouring this reservation.

Brian O'Toole set out to scientifically test whether or not 'they would have been like that anyway'.

In the process, he engineered studies to be published in international refereed scientific journals of the highest standard, thus ensuring them against government and bureaucratic dismissal and cover-up.

These studies included:

- The first such study of ANY returned Australian servicemen ever conducted, with initial results published in the prestigious International Journal of Epidemiology - they published three papers in a set which indicated the international importance of the work.

- Studies showing that the myth that "they would have been like that anyway" was completely false; it was combat stress and war service that is the culprit;

(Continued on page 24)

- Studies showing the relationship between veteran combat, PTSD, depression etc., on the mental health of veterans' wives
- Studies showing the relationship between war service, combat and PTSD on the physical as well as mental health of the veterans, with publication in the American Journal of Epidemiology;
- Studies showing the effects of PTSD in particular on suicidality (thinking about, planning and attempting suicide) - not only in veterans but also in wives;
- The first study of the sons and daughters of veterans ever done in Australia, and unique in the world, with early results accepted for publication, in the International Journal of Epidemiology
- A study showing that it is war service and combat that are implicated in veterans' failure to quit smoking, rather than PTSD or any mental illness - i.e., it's the traumatic stress itself rather than the post-stress disorder that is the culprit. This paper has just been accepted in the prestigious journal *Nicotine & Tobacco Research*.
- A study showing that PTSD in a veteran increases the risk of PTSD in his sons and daughters - i.e., intergenerational transmission of PTSD. The future work that is planned attempts to throw light on the mechanism of this transmission. With this evidence it is hoped that the government is stirred to provide better care for veterans' families particularly after combat experience and PTSD are involved.
- Studies which assisted the VVFA case in getting 'malevolent environment' included as a cause for PTSD rather than there having to be a traumatic 'event'. Wondering around minefields can be mighty stressful even if one doesn't blow up this time. This could be of benefit to some Vietnam veterans previously unsuccessful in having their PTSD accepted as war caused and will certainly be of substantial benefit to veterans of more recent and future wars.

Dr Brian O'Toole's results from his studies have been vital in Vietnam veterans' ongoing struggle to have the traumatic effects of fighting the war officially acknowledged.

Special mention should be made of Dr O'Toole's work on veterans' families.

Since the early 80's it has been apparent that Vietnam veterans returning damaged by their war experience have caused family dysfunction leading to damage to the mental health of their spouses and children. There has been reluctance by authorities to take substantial responsibility for these second wave casualties of war. Dr O'Toole's publications, especially his recent studies on 'suicidality' and the effects on the sons and daughters, have provided powerful evidence of this second wave effect, evidence which has contributed to the government recently acknowledging the issue and ordering a report on possible remedies.

One of the most respected experts in the field, Professor AC 'Sandy' McFarlane AO, Director, Centre for Traumatic Stress Studies, Adelaide University, has this to say:

'... I would like to highlight that the efforts and contribution that Dr O'Toole has made in the course of his career have been of substantial value to the Australian veterans' community and also to the broader scientific literature about the long-term costs and consequences of combat exposure in military service. He has shown an unusual dedication to following up a longitudinal cohort established in the 1990's.'

Valuable service to Vietnam veterans indeed.

(Continued on page 25)

In recognition of Dr O'Toole's contribution, he has been invited to become an Honorary Life Member of our Federation.

Dr Brian O'Toole

Dear Brian,

At the National Executive meeting of the Vietnam Veteran's Federation of Australia Inc. in March 2018, it was unanimously agreed that you be made an Honorary Life Member of the Federation.

The Federation acknowledges and applauds the many years of research and personal contribution that you have dedicated to veterans and their families. Your research has not only added to the knowledge we have about the institution of the military, and its impact on its members, but has also given us the 'ammunition', and the confidence, to try to focus the attention of both the government, and the Department of Veterans' Affairs.

Where we have failed to get the outcomes we hoped for, it has never been for the lack of the scientific integrity of your research. We veterans are indebted to you.

...

I add my personal gratitude for the support that you have given to veterans, and on behalf of all our members, I wish you well in your continuing interests.

Yours sincerely
MAJ James Wain OAM (Rtd)
National President

THE INFANTRYMAN

By Jon M Nelson

I've been shot at and I've been stabbed,
And I've been nearly burned alive.
Yet somehow through all of this,
I have managed to survive.

I've been tortured and left for dead,
And I've felt the excruciating pain.
After all the horror that I've seen,
It's amazing that I'm not insane.

I've had the enemy locked in my sight,
I had been trained to shoot to kill.
I could lay in the mud and rain for days,
Yet you wouldn't see me as I was still.

I always control the battlefield,
And I will always lead the way.
I move stealthily to the target,
Whether it is at night or day.

I've lost my friends and comrades,
And yet I still have to carry on.
The battle is never really over,
Even for the ones that are gone.

I've held my buddy in my arms,
And slowly watched him die.
The sights I've seen are so bad,
That they have made me cry.

I've walked for many endless miles,
And never been able to rest.
I have received many battle scars,
And earned the medals on my chest.

After all the hell that I have seen,
Many times I thought I was a goner.
I am the last line of defense,
And I'll risk my life with honor.

10

Myths and Legends about the Vietnam Veterans

(Myths & Legends
an address by Dr Brian O'Toole, posted with his permission)

“RESEARCH can only report what is found; I can't make it up and can only report what I'm told by the diggers and the data that they give me. But there is some false knowledge out there which frequently prevails and pervades, such as claims of “20,000 veterans commit suicide” which are clearly nonsense and call into question the motives of the perpetrator, be it the editor or the journalist.

What I'd like to do today is to address some of the more common myths and legends that surround Vietnam veterans and let you know what my research is showing. Here are 10 myths that I have encountered over the years that I would like to shed some light on, using the data from my research studies.

1. “It was safer in Vietnam than in Australia for the Nashos”

Only 1-in-16 young men who were called up actually got enlisted in the Army. From the 63,745 National Service Men (NSM) who were enlisted in the eligible time period, 19,450 were sent to Vietnam. That's 30.5%, less than a third. So even if you were called up, there was actually only a 1.9% chance that you would be sent to Vietnam. (Note: $1/16 \times 30.5\% = 1.9\%$)

During the conflict there were 215 deaths of NSM in Vietnam; the mortality rate of NSM veterans in Vietnam was about 1.1%, very similar to the Regular mortality rate and very similar to

Dr Brian O'Toole from Sydney University's Brain & Mind Research Institute is an epidemiologist with a long interest in the health of Vietnam veterans and the health consequences of war service. He has worked on the Australian 'agent orange' scientific studies, was a member for 18 years of the National Advisory Council to the Minister for Vets affairs on the Veterans & Veterans Families Counselling Service, and conducted the first cohort health study of any returned service group in Australia, the Vietnam Veterans Health Study. He is one of the few people in Australia with an expert knowledge of the long term effects of war service on veterans and their families. In this article he addresses some of the myths and legends that abound about Vietnam veterans.

the overall American mortality rate. Australia's contribution was exactly proportional. But during the war years there were 188 deaths of NSM in Australia, where most of the deaths occurred on the roads. This is a mortality rate of less than 0.3%.

(Continued on page 27)



Was it safer in Vietnam than in Australia for the Nashos?



So the relative risk of death, if you were a Nasho and were sent to Vietnam, was 4 times higher than the risk if you were a Nasho who stayed at home. So it wasn't safer in Vietnam at all, and there was no-one actually trying to kill you in Australia.

2. "Only the ones dumb enough not to get out of it were sent"

The Army had a screening Psych test administered on enlistment called the AGC that basically measured intelligence. It was scaled, or "normed" on a general Regular population to have an average of 10.5 on a scale of 1-20. Several Army Officers have told me that the Nasho's "lifted the whole standard of the Army". Indeed, the average AGC score of the Nasho veterans was 13.5, much higher than the background Regular Army population of 10.5.

But, when compared with the Nasho veterans, the Regulars' AGC score was not different; this means that the Nasho's and Regs were equally intelligent, and the Regs who went to Vietnam were significantly brighter than the ones who stayed at home. Australia sent its best, fittest and brightest of both Regulars and Nasho's to Vietnam and it's more likely that the dumb ones stayed home.

3. "The Nashos had it easier than the Regs"

The study measured the potential for combat

exposure in several different ways, from interviews with the diggers using an American questionnaire and from Army sources. Both showed that the average level of exposure was indeed slightly higher for Regs than for Nasho's, but looking at the extent of the exposure showed that Regs and Nasho's together had very similar risks of high intense combat, but that Nasho's had slightly more who experienced low levels.

But it's not just direct combat that hurts. When you look at the rate of Post Traumatic Stress Disorder (PTSD) and other mental disorders in Regs and Nasho's, there is absolutely no difference. This means that you don't need lots of direct combat or be a Regular enlistee to be vulnerable to PTSD and depression. Eight months in a war zone alone will do it for you, whether you were a Nasho or a Reg. Sometimes, it can only take one day.

4. "The blokes who came home by sea have less PTSD".

This was a common myth heard around the Dept of Veterans Affairs (DVA) and military senior ranks for some time; that a nice sea voyage home, fuelled by lots of beer, would leave PTSD behind, much like the line of cans that floated behind the 'Vung Tau Ferry' on the return trip. Controversy raged and was fed by the image of men fighting in

(Continued on page 28)



Did the blokes who came home by sea have less PTSD?



the jungle one day, and the next finding themselves discharged at the airport and alone late at night on the way home. A sea voyage would avoid this shock.

But when I looked at the different rates of PTSD for those who came home by sea and by air, there was absolutely no difference. That doesn't mean that the homecoming is not important – our research clearly shows it was important to veterans' later adjustment, particularly in the weeks and months after return to Australia (RTA), when they were reluctant to talk about their experiences, bottling them up, hitting the deck when a car backfired, and then hitting the booze, in an atmosphere of government neglect and hysterical media opposition.

From a humanist point of view, return to Australia by a leisurely means is surely a good thing for unit cohesion, for morale, and so forth, but it has no direct bearing on the issue of protective factors for PTSD and other conditions.

5. "Just get over it, son; it'll get easier as you get older".

Population evidence shows that the prevalence of most mental disorders actually reduces as people age – older people have better overall mental health, except for the dementing disorders, of

course. The ages of 15-25 are dangerous for schizophrenia and the psychotic disorders, and the ages of 25-55 are dangerous for anxiety and depression, with the peak age of suicide in men occurring in their mid-50s.

In my study, at Wave 1 the veterans were aged between 39 and 73, with an average age of 46, and at wave 2 the spread was 46 to 87, with an average age of 60. We would expect that the prevalence of psychological disorders would decrease with time, but that is not what was found.

The veterans had many times higher rates of depression and anxiety than expected based on population figures. Although it is a rare condition, imagine rates of recurrent, severe, chronic depression at literally 40 times higher, not just 40% higher, than for the same age groups in the Australian population. And this was 3 decades after the war.

6. "You didn't fight in a real war".

How many Vietnam veterans heard this, just before they were chucked out of an RSL? It comes from the old view of what types of activity occur in a war that sees army upon army, as occurred in previous conflicts.

(Continued on page 29)



Just get over it, son; it'll get easier as you get older

American studies of World War II have shown that only about 15% of soldiers actually fired their weapon; in the American Civil War they found flintlock rifles on battlefields that had been muzzle-loaded up to 8 times but not fired, because of reluctance on the part of often very young combatants. Anecdotes about war often repeat the idea of “95% sheer boredom and 5% sheer terror” that often characterised former conflicts. But Vietnam was different. In Vietnam we found that less than one-quarter of the veterans did not fire their weapon, and 17% reported firing a dozen times or more. This alone distinguishes Vietnam from other conflicts.

Vietnam was a war without fronts, where non-combatants could easily become targets, where the friendly local by day could become a most unfriendly cat in black pyjamas by night,

where you could get into trouble walking down the wrong alley in town. It was a conflict of counter insurgency, fought among a civilian population, all the time on TV. The military historian, (Major) McNeill, wrote that Vietnam placed Australian men into longer periods of risk of contact with the enemy than at any time in Australia's history since Gallipoli.

Scientists are beginning to untangle the causes of PTSD and other war-related disorders by looking at the environmental assaults experienced by combatants. The obvious ones – direct combat, being wounded, etc – do not completely explain the rates of PTSD, particularly among non-combatants. This issue also arose with the Australian Gulf War study, conducted at the behest of DVA, that showed that about 5% of

(Continued on page 30)

Gulf War veterans qualified for a diagnosis of PTSD, yet there was not a shot fired by or against the Aussies. Being trapped below the water line is a major fear for Navy personnel. The concept of “malevolent environment” is becoming heard these days, to describe non combat-related mental health conditions that can arise from just being present in a war zone.

It is probably impossible, or at least unsatisfactory, to try and compare wars – but you can extrapolate. From what we know about Vietnam and subsequent conflicts, the veterans of World War I, World War II, Korea, and other conflicts will have had similar rates of psychological problems as a result of their war service. We can extrapolate that the peacekeepers in nasty places like Rwanda would have had similar rates of reactions to their experiences and require the same levels of support. The same goes for the Iraq and Afghanistan theatres, which certainly qualify for the soubriquet of “malevolent environments” and which can be expected to result in similar levels of psychological problems after RTA.

All wars and conflicts are traumatic and nobody's war is more traumatic or less traumatic than anyone else's war; the same level of human suffering can be expected after any military conflict.

7. “Veterans have multiple unstable marriages”

This common myth is definitely not supported by our data: 79% of veterans had been married once only – compare this with up to 40% of Australian marriages ending up on the rocks. At the time of interviews, 3% had never married, 4% were separated, 3% were widowers, and 10.5% were divorced. When these are compared with Australian population (Bureau of Statistics) data, it shows that there is no essential difference between the marital status of veterans and the marital status of the population.

Moreover, the level of domestic violence is exactly the same among veterans as in the general Australian population. While about 25% of veterans admitted to marital punch-ups, this was

almost exactly the same as my study a few years ago of domestic violence in the general community showed. Most of it was a single incident, mostly many years in the past. Veterans are not necessarily “walking time bombs”. But they can be challenging to live with, particularly if PTSD, depression and alcohol come into the picture.

The data shows that PTSD is in fact clearly linked to the risk of domestic violence, and men with PTSD have less marital satisfaction than men without PTSD, as do their wives. However, the average length of marriage was more than 31 years and, in spite of veterans' struggles with alcohol and PTSD, their wives ‘hang in there’. Even despite differences between PTSD veterans and non-PTSD veterans, their wives' measures of marital satisfaction do not fall within the so-called ‘clinical range’, which means they are within ‘normal’ limits when it comes to marital adjustment.

8. “They would have been like that anyway”.

This is one of the most insidious, arrogant and destructive myths that I have heard expressed around DVA and Defence. From our paper that examined the risk factors for PTSD (that was published in 1998), we took information from different time periods – at school, between school and the Army, in the Army before going to Vietnam, and in Vietnam.

We tested 100's of items. We asked veterans if their father was in the military in World War II, in combat, and whether he was affected by his service. Interestingly, fathers being affected by his WWII service came up as a predictor of PTSD, so much so that I had a long exchange with a journal editor and an anonymous journal referee who wanted to emphasise the possible genetic influences on PTSD. Our psychiatric assessments showed that a few veterans had symptoms of depression and agoraphobia before going to Vietnam. And there was some association between having depression and agoraphobia before going overseas and later development of PTSD. So it seems the myth may be correct. But

(Continued on page 31)



we are talking very small amounts, although statistically significant.

The in-Vietnam variables that were the most strongly predictive of PTSD were: corps group, being wounded, and the amount of combat trauma experienced. These items swamped the other variables. Corps group in particular is interesting: the highest rates of PTSD found in the study were among Royal Australian Engineers. This is in spite of their having lower mortality rates in Vietnam and having generally lower scores on the various combat measures we used. This suggests that their role is inherently dangerous – that’s a bit bleeding’ obvious, for a bomb and mine disposal team – and that direct enemy attack and combat is not the full story about PTSD, particularly for non-combatants.

There is some small indication that there may be predisposing risk factors for PTSD, but without the experiences of Vietnam and combat,

they would not have been like that anyway. The threats faced by Field Engineers would certainly qualify as a “malevolent environment”.

9. “Veterans’ biggest problem is PTSD”.

No, the veterans’ biggest problem is not PTSD. In wave 1 we found PTSD to have occurred in 20% of veterans and it was current (i.e. symptoms in the past month) to the level of 10%. But alcohol abuse and dependence were much more prevalent – in wave 1 it was approximately 47% of veterans with alcohol disorders, more than double the PTSD rate.

In wave 2 we found PTSD had increased to about 25%, while alcohol disorders had come down to about 28%, but they were still the highest prevalence of the psychological disorders and were many times more prevalent than the background Australian population. High cholesterol, hypertension, deafness,

(Continued on page 32)

haemorrhoids, osteoarthritis, gout and back pain were all at much higher prevalence's than PTSD, as was generalised anxiety disorder.

The good news is that, in spite of the Army possibly teaching men to drink and smoke, the current smoking rates of veterans were no different from the general population, but there were far more ex-smokers than the population, so this tells me that veterans have often heard the health message about smoking and given up.

10. "We don't have to worry about the wives until they become widows".

It seems important to governments to gather data about veterans, and so it should be, but veterans don't exist in a vacuum; most have wives and children who might be at risk of "ripple effects" of their veteran's service. In our study of veterans' wives and partners, we found that the partners of veterans are not just struggling with their impaired partner but are suffering elevated rates of serious psychiatric illness, especially severe, recurrent depression, even 3 decades after the war.

A statistical analysis of factors associated with wives' depression showed that veteran combat, PTSD and ongoing depression were clear and strong risk factors. That is, aspects of veterans' war service seem directly predictive of their partners' rates of depression. There is also a disparity between the wives' rates of psychiatric disorder and their rates of healthcare utilisation.

In particular, wives who have veterans with PTSD have lower rates of health service utilisation than other wives. This suggests that greater attention is needed to ensuring adequate assessment and treatment of veterans' partners, particularly if the veteran has PTSD.

Concluding Remarks

Our results reinforce the need to continue surveillance of veteran health and to take into consideration the impact of war service and combat exposure on veterans' intimate partners when future studies of veterans are undertaken. Higher rates of mental ill-health in both veterans and their partners may have major implications for the mental health of their offspring.

Note added May 4, 2018:

Since this speech was given, the study of veterans has now been extended to include their sons and daughters, as well as their wives and mothers of their children. In papers published in 2017 and 2018 in international peer-reviewed scientific journals, the results show that PTSD in a veteran increases the risk of PTSD in his children, with particular effect on daughters. Sons and daughters have higher rates of alcohol and substance use, depression, suicidality and particularly PTSD than the Australian population. Funding was not won to look at biological (eg genetic) explanations of intergenerational transmission, so current work is focused on psychological mechanisms, such as emotional attachment, parental caregiving style, and family environment, which are factors that are potentially amenable to intervention.

What government needs to do is to concentrate more on veterans' families: if the military has a recent veteran with PTSD and a young family, then that is where the attention needs to be focused in order to head off family issues that would possibly damage their children. The government also needs to set up a well-funded resource to study the long term effects of war service on veterans and their families and to pinpoint ways in which interventions might be put in place in a timely way to head off the problems that I am now seeing in the veterans of Vietnam and their wives.

Governments and community sponsors need to know that studies of this nature are not just political exercises to assuage the strident cries of the masses, but have the potential not just for saving money in compensation, but for improvement of the lives of the men and women who serve their country as part of Australia's defence commitments." ■



VIETNAM VETERANS PEACEKEEPERS & PEACEMAKERS ASSOCIATION OF AUSTRALIA (NSW BRANCH) Inc.

Affiliated with the Vietnam Veterans Federation of Australia Inc.

2018 MEMBERSHIP APPLICATION/RENEWAL FORM

SURNAME	FIRST NAME	SECOND NAME

STREET ADDRESS

SUBURB/TOWN	STATE	POST CODE

HOME PHONE	MOBILE PHONE	OTHER PHONE

EMAIL ADDRESS [PLEASE PRINT CLEARLY]

SERVICE NUMBER	SERVICE UNIT	O'SEAS AREA OF OPERATIONAL SERVICE

NEXT OF KIN	RELATIONSHIP	CONTACT PHONE [NOK]

ITEM	QUANTITY	PRICE	TOTAL
MEMBERSHIPS SUBS	(YEARS)	@\$30.00 PER YEAR	\$
DONATION	(AMOUNT ONLY)		\$
RAFFLE TICKET/s		@\$2.00 EACH	\$
MERCHANDISE			
			\$
			\$
			\$
			\$
Stock item numbers and prices are available on page 36 and on line and from branches.		TOTAL AMOUNT DUE	\$

PREFERRED PAYMENT METHOD (Circle one only) CASH CHEQUE MONEY ORDER CREDIT CARD

CREDIT CARD DETAILS (Mastercard or VISA only)

CARD HOLDER NAME (PRINT)

CREDIT CARD NUMBER

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EXPIRY DATE	TRANSACTION AMOUNT	SIGNATURE
(Mnth/Yr) ____/____	\$	

All cheques and money orders payable to VVPPAA NSW Branch Inc. Mail to PO Box 170 Granville, NSW 2142
Credit Card payments may be phoned in to (02) 9682 1788 Mon-Fri 9:30am – 3pm.

OFFICE USE ONLY

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MEMBERSHIP RECEIPT N ^o :	DONATION RECEIPT N ^o :
MEMBERSHIP CARD NUMBER:	COMPLETED & ISSUED BY (PRINT):
COMPLETED & ISSUED BY (PRINT):	BANK SHEET ENTRY BY (PRINT):



BankstownSports

**VIETNAM VETERANS, PEACEKEEPERS & PEACEMAKERS
ASSOCIATION of AUSTRALIA (NSW BRANCH) Inc.**

in conjunction with

BANKSTOWN DISTRICT SPORTS CLUB

Invite you to attend

VIETNAM VETERANS DAY

SATURDAY, 18 AUGUST 2018

**COMMEMORATING THE 50TH ANNIVERSARY OF THE BATTLES FOR
FIRE SUPPORT BASES CORAL AND BALMORAL**

THE VIETNAM VETERANS, PEACEKEEPERS & PEACEMAKERS ASSOCIATION of AUSTRALIA (NSW BRANCH) Inc., in conjunction with BANKSTOWN SPORTS CLUB, will once again host this years VIETNAM VETERANS DAY COMMEMORATIVE SERVICE.

The club is located at 8 Greenfield Parade Bankstown. If arriving by rail use this entry. If arriving by vehicle, free car parking is available via the Mona St., car park entry. There are also bus services from Parramatta, Liverpool and Hurstville. Doors open at 0900hrs. Make your way to the Grand Ballroom entry hall.

You may wish to avail yourself of the TRAVELODGE HOTEL located within the club premises at special rates for those attending the function. You can stay the prior evening or following the function. However, we advise to book early. YOU MUST MENTION THE VIETNAM VETERANS FUNCTION TO ACHIEVE THE SPECIAL RATES.

Book a room and pay by 31 July you pay only \$159 plus \$ for breakfast. (Non refundable)

Book after 31 July and room rate is \$189 plus \$ for breakfast

For bookings call 02 9793 0000 or 1300 886 886.

This is a ticketed event and entry will only be granted to those holding tickets. Pre-purchasing tickets is the preferred method to ascertain attendance figures for catering arrangements and seating by the club.

Tickets on sale soon. \$40.00 each. Check with the Granville office

See opposite for event details and ticket order form

Contact the Granville office for further information: Ph 02 9682 1788 Fax 02 9682 6134 or
email to secretay@vfggranville.org

VIETNAM VETERANS DAY SATURDAY, 18 AUGUST 2018

COMMEMORATING THE 50TH ANNIVERSARY OF THE BATTLES FOR FIRE SUPPORT BASES CORAL AND BALMORAL

ITINERARY & TICKET ORDER FORM

0900hrs Doors open. Meet & Greet at the Grand Ballroom entry hall.
Bar opens 0900hrs to 1015hrs (at the discretion of management) and closed for the service.

1030hrs Memorial Service with Chaplain Shane Mount
& Guest Speaker Wing Commander (Rtd) Paul Hughes JP
(Service scheduled for approximately 40 to 45 minutes)

1150hrs Entrance to Grand Ballroom & function proper

1215hrs Buffet Lunch

1300hrs Entertainment provided by Bankstown District Sports Club
Artists to be advised.

TICKETS \$40.00 per person
Tickets are to be pre-purchased/ordered, and can be paid by cash in person from the Granville office. Alternatively you may pay by Cheque, Money Order, or Credit Card. (using the cut-out form below). Tickets will be numbered and include your table number. **Don't forget to leave a contact number in all instances.**

TABLES Tables will be set for ten (10), and if you wish to organise a group, let us know when booking and all booked tables are to be paid for by Friday 11 August for catering purposes.

RAFFLE Tickets \$5.00 for strip of 6.
Raffle prizes will be on display, and tickets will be sold throughout the day, with the draw to take place immediately following the entertainment.



Name of ticket purchaser _____ Contact number _____

Number of Tickets _____ Amount enclosed \$ _____ by (Circle one) Cheque Money Order Credit Card (See below)

Name of card holder _____ Card type _____ Ticket/s @ \$40(qty) _____

Card number

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Card Expiry Date ____/____ Amount (this transaction) AUD\$ _____ Signature _____

Contact Number _____

Cut out and send completed form, make cheques etc., payable to VVPPAA (NSW Branch) Inc., PO Box 170 Granville NSW 2142.

Letters to the Editor



Hello Editor

Thank you for including the information on who painted 'Image of a Dead Man'. I had seen the painting previously but you identified that Ray Beattie was ex 2RAR, as I am. Tim McCombe and I were in D Company 2RAR in Vietnam, Ray was 2nd Tour. The Battalion (2RAR) still has the chair in the painting and it will shortly feature at the entrance/exit of the 2RAR Museum in Townsville.

In the caption on page 26 it is mentioned that there is some sort of Australian flag on the chair. FYI that flag is known as the 'Red Duster' and is the Australian Red Ensign, see attached from Maitland's book *Australian Flags*. Keep up the good work and my best regards

Terry Dinneen

'Morning Editor,

In the recent (March) edition of the *Vietnam Veterans' Newsletter* there are a number of pieces referring to Anzac Day, these are incorrectly written. Yes, the *Protection of the Word 'Anzac' Regulations 1921* states that the writing as 'Anzac Day' is correct for use such as in naming places (eg. Anzac Parade), but this incorrect/wrong. ANZAC is a acronym and acronyms are always written in capital (upper case) letters (eg. the acronym for the Air Force is RAAF, not Raaf). In addition, writing the word as 'Anzac' is an insult to New Zealand. 'Anzac' reads as 'Australian and new zealand army corps'; countries names always start with capital letters (eg. New Zealand).

The Australian War Memorial used to write the day as 'ANZAC Day', but that has changed to 'Anzac Day' over the recent years; the War Memorial is WRONG to write it this way.

Writing the day as 'Anzac Day' is wrong, it should always be written as 'ANZAC Day'.

All the best,
Christopher Jobson.

**MORE LETTERS TO THE EDITOR
AND NOTICES ON PAGE 45
AND DON'T FORGET TO VISIT THE
REUNIONS NOTICES ON PAGE 54.**

PSK FINANCIAL SERVICES ARTICLE

Annuity vs Allocated Pension – assessing what will work best for your retirement.

Whether you are already retired or retiring soon, it can be a very overwhelming process when considering your options for turning your super lump sum into an ongoing income stream.

Generally, there are three main issues to consider:

1. Security of your income payments
2. Access to your savings
3. The opportunity for your money to keep growing

Although you probably would like to have all three, you may have to prioritise these, as this will influence what type of retirement income option you may choose: an Annuity or an Allocated Pension.

What is an Annuity?

An Annuity is an investment provided by a life insurance company that provides you with set income payments over a specified period. Payments are guaranteed for the life of the annuity, irrespective of what investment markets are doing.

There are Lifetime Annuities, which pay you an income until you die, and Term Certain Annuities, which last for a set time, after which some or all of the initial investment may be returned to you.

What are the main features I need to consider with Annuities?

- It can provide peace of mind in knowing that you have income security through guaranteed regular payments

- You have limited access to your capital
- You have no opportunity for good investment returns to grow your money. However, this is offset by the security of a guaranteed return and regular income payment.

What is an Allocated Pension?

An Allocated Pension provides you with regular income payments, taken from your lump sum super savings. They're also called Account-Based Pensions because, as with your super, your lump sum savings sit in one account with an ongoing fluctuating balance.

What are the main features I need to consider with Allocated Pensions?

- You have greater access to your savings. You could withdraw a lump sum, or change your payment amounts (you must ensure that you withdraw at least the “minimum” payment per year) if you needed to
- Your money is invested, so it has the opportunity to keep growing
- Conversely, you could see a decline in the value of your money should the market fall
- You have less income security. Your income stops when all your lump sum money is gone, or you may have to reduce your income to make your savings last long enough. This is the essence of the ‘longevity’ problem – the risk that a retiree’s savings will run out before they die.

So, there's a lot to consider. How do I decide?

There are various types of Annuities and Allocated Pensions with different conditions attached, that you'll need to know about. Also, each may have varied DVA/Age Pension and taxation implications.

Both options certainly have their advantages and disadvantages and the good news is you don't have to choose between the two. For example, depending on your circumstances, you could look to use some of your superannuation savings to buy an Annuity to provide you with security, and use the rest to start an Allocated Pension to assist with growing your money over time.

We've seen a real resurgence in the demand for Annuities since the GFC, and with interest rates on Term Deposits so low, retirees are seeking more from their retirement savings. At PSK, we tailor strategies to suit the individual and the use of an Annuity and/or an Allocated Pension can be a key piece of the retirement puzzle.

For further information, or if you would like to discuss your specific situation, please feel free to contact me on 0414 811 777 or paulm@psk.com.au

Paul Messerschmidt



Advice that puts you first

Authorised Representative of Charter Financial Planning
AFS Licence No. 234665

At PSK Financial Services our key focus is to guide you through life's financial challenges and our promise is to help you achieve financial peace of mind.

We offer a wide range of services which focus on every client's unique goals and needs.

Areas of advice:

- DVA/Centrelink strategies
- Superannuation
- Retirement planning
- Aged Care
- Investment
- Estate planning

For any questions regarding your financial situation please contact

Paul Messerschmidt
MFinPlan, GradDipFinPlan
Partner and Senior Financial Adviser

PSK Financial Services
Level 4, 3 Horwood Place,
Parramatta NSW 2150
M 0414 811 777 | P (02) 9895 8800
E paulm@psk.com.au



FREE PENSIONS & ADVOCACY SERVICE

- We represent former as well as current members of the defence force.
- We represent veterans of all conflicts from World War II to Afghanistan. As well as Peacekeeping services.
- We have many years of experience helping with claims in all the Military Compensation schemes.
- If your initial claim has been unreasonably rejected we have experienced Advocates to prepare and present an appeal to the Veterans Review Board.
- Should an appeal to the Veterans Review Board be unsuccessful we can, for entitled veterans, arrange legal representation and legal aid for Administrative Appeals Tribunal hearings.
- These services are free.
- Neither is there any obligation to join our Federation although you would be welcome to do so.

Contact any of our Branches or Sub-Bran­ches from the lists elsewhere in this Journal. Alternatively, visit our website, www.vvfa.org.au and email from the lists included.

Tasmanians wishing assistance are asked to call Dennis Hanmer OAM from our Outreach Program at our Sydney Head Office on 02 9682 1788.

MEMBERSHIP

**Belonging
Advocacy
Success**

*Membership is due on 1 January each year.
(July 1 for Queensland members)*

Membership to our organisation empowers a team to achieve much within the veteran community, by assisting veterans with claims and applications on a wide spectrum of government provided avenues of compensation and benefits across 3 Acts of parliament.

Each as an individual is ineffective when lobbying governments for change, or to amend an injustice. Together as an organisation, with a strong membership we are able to, and have done, improve pathways for better treatment of veterans.

We survive as an organisation on the strength of our membership, and even if you have won the battle with Veterans Affairs (DVA), there is always the risk of changes in Government policy which may erode benefits and pensions or changes to eligibility entitlements.

We encourage membership from all who support our objectives, veterans, service and ex-service members, as well as war-widows and their families. You don't have to be a member or ex-member of the Australian Defence Forces (ADF). In most instances, anyone may join our organisation, with few exceptions, so why not enquire today.

It is through our membership subscriptions, fund raising activities and many kind donations from our members, and general public, that we are able to continue supporting our fellow Veterans and Service members in need, and meet our increasing welfare and pension workload.

Should you be able to help with a donation, or leave a bequest in your Will, it would be extremely beneficial and greatly appreciated.

We thank you for your kind support.

BOOK REVIEW

Scopolaust was released at the end of April and is an autobiographical account of one of our members. Mainly centred around his life, but interwoven with the authors tour of duty in South Vietnam in 1971, it is a remarkable and sometimes humorous story, told with honesty from within. A good read for everyone, hard to stop reading, and available in 3 formats; as a Hardcover; in bound softcover; and even as ebook. (The title is an acronym for Scotland, Poland, and Australia).

We recommend it for anyone to enjoy.



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Perfect Bound Softcover (B/W) Price: \$30.00

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E-Book Price: \$3.99

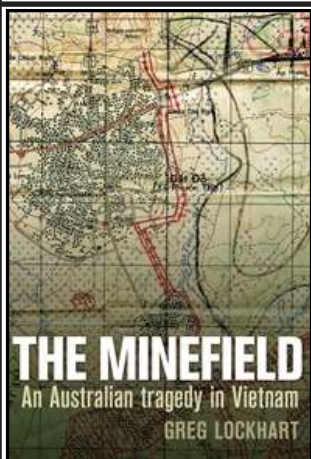
LGCN 2018902894

ISBN (Hardcover) 928-1-5434-0747-1

(Softcover) 928-1-5434-0746-4

(eBook) 928-1-5434-0745-7

Saffron is the pseudonym of a Vietnam veteran, who not only performed a vital role in keeping Australian troops mobile, but approached all his encounters with compassion and sincerity. His deep religious faith, sense of humour, unconditional love of his pets, and marriage to a good woman have carried him through the hard times, which inevitably touch us all. Saffron's book is not only about Vietnam; however, I am sure you will enjoy reading about his varied and interesting life. Saffron now lives in Adelaide, South Australia, and lives quietly, with moments of laughter and good company during his regular dog-walking escapades. Saffron's book is easily read and highly entertaining.



AND DON'T FORGET

Order your copy of our historian, Greg Lockhart's, book
THE MINEFIELD –An Australian tragedy in Vietnam.

Only \$35.00 plus P&H

Direct from our Granville NSW HO

Ph: 02 9682 1788

Or order via our website portal

<http://www.vvfagranville.org/ecommerce>

OUTREACH PROGRAM PENSION TOURS

Our Outreach Program continues to be extremely successful in reaching out to Veterans, service and ex-service community living in regional and/or remote areas.

Any Veteran, widow of a Veteran, and/or relative of a Veteran in rural NSW seeking assistance of the Outreach Team in matters of Service Pensions, Disability Pension Claims, War Widow Pensions, and/or MCRS Claims, etc., should contact the *OUTREACH COORDINATOR* (below) , who will organise assistance.

In the event that members have friends who need assistance they are urged to contact Dennis Hanmer OAM who will coordinate the visit program. Of course, the more people wishing assistance in any one town or rural area, the more fulfilling the trip will be for the team.

Remember, we assist all Veterans, and service and ex-service personnel, in any matter relating to your service that may require the lodgement of a claim or application with DVA..

The team will provide assistance and advice to ALL Veterans of ALL conflicts, including Peacekeeping and Peacemaking deployments.

**ARE YOU ELIGIBLE FOR
REPATRIATION BENEFITS? OUR
SERVICES ARE FREE.**

Contact: Dennis Hanmer OAM (JP)
Mob: 0428 388 221 Ph: 02 9682 1788
Fax: 02 9682 6134
Email: secretary@vfvfagranville.org
Mail: VVPPAA (NSW Branch) Inc.,
PO Box 170, Granville. 2142

3 RAR In South Vietnam 1967-1968

[See image opposite]

Peter Dorman, 3 RAR *first tour* veteran, took on the task of digitally reprinting the book that was originally presented to members of 3 RAR in 1969.

Now 50 years on Peter is making this worthy volume available to the battalion and public. Using best quality binding and paper, this new edition will survive well into the future.

Priced to recover costs only, plus postage and handling of \$13.80, it is hoped that many veterans and the public alike, will take this opportunity to purchase a piece of historical value.

For less than \$90 it represents the best value for money you could spend this year.



2/4 RAR Association 45th Reunion
9 August 2018
Townsville

9 - 12 August 2018. Whilst still in the early planning stages, advance notice is provided to mark the date in your calendar. Further details to follow on our website as it comes to hand.

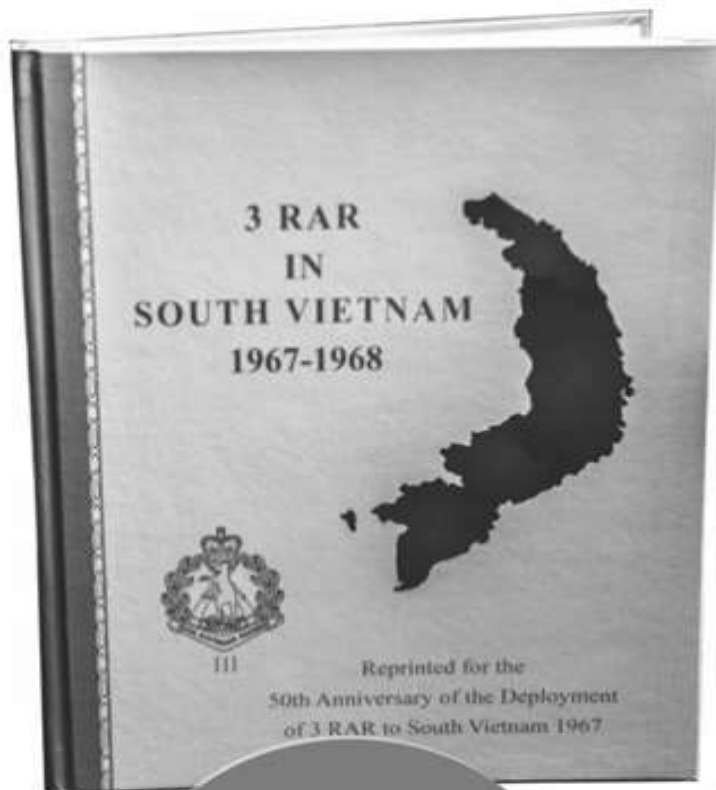
Contact: Gary Jear
0417 723 500

committee@24rarassociation.com
https://24rarassociation.com/?tribe_events=45th-anniversary-reunion-2018

See page 54 for more Reunion Notices...

3 RAR IN SOUTH VIETNAM 1967—1968

This book was first published in 1968. It chronicles the Operations that 3 RAR were involved in during its deployment to South Vietnam. With the permission of the Department of Defence, Directorate of Communications, the original book is reprinted for the 50th Anniversary of the deployment to South Vietnam.



\$74.99

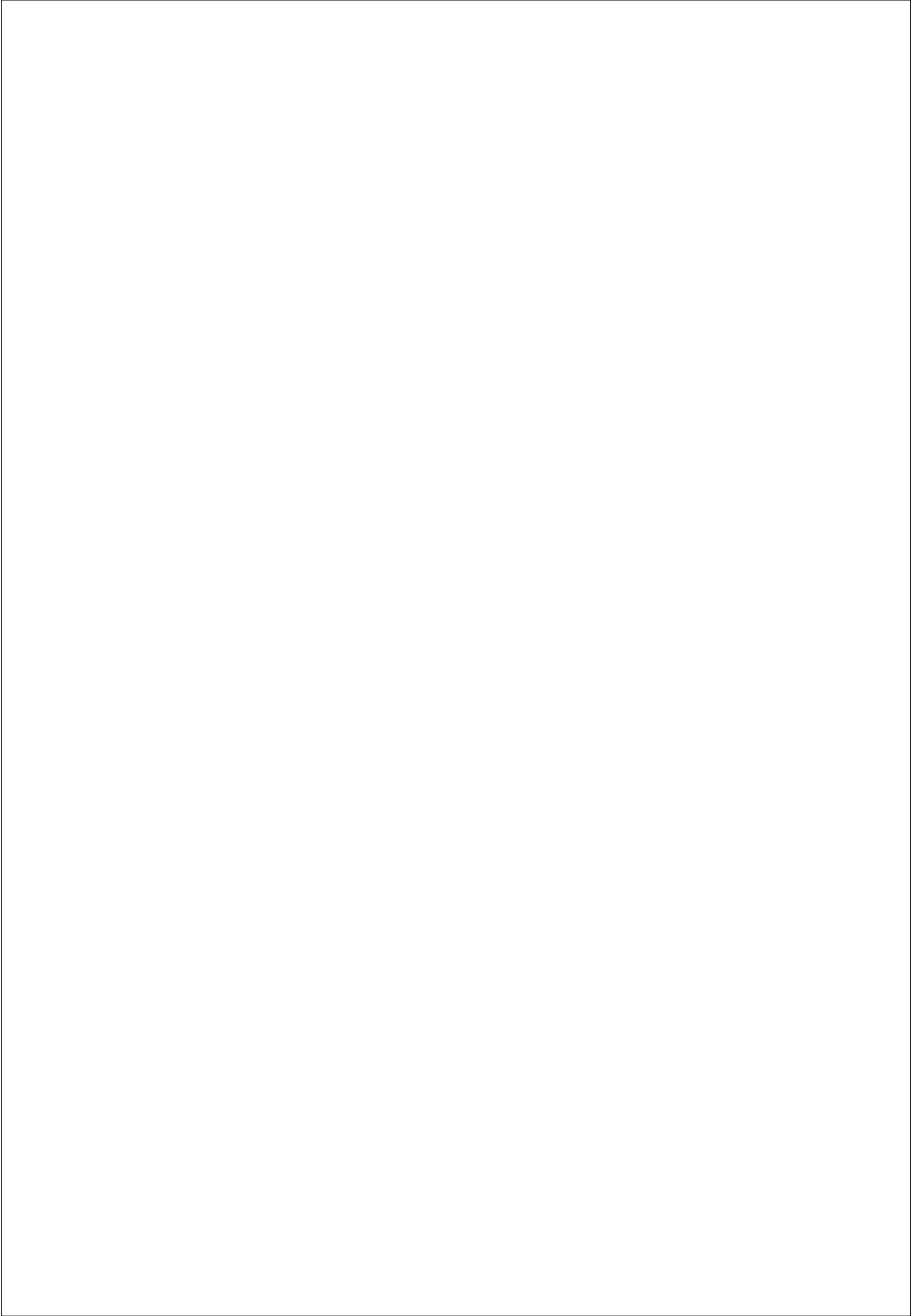
Plus Postage & Packaging \$13.80



To purchase go to www.3rarcharliecoyvietnam67-68.com/store/

For those having trouble ordering contact Peter Direct at peter.dorman1@bigpond.com

or PHONE: 0419594256



LETTERS TO THE EDITOR

The following request comes from a phone call to the Granville office.

SEEKING INFORMATION
OR KNOWN WHEREABOUTS
R222498 Dennis John Roles RAAF
Please contact Judy Benjamin
private.benjamin@bigpond.com

Anyone knowing any information or whereabouts
of Dennis is asked to contact Judy or the Editor.

Also from a phone call received at Granville.

SEEKING INFORMATION
WHERE IS?
14752 SGT RODNEY JOSEPH PAINTER
110 SIGS VIETNAM APR'67-MAR'68
ANYONE KNOWING OF RODNEY'S
WHEREABOUTS, OR HAS ANY
INFORMATION, IS ASKED TO CONTACT
RODS GRANDSON, ERIC.
0459 452 692.

See also, our Reunion Notices on page 54.

Frank Partridge VC Military Museum

*Named in honour of Frank Partridge—the youngest and last
Australian recipient of the Victoria Cross in WW2.*

The museum houses a fantastic collection of
memorabilia and artefacts including
uniforms, medals, weapons, vehicles and
much more.

This museum is a 'MUST SEE'

Open everyday from 9.30am to 3.30pm

Large groups welcome by appointment

Admission by donation

29 High Street Bowraville NSW 2449

Phone 02 65647056

enquiries@militarymuseum.org.au

Operated and maintained by volunteers



**“Let me guess, you want
to fly helicopters.”**

WANTED KNOWN

Have you served or had a relative in the 66th BN 2nd AIF, 2 AR, 2 RAR or 2/4 RAR? Do you have images, gear, medals, maps, photographs, movies etc. from your or your relative's service in these units which form the lineage of today's 2 RAR (AMPHIB)?

Are these items sitting in boxes or a trunk not seeing the light of day, with the possibility they could be thrown out by your family if you passed? The Unit has served in places like, The Dutch East Indies, Japan, Korea, Malaya, South Vietnam, Malaysia, Rhodesia, Cambodia, Somalia, Rwanda, East Timor, The Solomon Islands, Iraq, Afghanistan, and Timor Leste. We are not just interested in operational service we are very much interested in the Battalion's daily life, Exercises, Sport, Special Activities, parades, ETVCC, BN balls etc. during its time.

The 2 RAR Historical Collection would like you to consider donating these items for display and to be preserved as part of the collection. We would like copies of any digital images or scanned copies if you don't want to part with the originals. Remember your negatives and photos are slowly degrading. These items will be available to view and be appreciated by all who visit historical collection.

Ex members, relatives of these members, current and future members will be able to appreciate and view these items knowing they are at their home at 2 RAR. The museum is funded by donations, sponsors and grants, if you are an individual or business that would like to be a "friend of the 2 RAR Historical Collection" please contact the curator.

The museum is looking to completely upgrade and refurbish the Historical Collection display in the near future. If you would like to visit or donate to the collection please also contact the curator. The curator (CPL J Harrison, soon to be Mr) can be contacted on PH 0419749198 or email 2RAR.Museum@gmail.com. I am very keen to get in touch with any original 66BN members

with thanks,

Jason Harrison

jason.a.harrison@gmail.com

2RAR.Museum@gmail.com

2RAR(AMPHIB) Museum's PH : (07) 4411 1370

WINNERS WINNERS WINNERS

NSW 2018 MEMBERSHIP RENEWAL GIFT VOUCHER DRAW

Congratulations to the following members whose names were randomly selected from all who had renewed their 2018 NSW Branch Memberships by 31st January 2018. Each winner has now received a \$100.00 Bunnings Gift Voucher.

Raymond Cross

Robert McGlynn

Lloyd Shingles

Special thanks to all our members who have renewed for your ongoing support of the Association in its work to assist our serving and ex service personnel and their families in need.

Results of our major raffle drawn during May each year is available on page 50. Thanks all.

10 YEARS AGO IN HISTORY 1

Courage under fire in Battle of Coral

COURTESY THE AUSTRALIAN Kevin Meade | May 10, 2008

GEORGE Hulse learned a lot about himself as he huddled in a dugout during a hellish enemy bombardment in the Vietnamese bush 40 years ago.

"That was the night I realised I wasn't bulletproof," the 65-year-old retired army lieutenant-colonel said at his Brisbane home yesterday.

So intense was the shelling that Mr Hulse, then a 25-year-old lieutenant with a combat engineer troop, thought he was about to die.

Crouching nearby, and harbouring similar thoughts, was his troop's corporal, Ken Ford.

"Corporal Ford and I shared the same birthday," Mr Hulse said, "and we thought we were going to share the same death day."

Both survived that terrible night, and the two old friends will carry the flag of their unit, the First Field Squadron, at a parade to be held in Canberra on Tuesday to mark the 40th anniversary of the Battle of Coral, one of the most significant events of Australia's involvement in the Vietnam War.

The Battle of Coral was actually a series of actions that took place between Australian troops - supported by New Zealand artillery - and North Vietnamese forces at Fire Support Bases Coral and Balmoral, northeast of Saigon, from May 13 to June 6, 1968. The fighting began in the early hours of May 13 when the newly established Coral base was attacked by a North Vietnamese battalion. Ten Australians were killed and 25 wounded in that first action, in which an Australian mortar platoon was overrun by enemy forces.

Lieutenant Hulse and his squadron arrived at Coral by road later that day.

"The first thing we saw was several dead Australians lying by the roadside," he said. "We knew they were Australians as they had army issue ponchos over them, and their Aussie army issue boots were sticking out below the ponchos. That was our welcome to Coral.

"We spent much of the day digging a mass grave for the North Vietnamese dead and burying them. The official estimate of enemy dead was about 50, but I believe there were a lot more than that. The drag marks and blood trails were so numerous you couldn't count them."

Twenty-five Australians were killed during the fighting at Coral and Balmoral. An estimated 300 North Vietnamese died according to official reports, but Mr Hulse believes the enemy toll was much higher.

His night of horror came on May 25, when a relentless barrage of mortar shells rained down on his position. The young officer struggled with conflicting emotions.

"There were two parts of me," he said. "One was saying, 'Think of your flag, think of Australia, think of the Anzac tradition, think of yourself as a Portsea (officers' school) graduate. You can't possibly be weak in front of your soldiers. You have to be the leader, you have to be courageous, you can't show any fear'. Another part of you is starting to sneak up on you and it comes from the pit of your stomach and you realise that if you let this thing rise much further it's gonna take hold of you, and this thing is called fear."(See 102 Bty Award on opposite page)

Mr Hulse says he turned his mind to Diggers of wars gone by, and that helped him overcome his fear.

10 YEARS AGO IN HISTORY 2

102 "CORAL" BATTERY: FIRST ARMY HONOUR TITLE AWARDED 14May '08

In a moving ceremony on Mount Pleasant in Canberra earlier today, His Excellency Major General Michael Jeffrey, AC, CVO, MC, Governor-General of the Commonwealth of Australia, presented Army's 102 Field Battery with the Australian Military's first ever Honour Title.

The Honour Title Coral was awarded to 102 Field Battery, Royal Regiment of Australian Artillery, in recognition of its actions during the Vietnam War. Head of Regiment, Brigadier Phil Winter CSC, welcomed the award on behalf of the Army and gave credit to the outstanding actions of the unit during the long battle.

"This is an important day for the Australian Defence Force, and brings deserved recognition to the Gunners who fought so valiantly to hold their position in Vietnam 40 years ago," Brigadier Winter said.

"I welcome the title Coral on behalf of the Australian Army, and hope that the story of this battle provides inspiration to our current Diggers who are serving on operations today."

Today's ceremony forms part of a series of activities to commemorate the 40th Anniversary of the battles of Coral and Balmoral, which took place in South Vietnam during May and June of 1968 and played a significant role in securing Saigon from further attack.

"The battles were the largest and most sustained engagements of the Vietnam War involving Australian troops, and were the first Australian all arms brigade-sized operation since World War II," Brigadier Winter said.

"Approximately 2,500 Australians participated in the battles and this is an opportunity to thank them for their service, and remember those who did not return home."

A National Commemoration Ceremony was held at the Australian War Memorial yesterday, and on Monday a reception was hosted by the Prime Minister, the Hon. Kevin Rudd MP, at Parliament House and attended by veterans, dignitaries and guests. Group commemorations in Townsville and Canberra are planned over the coming weeks.



His Excellency the Governor General Michael Jeffery presents Lieutenant Colonel Craig Furini, the 102nd Field Battery RAA Honour title.



In memory of Gunner Christopher James Sawtell and Gunner Ian James Scott, from Headquarters Battery 12th Field Regiment RAA. A Last Post and the firing of two Minute Guns took place in memory of the two fallen soldiers

2018/2019 RAFFLE WINNERS ANNOUNCED

2018 Scholarship Raffle

Congratulations to the winners of the 2018 Scholarship raffle which was drawn on the 29th May 2018. Our lucky winners are:

- 1st Prize went to Kerry Kerr of Golden Beach Queensland who won the \$2,000 Westfield gift voucher
- 2nd prize went to Tom Oliphant of Seven Hills NSW who won a \$1,000 Westfield gift voucher
- 3rd prize went to Joe Szymkow of Austral NSW who won a \$600 Westfield gift voucher
- 4th prize went to Ray Wood of Cronulla NSW who won a \$400 Westfield gift voucher.

The Vietnam Veterans Federation of Australia, has for many years funded Scholarships for children or grandchildren of Vietnam Veterans and also Peacekeepers and Peacemakers, who are struggling on their Repatriation Pensions and do not have the financial resources, or are in necessitous circumstances, to help these children through tertiary education.

Presently the Association sponsors two Scholarships - The “**Phil Thompson OAM Scholarship**” was named in honour and memory of Phil who was a founding member and highly respected former President of the Federation who passed away more than 20 years ago. And, “**The Tim McCombe OAM Scholarship**”, named in honour and memory of Tim, who passed away in January 2015, and was a long serving and much loved and respected President of the NSW Branch and National Federation President..

We are proud to announce that as from the next assessment period, commencing later this year, we are able to offer a third Scholarship, for successful applicants, beginning in the first semester for 2019. This third Scholarship will be added to the 2 existing recipients, and be known as the ‘**Ray Fulton Scholarship**’, in honour of Rays tireless work as Secretary and services during our long campaign for acceptance of Agent Orange as cause for cancers in our children. Phil, Tim and Ray were synonymous with the Vietnam Veterans Associations forming, and all were champions for children of veterans.

It has been through your support, and more generously, through the purchasing of Raffle tickets that have made these scholarships possible, and the success of our recipients, through hard study and diligence is encouraged by your continued support. We thank all purchasers of our Raffle tickets, and hope you continue to support veterans children in the future.

Remember, all those wishing to submit an application for a scholarship, that applications open during August. However you must contact AVCAT to lodge an expression of interest. For more information contact AVCAT direct: (02) 9213 7999 or email to: avcat@dva.gov.au .

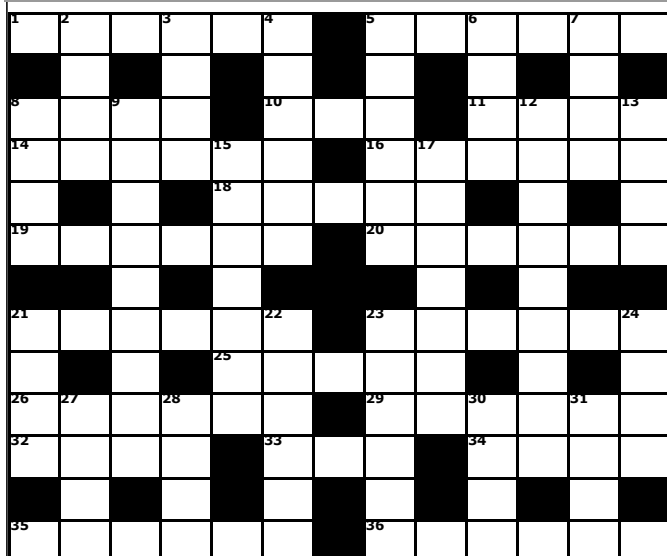
From a past recipient

"This bursary meant a lot to me. It wasn't just the financial assistance but knowing someone cared and was sharing the journey.

I wanted to complete my degree here in Townsville so that I could be close to my father and he could continue to be a part of our lives. Dad has been the major role model in the lives of my three children. He is a good and stable influence. Thank you so much for your support.

- *Wilhelmina Rawling*

CROSSWORD CORNER

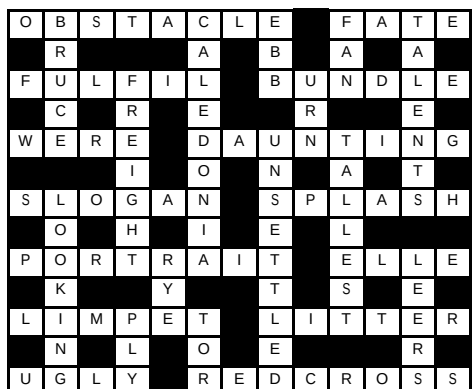


ACROSS

1. Tribal get-together
5. Sailors
8. Finest
10. Change colour
11. Land measure
14. Curved
16. Chastely
18. Not local
19. Shape
20. Flittered
21. Fairground car
23. Blurredly
25. Less dangerous
26. Clammy
29. Vicar
32. Sley
33. Wheel centre
34. Church song
35. Change
36. Voice box

DOWN

2. Finished
3. Amongst
4. Wobbly walk
5. Oozed
6. Slightly open
7. Aristocrat
8. Male voice
9. Rogue
12. Sure winner
13. Ogled
15. Honest
17. Unknown
21. Dawn 'til —
22. Chaos
23. Type of tea
24. Tale
27. Broad
28. As well
30. Sear
31. Sign

MARCH 2018
SOLUTION

THE UNKNOWN COMIC

An 82 year-old man, went to the doctor to get a physical.

A few days later, the doctor saw his patient walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to him and said, 'You're really doing great, aren't you?'

He replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful'

'The doctor said, 'I didn't say that. I said, 'You've got a heart murmur; be careful.'

Two police officers responding to a domestic disturbance with shots fired, arrive on the scene. After discovering the wife had shot her husband for walking across her freshly mopped floor, they call their sergeant on his cell phone.

"Hello Sarge."

"Yes."

"It looks like we have a homicide here."

"What happened?"

"A woman has shot her husband for walking on the floor she had just mopped."

"Have you placed her under arrest?"

"No sir. The floor is still wet. "

The man pulled over to the side of the road when he saw the police lights in his side view mirror. "How long have you been riding around without a tail light?" asked the officer.

"Oh, no!" screamed the man, jumping out of the car.

"Calm down, it isn't that serious." said the officer.

"Wait till my family finds out."

"Where's your family?" "They're in the caravan that was hitched to the car!"

Two electricians, were working and John, up on a scaffold, accidentally cut off his ear. He yelled down to his mate..."Hey Joe! look out for my ear I just cut it off!"

In a little bit Joe calls up to his pal, "is this your ear? John looks down and says "Nah! Mine had a pencil behind it!"

Vietnam Veterans' Stories

From letters diaries and memories

Al Wood 's Homecoming

AS the time approached for RTA, all eligible personnel (mostly National Servicemen from my intake), were given the option of staying on for the remainder of the battalion's tour, effectively a further 2 months, then to sail home to Brisbane with the main body of 4RAR. A further incentive was offered : if we agreed, a promotion to L/Corporal rank was on the cards. After consideration lasting several seconds, I decided not to press my luck. So come early March of 1969, all effected said our goodbyes to further service in the field. I walked-out some kms. to a chopper-pad, and was lifted back to Nui Dat. I received a medical there, handed-in sundry army-issue equipment, and on Tuesday 18 March, we walked down to Luscombe Field for our "Wallaby Airlines" caribou flight to Tan Son Nhut airbase near Saigon. There, a big Qantas 707 awaited us. A cheer arose as we lifted-off bound for Sydney, and within several hours, the aircraft was totally dry, and the obliging hosties were in for a bit of good natured banter from us all the way home.

It was quite dark when we flew into Sydney, and once again, cheers broke-out as the wheels finally touched down. An army Movement's Controller was on hand to bark orders at us, and I'm told there was also a "Sally's" team there to help-out where they could. I remember my mum and dad were there to meet me and take me home, but what I did then was perhaps a little insensitive to them in retrospect. After initial greetings, I thrust my baggage onto them, told them I'd see them in the morning, and raced-off to accompany my mates into town for one last big bash, before we all went our separate ways. I knew that some of us may never meet again, after being close family for so long under such stresses. Our night was spent up at King's Cross, and finished -up at the NSW Motor-Trader's Club in the Haymarket.

Needless to say, I was a little the worse for wear when I caught a train home to Miranda next morning. It all seemed so very surreal to me, and my

mother mentioned my 'standing them up' at the airport, for many years to come, with some attached hurt no doubt. Perhaps they even had a 'welcome-home' arranged for that first night ? I never asked.

I was later told that many of us arriving that night who lived interstate, couldn't connect on a flight until the next morning, had been given no Australian currency, had no overnight accommodation arranged, and had to sleep in the airport terminals. "Thank God for the Salvos", who tried their best with limited means, for the comfort of these returning marooned diggers. As a fellow veteran once told me, the Salvos have taken a lot of money out of him over the following years, trying to repay their many kindnesses and care shown to him in times of great stress.

One of the first items on my agenda upon return, was to pay a visit to the Brighton-le-Sands RSL branch, with whom I had no connection until I received a Christmas package from them, quite unexpectedly. When I arrived and told them the reason for my call, which was to thank them, I was made most welcome and treated like royalty. I didn't buy a drink there all afternoon. In contrast, my reception at my local Miranda RSL was quite unfriendly. Most members there at that time being WWII vets, I was given an abrupt "come back when you're old enough sonny", and "You call Vietnam a war ? That wasn't a real war. We fought in a *real* war".

I was discharged in June, after some lengthy periods of leave interlaced with mixed duties and marking-time based at South Head Army Base, some around the city, some on the base itself. My old P.S. position was still there waiting for me, and though I returned to it for a time, I found it very hard indeed, to settle. ■



Beginning the long journey home
Luscombe Field
Late 69

Connecting flight
Tan Son Nhut airfield
Saigon



A last look.
Rocket damage Tan Son Nhut airfield

Homecoming



REUNIONS & NOTICES

REUNIONS & NOTICES



SCHOLARSHIPS

FOR THE CHILDREN & GRANDCHILDREN

AVCAT OF AUSTRALIAN VETERANS

The Australian Veterans' Children Assistance Trust is a national independent charity helping the children and grandchildren of ex-service men and women to a better future through tertiary education. Through the generous support of the Australian Government Department of Veterans' Affairs, ex-service organisations, corporate sponsors and private donors, we provide scholarships which assist recipients to obtain the tertiary qualification they need for their chosen career.

One of the scholarships administered by AVCAT is the VVPPAA Scholarship, specifically available for the children and grandchildren of Vietnam Veterans. Our proud association has seen many successful recipients achieve tertiary qualifications and reach their goals, that erstwhile may not have been available to them. We hope to continue this proud heritage long into the future with your help. It is through your generous support of this organization, and valued donations, that we keep the hopes of children alive.



Some of our recent recipients and successful achievers in their chosen fields

"It means the world to me that someone I don't know cares about my education and believes I have potential."

2014 Recipient

2019 scholarships open in August 2018 and close at the end of October 2018. See below for more.

"Without the scholarship, achieving my goals would be almost impossible. The financial support has provided me the opportunity to study and without your support I would simply not be in the position I am in today, and for that I will be forever grateful". Recent recipient.

You are eligible to apply for a scholarship with AVCAT if you answer yes to the following questions:

- Are you a child or a grandchild of an Australian veteran? A veteran is a person who has rendered service as a member of the Australian Defence Force.
- Are you an Australian citizen or permanent resident?
- Are you enrolled, or planning to enroll, in tertiary studies for a minimum of one year?
- Will you be studying full-time next year?
- Are you or will you be eligible for Centrelink's Youth Allowance?
- Are you under 25 years of age?

To apply you should contact AVCAT and request to be added to the expressions of interest register.

Phone: 02 9213 7999

Web: avcat@dva.gov.au

PO Box K978 Haymarket, NSW 1240

MERCHANDISE

BRANCH LISTINGS NSW SUB-BRANCHES

BRANCH LISTINGS OTHER STATES

VETERANS MORTALITY REPORT

As you are aware, Vietnam Veterans are dying at a rate higher than while on Active Service. This situation is perhaps a natural phenomenon compared to non-serving members of the public, who might die of an illness which is equally distributed through the population of the same age group.

Vietnam Veterans Peacekeepers & Peacemakers Association of Australia (NSW Branch) Inc has for many years maintained records of the deaths of Vietnam Veterans and the cause of death if known. This has proved invaluable regarding the health standards of Vietnam Veterans when compared to the general public.

We seek your assistance in reporting the death of Vietnam Veterans, past or recent, to allow the Federation to expand and preserve it's record base.

Kindly circulate a copy of this page through your RSL Club, Unit or Corps reunions and meetings and raise it as an issue. The information gained from these reports will greatly assist all Vietnam Veterans and their families regarding future claims for benefits.

Please print clearly

VETERANS DETAILS

SURNAME FIRST NAME SERVICE NUMBER

--	--	--

SVN UNIT/S TOUR DATES

--	--

CAUSE OF DEATH (If known)

--

SR Service Related UNK Unknown S Suicide O Other)

DATE OF DEATH (If known) LOCATION AT TIME OF DEATH

	(TOWN)	(STATE)
--	--------	---------

YOUR NAME

--

SUBURB/TOWN STATE POST CODE

--	--	--

HOME PHONE MOBILE PHONE SIGNATURE

--	--	--

RETURN FORM TO: The Welfare Officer
VVPAA NSW Branch
PO Box 170
Granville NSW 2142

Phone: 02 9682 1788
Fax : 02 9682 6134
Email: secretary@vfvgranville.org

CHANGE OF ADDRESS FORM

SURNAME

FIRST NAME

SECOND NAME

--	--	--

OLD DETAILS [PRINT CLEARLY]

OLD ADDRESS

--

SUBURB/TOWN

STATE

POST CODE

--	--	--

HOME PHONE

MOBILE PHONE

OTHER PHONE

--	--	--

NEW DETAILS [PRINT CLEARLY]

NEW ADDRESS

--

SUBURB/TOWN

STATE

POST CODE

--	--	--

HOME PHONE

MOBILE PHONE

OTHER PHONE

--	--	--

EMAIL ADDRESS [PRINT CLEARLY]

--

YOUR SIGNATURE

MEMBERSHIP NUMBER

Complete all sections and post to:

The Secretary
VVPPAA NSW
PO Box 170
Granville
NSW 2142

OFFICE USE ONLY

MEMBERSHIP REGISTRY
DETAILS CHANGED

DATE: ____/____/____

INITIALS: _____



VVCS - Veterans and Veterans Families Counselling Service

A service founded by Vietnam veterans

The VVCS – Veterans and Veterans Families Counselling Service provides counselling and group programs to Australian veterans, peacekeepers and their families. It is a specialised, free and confidential Australia-wide service.

VVCS staff are qualified psychologists or social workers with experience in working with veterans, peacekeepers and their families. They can provide a wide range of treatments and programs for war and service-related mental health conditions including Post Traumatic Stress Disorder (PTSD).

Veterans Line can be reached 24 hours a day across Australia for crisis support and counselling. Phone 1800 011 046.*

* Free local call. Calls from mobile or pay phones may incur charges.



1300 924 522

Our programs

Alcohol Drugs Eating disorders
Anxiety Depression Bipolar disorder
Borderline personality disorder
Schizophrenia and psychosis

Veterans services

Wesley Hospital Ashfield and Wesley Hospital Kogarah provide compassionate care for those in need of psychiatric help. The goal of the hospitals is to provide positive outcomes, not only for our patients with a mental illness but also for their family and carers. As centres of excellence within Wesley Mission our Wesley Hospitals have been providing professional and compassionate care for over 60 years.

Wesley Hospital Ashfield and Wesley Hospital Kogarah are private psychiatric hospitals which offer both in-patient and day patient services. Our treatment programs combine medication, therapy and include life skills and support networks to ensure recovery is effective, ongoing and enriching.

91 Milton Street,
Ashfield NSW 2131

&

7 Blake Street,
Kogarah NSW 2217



Last Post





Last Post



But each one, man by man, has won imperishable praise!

Each has won a glorious grave - not that sepulchre of earth wherein they lie, but the living tomb of everlasting remembrance wherein their glory is enshrined. Remembrance that will live on the lips, that will blossom in the deeds of their countrymen the world over. For the whole earth is the sepulchre of heroes. Monuments may rise and tablets be set up to them in their own land, but on far-off shores there is an abiding memorial that no pen or chisel has traced; it is graven, not on stone or brass, but on the living heart of humanity. Take these men for your example. Like them, remember that prosperity can be only for the free, that *freedom* is the sure possession of those alone who have courage to defend it. Pericles

PLEASE NOTE

We make every endeavour to ensure the accuracy of all names published in "The Last Post". If any omission or error has been made we apologise unreservedly...please contact the editor if you feel an error has been made.

Please consider leaving a bequest in your will

Every Veteran deserves a lifestyle and better treatment than is currently available. Every Veteran should be able to successfully attain their rights to pensions and just compensation.

Yet we still receive veterans unaware of their rights, what they may be entitled to, and where and how to apply or enter a claim.

Through your Will, you have the power to help us achieve our goals. Help surviving veterans, and those that follow them, to receive their true entitlements.

Through your Will you have the power to make a difference. Any gift you bequest to our Association, no matter how large or small, will assist a fellow veteran.

You don't need to be wealthy or have tens of thousands of dollars to make a difference to the lives of veterans and those who follow us. Many people leave amounts both large and small through their wills to our association.

Combined each amount assists our association to carry on the vital support network we provide to the veteran community.

OPERATION Life



REGISTER NOW!!

Phone Veterans and Veterans Counselling Service
on 1800 011 046 or 9761 5000

Operation Life workshops' emphasis is on suicide prevention – they aim to help members of the veteran community to recognise someone who might be having thoughts of suicide and to link them in with appropriate help. There are three types of workshops:

- Suicide alertness for everyone: (Safetalk) – half day presentation.
- Applied Suicide Intervention Skills Training: (ASIST) – Two-day skills training
- Applied Suicide Intervention Skills Training Tune-up: (ASIST Tune Up) – half day refresher workshop

Workshops are open to people who are concerned about veterans, their family, friends or mates in the veteran community. Welfare, pension officers and other helpers from ex-service organisations and the veteran community are encouraged to attend



Veterans & Veterans Families Counselling Service
A service founded by Vietnam Veterans

MEMBER DISCOUNTS

The following businesses are offering discounts to members of The Vietnam Veterans Federation.

MOTOR VEHICLE SERVICES

CARNEEDS Pty Ltd
152 Parramatta Rd
STANMORE

Prptr: Robert Stenta
Ph: 9519 1441

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**On mechanical repairs
& competitive prices on
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To all Vietnam Veterans
Federation Members.

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Specialist. All mechanical
repairs & servicing.**

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on services and repairs.**

JOE CARE

**603-605 Parramatta Rd
Leichhardt NSW
MTA Lic. # 42198**

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Fastfit Bullbars & Towbars
Trailer sales and spares-side
steps Bike beacons-Custom
work

65 St Hilliers Road
AUBURN

Ph: (02) 9749 1209

10% Discount on products

EXHAUST SYSTEMS

Menai Mufflers

Unit 4/788 Old Illawarra Rd
MENAI

Ph: (02) 9541 4720

20% Discount

**Balmain Radiator Centre
Mark Borghonzian**

22d Crystal St
ROZELLE

Ph: (02) 9818 4920

Mbl: 0419 417 206

10% Discount

SMASH REPAIRS

**Wreck-A-Mended
Smash Repairs**

Unit 1, 20 Bosci Rd
Ingleburn NSW
02 9605 9008

Ask for Alan

Tell them you are a member
and they will send us a
donation

MOTOR CYCLE ACCESSORIES

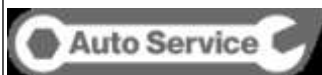
**Motor Cycle Accessories
Supermarket**

Head Office.
321 Parramatta Rd
Auburn NSW
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www.mcas.com.au

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LIVERPOOL: 9601 8276.
CARINGBAH 9574 5100
PENRITH 4737 6100

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helmets and tyres**

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bers
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Sat 8:30-12:30

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specialists*

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Inverters & Chargers 10%

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Windsor
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Fax: (02) 4577 7768

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ASHFIELD, NSW, 2131
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