



Newsletter
of the
VVAA (NT)
PO Box 1861
HUMPTY DOO
NT 0836

MAINTDEM

Dry Season Edition 2006

*Honour the Dead.....
But Fight like Hell for the Living*

Old Timers Hall soon to be...????

p4



7 RAR Reunion

More p8



Vietnam Veterans Day..

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Spotlight.....



Neville Wiggins ex RAAF

'View from the Door'

VVAA (NT) State Council

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Vice President

Danny Meredith Phone: 8932 4232

Secretary

Peter Mansell Phone: 8988 5630
email: vvaant@yahoo.com.au

Treasurer

Sue McCallum Phone: 8988 5630

Sub Branch Delegates

Dan Thatcher
Darryel Binns

News....

NATIONAL COUNCIL 18 May
NATIONAL CONGRESS 19-21 May
 Nerang Qld. Tony Berryman and I attended the National Congress as the NT State delegates. We stayed at the Town & Country Motel about 4kms from the Nerang RSL where the Congress was being held. A bus transported us to and fro daily so everything and everyone were well looked after. Special thanks to Brett Bullians for looking after us and all the organising. Great Stuff!! We all had our breakfast and lunch at the RSL daily and we had Friday night Mayoral Reception with Ron Clarke (ex Olympic Long Distance runner) at the Motel (not much to eat, but a fair few drinks!) Also the Congress Dinner was held at the RSL on Saturday night. Good fun, food, friendship and drinks. The other nights we had to fend for ourselves. Most of us at the RSL. Enough of the social stuff.
 On the Thursday we had an open meeting to clear the air on some subjects that had caused anguish between some states and after about 4 hours of toing and froing and some angry words, we all came to the unanimous decision to stop the garbage and get on with what we are an Association for.. The rest of the day was taken up with the Council meeting.
 Friday, Saturday and Sunday was spent on the AGM and Congress. I will not make any comments on any business discussed at the Congress as the minutes have not been released by the Secretary at the time of printing this MAINTDEM. But I can assure you that Tony and I made good representation for NT and also raised the issues that the NT Rural Sub Branch

members wanted:
 1. Future Directions workshop
 2. Health issues - Psychiatric services in the NT
 3. RAAF Ubon (Bombing runs 1962-1968) medal
 4. Service membership (part of Future Directions)
 5. Reaction to burning the Australian Flag
 We were thanked for our constructive words and thoughts.

The Executive was voted in and the result was
President: Ron Coxon

Vice Presidents: John Smith, Jason O'Dowd

Secretary: Geoff Trevor-Hunt

Treasurer: Rob Cox

On the Monday Tony and I went into Brisbane and visited the Maritime Museum. A ship that Tony had spent some time on, HMAS Diamantina, is on display in dry dock. There is no way that I would spend time enclosed like that, give me the open air and a bit of space. However it was very interesting and it gave me an insight on how the Navy operated.

As I have said, the Minutes for the Council or Congress have not been released as yet, but as soon as they are they will be available for all members

Peter Mansell - Secretary

VIETNAM VETERANS DAY

Being the 40th Anniversary of the battle of Long Tan this year, we are planning to have some special activities organised. The plan so far is for the commemoration service to be at the Cenotaph on the Esplanade in Darwin at 5.00pm, then drinks at Larrakeyah Sergeants Mess. Then on Saturday evening a BBQ and get-together for all veterans and invited guests. Memorabilia such as badges and drink holders commemorating the 40th Anniversary will be available in the week prior to Vietnam Veterans Day.

Keep posted with further information that will be available at meetings prior to the Day.



N.T State Report - May 2006 National Congress

*The Northern Territory Branch of the Vietnam Veterans Association of **AUSTRALIA** wish to report a very healthy, and happy membership, which by the way is still increasing despite the fact that most other ESO's are on the decline.*

Our Association has achieved what we all thought was the impossible and that is the acquisition of our own meeting hall/pension/welfare office. This on its own has had a positive effect on the wellbeing and the togetherness of our membership. The next step is the procurement of the adjoining 9.8 hectares of bushland, which will provide an area for all of the southern / eastern / western veterans that venture up north for a look at the most relaxed lifestyle you can find.

The N.T has now equipped our pension officers, [with the aid of a BEST grant] with laptop computers and we are now more productive and getting a more positive result from this area.

We are also in receipt of an emergency relief grant which has taken the burden off the welfare section with the distribution of food parcels [vouchers] and the part payment of bills [bonds, rent, telephone, and flood relief].

We here in the N.T believe that we are progressing and that we are all doing our bit to improve the health and wellbeing of our fellow veterans, but we cannot understand or abide the infighting and the accusing / innuendoes that are being bandied about the Association by certain states / people please keep your problems in your own states and sort them, without telling the world.

*As you may have noticed at the beginning **AUSTRALIA**.*

This is to draw your notice to the fact that we as members of this association are not just members of a state or sub branch but are members of the VIETNAM VETERANS ASSOCIATION OF AUSTRALIA . So can we get it together and "fight like hell for the living" as one united unit.

Looking Back....

2 May - DVA Service Delivery Review session:
Dan Thatcher

4-5 May: Mens Peer Health Facilitator Course:
Darryel Binns

18-21 May: National Congress: Tony Berryman
& Peter Mansell

22 May: DVA Budget Briefing: Dan Thatcher &
Jacko Jackson

23 May NTTMOC meeting: Peter Mansell

25-26 May: ASIST Course: Darryel Binns

28-29 May - SAAP 5 Training Course: Peter
Mansell and Coral House Manager Jack
Hamilton

VVAA NT Rural Sub Branch News

President

Dan Thatcher Phone 8983 3368

Vice President

Darryel Binns 8988 5827

Secretary

Peter Mansell Phone 8988 5630

Treasurer

Sue McCallum Phone 8988 5630

STATE COUNCIL DELEGATES

VVAA NT Rural Sub Branch

email: ntruralvvaa@yahoo.com.au

Dan Thatcher (President)

Darryel Binns (Vice President)

THE OLDER WE GET, THE BETTER WE WERE!!

Congratulations to members who have got better since the last edition!!



Happy Birthday

Tom Davern, Robert Bruce, Alf Kennedy, Norm Kemp, Mick Markham, Phil Devine, Ian McNaughton, Sue McCallum, Simon Hales, Keith Wood, Peter Mansell

WELCOME TO NEW MEMBERS:

Andrew McCallum - Nurse - Sues son - Darwin
Fiona McCallum - Student Nurse - Sues daughter - Palmerston
Keith Wood - Labourer - Darwin River
Paul Francis - Welder - Millner
Tracee-Lee Armiger - Care Worker - Millner
Bruce Francis - Retired - Darwin River
Ron Fry - Darwin River
Tracy Richards - Darwin River
Peter King - Truck Driver - Darwin River

The Sub Branch welcomes any interested persons to join as Associate Members - \$15.00 pa

FUNDRAISING

Half & Half Raffles - thanks to members for participating in these raffles each week - we have raised \$134 for the Sub Branch so far. Also some fantastic second prizes have come up for grabs - including a DVD from Geoff Pederson..

Meat trays - Both Noonamah (Thursdays) and Howard Springs (Saturdays) Taverns are continuing to go well. Thanks to those who helped at Noonamah whilst the main stays were away - I believe we almost had to raffle who wore the 'skirt' (money bag)!!!

If you find you have a spare hour on either Thursday evening 6pm or Saturday afternoon 4pm, please give these guys a hand, more hands make light work...

MEETING BBQ's - A big thanks to Sue Thatcher and Gloria Hill who have been terrific in organising the BBQ's after our meetings. We will have to go a long way to beat Eileen Sporle's rissoles..... And Joe Fenners (with Cheryl's help!) salads just cannot be beaten. Smokey Bates has suggested (and all agreed) that we put in \$2 each to complement the cooks and organisers for the BBQ's each month and help pay the bills.

VETS CENTRE - The signed Transfer of Crown Lease agreement has been lodged at the Ministers office and we are now awaiting approval..... Whats in a Name?? Some other veterans centres have names such as Andawakey, Ucdai Loi house, Black Duck Cottage...

What can WE think of for our new premises??? We also now have some furniture in the Office there and have the phone connected - 8988 5987. It is hoped that once the Crown Lease is finalised this office will become a focal point for our Pensions Officers to work from.

ANZAC DAY - 25 April

Unfortunately for the first time ever in Darwin, the Anzac Day march was cancelled due to the imminent arrival of Cyclone Monica. For those who are not aware, instead of laying wreaths at the Anzac Day services, our Association lays a book to be donated to local schools. Even though the actual service was cancelled, our books that were to be donated to schools were

NT Rural Sub Branch News

delivered by our members to Kormilda and Casuarina Secondary Colleges. This year the book written by local veterans some time ago - 'Rice Paddies & Rocket Fire' was the chosen title. The book was published with assistance of a DVA grant and the VVCS.

Some of our members did manage to celebrate the day -

- **Ivor Alexander** in Nhulunbuy reports that the day was bigger and better than ever, even though Kapyong Day and the March had to be cancelled due to 'Monica trash'. A crowd of 100+ turned up for the traditional Anzac Day dawn service at the Yacht Club. Alcan and G3 put on buses so that workers could attend before the 7am shift. The Anzac Day service was held undercover at the Nhulunbuy Primary School assembly area as the Cenotaph still needed some clean up from Monica. The Kapyong Day service was incorporated into this service, with Sid Sterling, the local member, donating a UN Flag which will be used for future Kapyong Day commemorations. Word got out that one of the 'fly in, fly out' boys was a piper from Woolongong RSL Pipe Band so he was seconded to assist along with the bugler. NorForce provided 4 aboriginal troopers to carry the Australian, UN, RSL and NZ flags. Following the service, celebrations continued at the Arnhem Club and a good time had by all.
- **Dave Barker** in Katherine also reported a very good turn out for both the Dawn Service and the Parade as well as the get-together later on.
- **Brian Sporle** and some others from Robertson Barracks decided to have their own service, complete with Last Post, Flag raising and Gunfire breakfast. So Brian did get to wear his new chambray shirt!!
- **Peter Mansell** marched on the Anzac Day in Perth where Vietnam Veteran contingents led the march to recognise the 40th Anniversary of the Battle of Long Tan. Here as well, however, the service following the march was cancelled due to pouring rain.

PENSIONERS WORKSHOP

2/48 Albatross Street

Winnellie 8947 7098

9-2pm Tuesday, Thursday, & Friday

President Dan Thatcher has visited the Workshop and gives us the following info:

For an annual fee of \$5.00 you can join the Pensioner's Workshop, they have two work shops in Albertross St. Winnellie. It is on the left side heading into town, shop at the front and workshops around the back. The workshops have several wood lathes, several bench saws [one capable of taking a full sheet of ply wood], belt sanders, and a variety of wood working tools, welders and metal lathe.

They also do needle work if the ladies are interested or you might want to try your hand with the wood tools too, while I was there one lady was making a toy box for her grand kids. You need to be a pensioner or retiree.

I feel that any of our members who are interested should take time to visit and if they are at all interested join, this would be a cheap way for you to try your hand at a variety of hobbies or give you access to tools.

MEN'S PEER HEALTH FACILITATOR COURSE

Darryel Binns completed the 2 day course run by DVA at the Airport resort on the 4th to 6th of May. Those people completing the course included Jacqui, the wife of a serviceman, John from Katherine, ex air force, Billy Bacon from Humpty Doo, and myself. Assisting Sue Filipovich was David Barker and Tom Davern, 2 of the other Peer Facilitator's.

Since then, I have given a hand to run the Men's health day at the Airport Resort on Sat.20th May.

On the 25th and 26th of May I also completed a ASIST course on Suicide Awareness at the Palmerston Library. This was a very worthwhile course to add to the Peer Facilitator training.

Museum Display Corner....

The Australian War Memorial has agreed to send us new copies of the photos that were damaged in the storm at the end of last year.

If anyone is planning to be in Canberra for Vietnam Veterans Day this year, the Australian War Memorial is planning a big day of events on the 18th of August.... See Below...



AUSTRALIAN WAR MEMORIAL ACTIVITIES

18 August 2006 40th Anniversary of the Battle of Long Tan

6:30 AM **Stand-to ceremony** Recognising the anniversary of the battle of Long Tan, and acknowledging our Vietnam Veterans. The stand-to ceremony ends with choppers coming up ANZAC Parade.

10:00 AM **Vietnam Big Things on display** View some rarely seen large technology objects from the Vietnam War, including a Centurian tank, Coral gun, M113A1 fire support vehicle, and International GS truck. Curators will be on hand to tell their stories during the day. Display open from 10.00 am - 5.00 pm.

2:30 PM **The veteran as author** Join Vietnam veteran Gary McKay for a 40-minute talk on the relevance of personal experience in combat and how it affects his work as an author.

4:00 PM **The battle of Long Tan: winners and losers, 40 years on** On this 40th anniversary of the battle of Long Tan, join Ashley Ekins, co-author of the official history of the Australian Army's involvement in Vietnam, for a 40-minute talk that will reassess the battle, its place in history, and its enduring legacy.

4:50 PM **Ceremonial Closing**

Spotlight... Neville Wiggins

View From the Door

Reproduced with kind permission of Neville Wiggins and the RAAF News

The recent retirement of the Bushranger gunships brought back memories for MAJ Neville Wiggins, who served as a door gunner on slicks and gunships for six months during a tour of Vietnam in 1970-71.

During my first two weeks as an Aircraftsman with the Airfield Defence Guards at Vung Tau in Vietnam, there was a call for volunteers to train as helicopter gunners with No. 9 Squadron.

The main criterion for selection was that you could speak clearly and had a driver's licence. I could and I did, and was told that in two weeks I would start gunner training.

The day I reported to 9SQN I was issued with my flying kit and weapons. The kit included a chicken plate, an armored vest worn under a survival jacket that would stop small arms rounds at 25m; I hoped they were right and I hoped I never had to find out.

The next day I went with an experienced gunner to be taught the job. There was a high-pitched whine as the E- model Huey started up and we watched the rotor blades spin until they became a smoke-like disc. Once on board we put on the monkey strap (a seat beat that allowed you to move around the aircraft if needed).

We flew first to Nui Dat, the main Australian task force base. In the middle was a large asphalt area for helicopters known as Kanga Pad, where we landed to top up the fuel. Then we went to a free-fire zone and two colored smoke grenades were dropped 100m apart. We flew past them about 500ft and I was told to fire at the green smoke. I did not even get close. The trained gunner said, "Watch the tracer rounds, steer them like a hose, walk them to the target and keep it there." By the time we left I could hit a target and even change targets without shredding too many trees.

At the end of the eight days I was a fully qualified gunner.

Mostly we did "hash and trash" missions – take in supplies and troops, bring out the rubbish – to the fire support bases around the province. The call signs were Albatross 01 to 08 and the Squadron also had four gunships with call signs Bushranger 71 to 74. Sometimes we did hot insertions or extractions. With the latter, I could not use the door gun until the grunts were on board and then I let it rip. None of these three to five second bursts; hose down the tree line and keep Charlie's head down while we got away. Then the gunships would roll in with rockets firing and twin side guns rattling.



Then LAC Neville Wiggins photographed in one of No. 9 Squadron's gunships, Bushranger 71, the day after he celebrated his 21st birthday.

I was just glad we had the best pilots in the world. The Huey was a very reliable aircraft, and the maintenance crews did a superb job.

After one mission, I was informed my apprenticeship was over and I would be put on Bushranger 73 for training as a gunship gunner.

The aircraft had 14 rockets, seven each side, and a mini-gun on each side, all fired by the pilot. The gunner and the crewman's two M60s could fire 500 rounds a minute and we carried 1000 rounds for each machinegun.

Putting the rockets in and connecting them to the electrical firing circuit was relatively straightforward. The backbreaking work was replacing all the link ammunition for the mini-guns. Everyone on the crew helped – there was no class distinction in a helicopter.

After the aircraft was secured at the end of the day I had to get the land-rover with the gun trailer (this is where that licence came in handy) and take the guns to the armoury.

About 10 o'clock one night a call came over the theatre PA system for gunship crews to report to their aircraft. At a place called Xoi Moc, an out- post had been overrun. We were asked to suppress the trees to the east of the town.

View from the Door (cont..)

This was the first time I had seen gun- ships fire at night. The mini-guns carved a thin red line through the air and the rounds struck the ground and ricocheted in all directions to make a spectacular fireworks display.

A few weeks after this event we were inbound to Nui Dat when we got a call to say a 7RAR platoon was in trouble about 20km west of Xoi Moc. They had walked into a VC bunker system and were taking heavy fire.

Our approach to the enemy position was directly over the top of the platoon and we dropped our rounds to within 10m of their position. "Check fire, check fire," came the shout, "you're hitting our guys!" Our hearts sank through our flying boots. Seconds passed, then the call came, "It's okay Bushrangers, it was just your hot spent cases falling on our blokes."

Tracer fire was clearly visible from the enemy bunker system. Bushranger 72 was hit some 22 times and looked for somewhere to land. We could not cover them and help the grunts, but fortunately Bushrangers 73 and 74 arrived. We raced back to Nui Dat to refuel and rearm. On the refuelling point we could see the damage to our own aircraft – a large hole near the fuel tank. A couple of centimeters and we would have been history.

FLTLT Francis Clough, the aircraft captain, examined the damage and made the decision to return to the contact. He was later awarded the Distinguished Flying Cross. By the time we returned to the action armoured personnel carriers had arrived on the scene and had Bushranger 72 fully protected.

My tour with 9SQN came to an end after six months, 1154 sorties and 423 hours and five minutes of flying

The last day I was on Bushranger 71, it was quiet. The highlight of the day was tying smoke grenades to the skids and flying over the compound to indicate it was the last day for two of us. There was a party that night, followed by a day off to get my gear sorted out and move huts, then back to doing bunker duty on the base perimeter.

MAJ Neville Wiggins was the Commandant of the Australian Army Regional Training Centre at Darwin. He retired in November 2004 after 35 years' service in the ADF.

RAAF News Sept 23, 2004

7RAR Reunion - Fremantle

7RAR celebrated "40 years since foundation and 35 years since returning" April 23 - 26.

Sunday: Registration party where the HAM bag was collected (Reunion, tourist & transport info) and AGM
Monday: Battalion Memorial Service followed by BBQ at the Vietnam Veterans Memorial, Kings Park.



Vietnam Veterans Memorial, Kings Park

Tuesday: ANZAC DAY: Dawn services at various locations followed by the march through Perth. The Vietnam Veterans led the march in commemoration of the 40th anniversary of Long Tan Day this year

Wednesday: Golf morning and Reunion Dinner which 500 veterans and partners attended, including the CO of 2nd Tour Lt Col Grey



Some of those imbibing at the Reunion Dinner

National Contacts

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Rob Cox
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DEPARTMENT OF VETERANS AFFAIRS

Sue Filipovich (Regional Manager)
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 Scaturchio St CASUARINA
 Phone: Local Call 1300 551 918
 email: sue.filipovich@dva.gov.au

**VIETNAM VETERANS
 COUNSELLING SERVICE**

Shop 6, Cascom Centre
 Bradshaw Terrace CASUARINA
 Phone: 8927 9411
 After Hours: Veterans Line on Freecall:
 1800 011 046

*Counselling is available for Australian Veterans
 of all conflicts, peacekeeping operations, their
 partners and sons and daughters.*

**MENS PEER HEALTH
 CONTACTS**

NT Representative

Dave Barker, Katherine 8972 2075

Mens Health Educators

Peter Mansell, Humpty Doo 8988 5630
 Tom Davern, Palmerston 8932 2753
 Darryl Binns 8988 5827

Welfare & Pension info....

Need help with information relating to repatriation benefits, as well as details of how claims and applications are determined????

OR with information relating to issues of veterans health, housing and other community services available outside of compensation????

Then get in touch with one of the officers listed below, they are all there to assist you.....

WELFARE & PENSIONS OFFICERS

Linda Alexander
 PO Box 1178
 NHULUNBUY
 NT 0881
 Phone: 8987 1475

Mick Markham
 PO Box 1053
 Howard Springs
 NT 0835
 Phone: 8983 1352

Dave Barker
 PO Box 471
 KATHERINE
 NT 0851

Peter Mansell
 PO Box 1837
 HUMPTY DOO
 NT 0836
 Phone: 8988 5630

Tony Berryman
 PO Box 945
 Humpty Doo
 NT 0836
 Phone: 8988 2873

Keith Williams
 52 Eden Street
 STUART PARK N.T
 0820
 Phone: 8981 450

Joe Lavery
 Lot 40 Shewring Rd
 McMinns Lagoon
 NT
 Phone: 8988 4153



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 Email: barrashack@bigpond.com

See Walde & Bar At Humpty Doo

The Case of the Shrinking Shrinks

I have spent considerable time over the last couple of months on the phone to DVA Adelaide, DVA NT and just DVA, trying to get someone who could help change the psychiatric care situation in the Top End.

I spoke to someone at DVA Adelaide, then passed onto DVA Darwin and VVCS Darwin. DVA Adelaide rang back having spoken to VVCS Adelaide who had given the names of Rob Parker and Carol Frost as psychs to contact. Totally out of date information. Reimbursements for non Gold Card shrinks were then discussed, and another contact made with another couple of people who might help before I ended up with the area supervisor, who was going on leave for 2 weeks.... The area supervisor did ring back late on Friday afternoon before going on leave. I was assured that someone would be in touch with me within a week. This did happen and I was given the name of the visiting shrink from 'Down South' who will take the Gold Card. Not the perfect answer, but perhaps an interim measure until DVA can get it sorted out.

Then I decided to attend the DVA Briefing on 22 May to see if I could make a personal impression on the people attending. *THEY MUST* be in positions where they could do something about this.

First of all, you couldn't help but be impressed by the chosen venue for the Briefing, one of the top new hotels in town, in a fully airconditioned conference room with "wine and canapes" for afters. All very nice.

At the Briefing, amongst other things, I heard how the Department has set aside an *EXTRA* \$20 million, yes an *EXTRA* \$20 million over the next 4 years, to improve access to the mental health needs of the veteran community. This was what I was wanting to hear!!! At last veterans may be able to access the help they rely on when they need it.

Following the formal part of the Briefing, I spoke personally to several DVA personnel who smiled and nodded in understanding over my concerns about lack of access to psychiatric help in the Top End.

It's not good enough to have to wait for a visiting psychiatrist from 'Down South' who I've never met before --- No, No, tut tut, how awful, they nodded understandingly...

When a veteran needs psychiatric help, he needs it now, not in 3 weeks when the visiting psychiatrist (not the same psych as the first one) arrives for his 2 week stint -- Yes, Yes, that's right, again they nod understandingly...

I came away from the meeting buoyed with enthusiasm that at last I could see that something may change.

Didn't they all understand the urgency of my concerns?? Of course they did. All of them.

Some weeks have gone past now however and I find talking to other veterans that nothing has changed yet, nothing has even improved yet. One veteran has tried to book into the visiting shrink, only to find that assessments can be made, but no medication changes. He now has to book into a practising shrink here (on their return from leave) and pay for the privilege. So back where we started from - the Gold Card is only worth as much as the MediCare card. Is this the much vaunted two-tier medical system that we have heard about.

And alas, my huge bubble of buoyed enthusiasm has been burst, leaving me also waiting in the line up.... I also want to have my medication reviewed - all I want is to be healthy before I die!!!

Perhaps by the next edition of our newsletter (another 3 months time) I will have some *positive* news for you all.

Jacko..

WATCH THIS SPACE!!

What's in a Name??

For members who have always wondered (especially all our ex-Navy members) - what does MAINTDEM mean??? Well here you are ----

Routine resupplies or Maintdem (Maintenance Demand) occurred generally every 5 days. Section 2i/c's determined the items that each soldier needed in his section. The Platoon Sergeant would consolidate the Section's lists with Platoon HQ's list and confirm the Platoon's manpower strength.

The consolidated list would be radioed back to the Admin Quarter Master, who would pass it onto the Company Quarter Master who would arrange to send the supplies to a pre-arranged location for collection.

Not sure how the newsletter originally got it name, no member who I've spoken to even knew what it meant!!!

So now you know!!

Tips from MENS HEALTH PEER EDUCATION

*Back then you stayed healthy -- your life depended on it....
Today it still does....*

Enjoy Healthy Eating
Healthy eating helps you manage your blood cholesterol level and your weight.

Some more tips...

- Avoid snacking on cakes, biscuits, pastries, chocolate and packet snack foods, as they are usually high in saturated fats.
- Try a juicy piece of fruit, frozen fruit juice, sandwiches or toast.
- To add interest to grilled lean meat and poultry, baste with mustards, chutneys, beer, wine and herbs during cooking.
- Keep an eye on your alcohol intake - alcoholic drinks provide extra kilojoules, but no important nutrients. Have no more than two standard alcoholic drinks per day.



What are some reduced fat ways to cook food?

If you are trying to achieve your healthy weight, choose a reduced fat cooking method.

- Grill, barbecue, microwave, steam or boil food. Limit fried food and deep-fried food.
- Stir-frying is a great low-fat cooking method. Cut meat thinly across the grain, mix with a little oil (2 tsp oil per 500g meat) and stir-fry with flavourings such as garlic or ginger.

What are my best choices when eating take-away food?

You can choose lower fat take-away foods! Plain hamburgers, BBQ chicken (without skin), kebabs, and vegetarian pizzas with less cheese are healthier choices.

Ask for the lower fat alternative when buying hot chips at take-away shops by demanding thick, straight cut chips, cooked at 180-185 degrees in Heart Foundation approved deep frying oils.



True or False?

'Butter has less fat than polyunsaturated margarine?' **False** - Butter and margarine have the same amount of fat. The term polyunsaturated refers only to the type of fat, not the amount of fat. However, butter is high in saturated fat, the type that tends to raise blood cholesterol. Use polyunsaturated and monounsaturated margarine in moderate amounts instead of butter and dairy spreads.

'It's better to use honey instead of sugar because it has less kilojoules.' **False** - Honey is simply a liquid sugar so there is no advantage in switching to honey to reach your healthy weight. In fact, sugar has just over half the kilojoules of fat and alcohol. More often than not, foods high in sugar like cakes, biscuits and pastries are also high in saturated fat and it is the 'fat' that makes the food fattening, not sugar.

'Avocados and nuts are high in fat' **True** - Both avocados and nuts contain fat but the fat is mainly mono or polyunsaturated. This means they will not raise your blood cholesterol levels. In fact, avocado and nuts contain valuable nutrients that may reduce your risk of heart disease.

'Some foods have no dietary cholesterol' **True** - Cholesterol is mainly found in animal foods. Plant foods such as nuts, vegetables and vegetable oils don't have any dietary cholesterol.



Food labels - What do the claims mean?

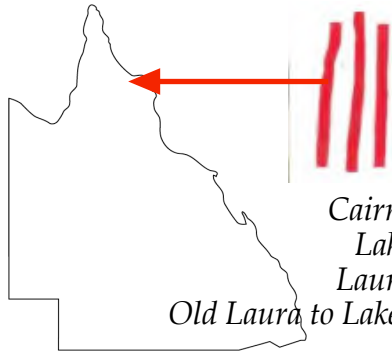
Cholesterol free -

This doesn't mean the food is particularly healthy, low in fat or calories, or low in saturated fat. All it means is that the food is free of dietary cholesterol. Although some 'cholesterol free' food may be included in your daily meals, others are not recommended. Plant foods don't contain cholesterol, but some such as coconut oil are high in saturated fat and aren't good choices. Commercial biscuits and cakes often contain coconut and palm oil, which are usually listed on the ingredient list as vegetable fat/oil.

Reduced fat -

May not mean low in fat. Reduced fat cheddar cheese has 25% fat but is still considered a high saturated fat food. Cream cheeses claiming to be 82% fat free are really telling you they are 18% fat, which still makes them a high fat food, especially saturated fat.

Veterans Retreats round Australia... Pandanus Park



Distances:
 Cairns to Lakeland 290kms
 Lakeland to Laura 61kms
 Laura to Old Laura 25kms
 Old Laura to Lakefield/Kalpower 65kms

Where is Pandanus Park?? Pandanus Park is located on the banks of the crocodile inhabited Normanby River on Kalpower Station. Kalpower Station is across the river and east of the Lakefield National Park Ranger Station, about 150 kilometres north west of Cooktown on Cape York Peninsula. The small patch occupied by the veterans' camps covers around 9 kilometres of river frontage roughly centred on the Base Camp. Base Camp is at GPS ref E14.941420 S144.300070, about 20 kilometres south east of Kalpower Crossing and the old homestead. .

Pandanus Park is accessible only during the tropical dry season – May/June to October. The area is inaccessible in the wet season and prone to major flooding therefore year round occupation is not an option.

Road Access. Access is not complicated but the last day is rough. From the Cairns region, you have two choices. Easiest is from Mareeba north on the inland road, with a visit to the unofficial Pandanus Mail Office at the Mt Carbine Hotel. Alternately a fabulous trip is to travel north from Cairns, through the Daintree and up along the coast to Cooktown, stopping off at the Lion's Den at Helensvale. This leg is definitely 4WD only and should only be attempted during the "dry". From Cooktown you can then travel via Battlecamp to just north of Laura, or alternately, cut back across to Lakeland and then north



from there.

NB Conventional cars have made the trip into Pandanus, but this is not recommended.

Caravans, Camper Trailers and Boats. A small number of veterans take caravans. Some travel with swags, tarps and solar panels, others with tents. Most tow camper trailers with off-road vans and campers the preferred option. Pandanus Park has no buildings and no facilities. Apart from the War Memorial, at Base Camp you will find a notice board (with Pandanus Park map, any mail, news, room for you to leave a note) and a plastic crate (with some info sheets about the local area). Please sign the Visitors Book, which will be either near the homestead or at Base Camp.

Pandanus Park is a wilderness retreat, not the Hilton! There is no orderly room, no guard room, no toilets, no parades, no barrack blocks and no formal campsites. You

will need to set up your own facilities.

You will need to be totally self sufficient.

The nearest fuel and supplies are at Laura some 100kms south over very rough roads or at Cooktown (200kms south-east) over even rougher roads. Urgent help (medical) is at least 4 hours away. Routine medical support is available at Cooktown but expect a two day trip.



Camping: The unwritten rule is no camping within 200 to 300 metres of another camp or 70 metres either side of the Base Camp area.



Unless signposted otherwise most vets are happy to have short visits by other vets. However, do not overstay your welcome as many vets, particularly those who stay a long time, are there for peace and time out on their own.

If you need to know more then please contact your local Vietnam Veterans drop-in centre or the Sunshine Coast Vietnam Veterans Association, Telephone: 07 5479 4552 during working hours.

<http://veteransanctuary.tripod.com>

Reunions & Stuff...



**85 Transport Platoon (RAASC)
Vietnam 40th Anniversary
Reunion Brisbane 15th April
2007**

Please contact
Bris_85tpt@hotmail.com



9RAR Reunion

The 9RAR 39th Anniversary Reunion is being held in Perth on the weekend 17-19th November 2006.

Contact 9RAR (WA) Inc
C/- Karl Mucjanko,
22 Marlboro Rd
Swan View WA 6056

**INVITATION FOR VIETNAM
VETERANS TO VISIT NORFOLK
ISLAND**

01 – 08 October 2006

Together with the Norfolk Island RSL Memorial Club we would like to invite Vietnam Veterans, family and friends to join us for special week here on Norfolk Island

Some of the highlights during the week include: Official Welcome, Cliff-top fish fry, and other social functions coordinated by the Norfolk Island RSL Memorial Club

Presentation by Gary McKay, Australia's best-selling author on the Viet Nam war
Progressive dinner to island homes including the home of Mitchell Evans with unique war memorabilia display

Vietnam Veterans Concert and Farewell Dinner

CONTACT -
Rebecca Christian
The Travel Centre
PO Box 172
Norfolk Island 2899

South Pacific
Ph: int+ 6723 22502 Fax: int + 6723 23205
rebecca@travelcentre.nf

ADDRESS FOR MEDAL APPLICATIONS

ARMY OR NAVY OR AIR FORCE MEDALS SECTION
DIRECTORATE OF HONOURS & AWARDS
DEPT. DEFENCE
LOCKED BAG 2003
COOMA NSW 2630

ARMY: 1800 065 149

NAVY: 1800 808 073

AIR FORCE: 1800 623 306

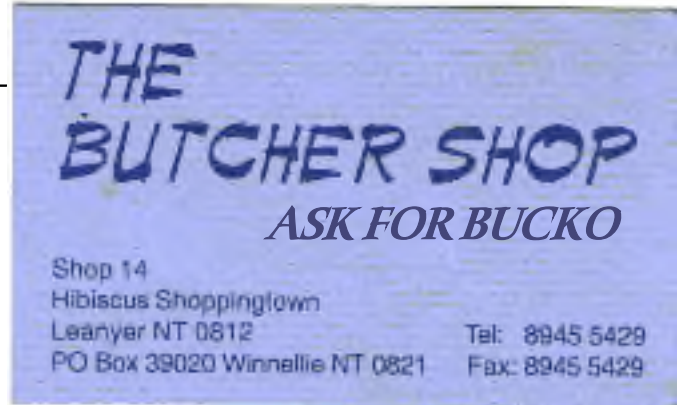
The following are the addresses for obtaining
SERVICE RECORDS

NAVY	AIR FORCE
Service Records Requests	RAAF Records
CP	Department of Defence
Navy Records	CANBERRA ACT 2600
Queanbeyan Annex	
CANBERRA ACT 2600	

ARMY

Central Army Records Office
GPO Box 393D
MELBOURNE VIC 3001

**Include a certified copy of your discharge certificate/Certificate of Service to speed things up



For the Fridge.....

2006 Calendar

June 2006

M	T	W	T	F	S	S
25	30	31		2		4
5	6	7		9		11
12	13	14		16		
19	20	21		23		25
26	27	28		30		

September 2006

M	T	W	T	F	S	S
28	29	30		1		3
4	5	6		8		10
11	12	13		15		
18	19	20		22		24
25	26	27		29		

December 2006

M	T	W	T	F	S	S
27	28	29		1		3
4	5	6		8		10
11	12	13		15		
18	19	20		22		24
25	26	27		29		31

July 2006

M	T	W	T	F	S	S
						2
3	4	5		7		9
10	11	12		14		
17	18	19		21		23
24	25	26		28		30
31						

October 2006

M	T	W	T	F	S	S
						1
2	3	4		6		
9	10	11		13		
16	17	18		20		22
23	24	25		27		29
30	31					

January 2007

M	T	W	T	F	S	S
1	2	3	4	5		7
8	9	10		12		14
15	16	17		19		
22	23	24		26		28
29	30	31				

August 2006

M	T	W	T	F	S	S
	1	2		4		6
7	8	9		11		13
14	15	16				
21	22	23		25		27
28	29	30		1		3
4	5	6	7	8	9	10

November 2006

M	T	W	T	F	S	S
		1		3		5
6	7	8		10		12
13	14	15		17		
20	21	22		24		26
27	28	29		1		3
4	5	6	7	8	9	10

February 2007

M	T	W	T	F	S	S
				2		4
5	6	7		9		11
12	13	14		16		
19	20	21		23		25
26	27	28	1	2	3	4
5	6	7	8	9	10	11

- Meeting
- Vietnam Veterans Day
- Remembrance Day
- VVAA National Council, Adelaide
- Noonamah Meat Trays
- Howard Springs Meat Trays



As a group of soldiers stood in formation, the Drill Sergeant yelled, "All right! All you idiots fall out." As the rest of the squad wandered away, one soldier remained at attention. The Drill Instructor walked over until he was eye-to-eye with him, and then raised a single eyebrow. The soldier smiled and said, "Sure was a lot of 'em, huh, sir?"

Please ring the Secretary on 8988 5630 for any further information re meetings or venues

NOTE: Sub Branch meetings are normally 3rd Sunday of each month, except for October
All dates correct as at 30 May 2006, please keep an eye on your minutes for any changes...

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