

# *CONTACT !*



Blue Mountains Vietnam Veterans  
& Associated Forces Inc.

2024  
Issue 1  
January to March

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

## Contact Details & Meetings

**Patron: Brigadier Nerolie Irene McDonald**

© JOURNAL OF BLUE MOUNTAINS VIETNAM VETERANS and ASSOCIATED FORCES INC.  
 ABN 74 645 329 198 incorporating CFN 17276  
 RAAF VIETNAM ASSOCIATION and the QANTAS "SKIPPY SQUADRON" ASSOCIATION  
 and the BLUE MOUNTAIN NASHOS ASSOCIATION  
 THE ASSOCIATION FOR THOSE WHO SERVED IN ALL POST WORLD WAR II CONFLICTS

**Office Address:**

Blue Mountains Theatre & Community Hub, 104-108 Macquarie Road Springwood NSW 2777

**Postal Address**

Post Office Box 55 Springwood NSW 2777

**Contact Details for RAAF Vietnam Association (NSW)**

Graham Christian - Email: raafvvnsw@gmail.com

**Contact Details for Qantas "Skippy Squadron" Association**

Rene Herbert - Email: renelynne@live.com - Mobile: 0490 054 240

### Your Committee

<b>President:</b>	<i>Jack Lake</i>	<i>0481 041 356</i>
<b>Secretary:</b>	<i>Chris McKay</i>	<i>0427 794 914</i>
<b>Treasurer:</b>	<i>Craig Terrey</i>	<i>0411 125 666</i>
<b>Vice President:</b>	<i>Roger Lawlor</i>	<i>0414 380 884</i>
<b>Committee Member:</b>	<i>Norm Fraser</i>	<i>(02) 4757 1453</i>
<b>Committee Member:</b>	<i>Les Hogan</i>	<i>0413 313 152</i>
<b>Committee Member:</b>	<i>Greg Meek</i>	<i>0447 536 694</i>
<b>Wellbeing Coordinator:</b>	<i>John Fenton</i>	<i>0412 679 802</i>
<b>Vietnamese Liaison Officer:</b>	<i>Jack Lake</i>	<i>0481 041 356</i>
<b>Association Padre :</b>	<i>Colin Aiken OAM RFD</i>	<i>0417 203 722</i>
<b>Website Manager :</b>	<i>Wendy Humphrys</i>	<i>(02) 7252 3318</i>
<b>CONTACT! Editor:</b>	<i>Wendy Humphrys</i>	<i>(02) 7252 3318</i>

### 2024

#### Association Meeting Dates

*Meetings commence at 11:00am in our office at  
the Blue Mountains Theatre &  
Community Hub, Level 1,  
Springwood NSW*

Committee Meeting	Tuesday 19 March 2024 11:00am
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<b>Annual General Meeting</b>	Tuesday 2 April 2024 11:00am
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Committee Meeting	Tuesday 14 May 2024 11:00am
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Please contact the office to confirm these meeting dates and times, as they may change.

**Office Manager: Wendy Humphrys** Phone: (02) 7252 3318  
 Email: secretary@bmvets.com.au Web site: www.bmvets.com.au  
 Office Hours are Tuesdays and Thursdays between 10:00am and 2:00pm

### Wellbeing Support

**John Fenton JP, ATDP3 Advocate on 0412 679 802**

Or

**Our office on (02) 7252 3318**

**Tuesdays & Thursdays 10:00am to 2:00pm**

## ***PRESIDENT'S REPORT***

Our President, Jack Lake has been extremely busy moving house.

He looks forward to catching up with everyone at the Annual General Meeting on Tuesday 2 April

## ***SECRETARY'S REPORT***

Hello Members

Summer is nearly over if you can call it a summer, on the East Coast we had 3 seasons in one.

A lot of rain also occasionally cold. I hope none of our members have been impacted by the torrential rain falls we've had.

It's only a few days until the Annual Fundraiser Good Morning Vietnam Vol.2 The Musical Show on Saturday the 9th of March 2024, at the Blue Mountains Theatre in Springwood NSW at 3:00pm. Tickets are selling extremely fast so if you haven't already booked your ticket and are able to attend, I'd ask you to put your hand in your pocket and dig deep. It's for the Veterans and War Widows which we all agree, as Veterans ourselves, is a more than worthy cause.

Our Annual General Meeting (AGM) is on Tuesday the 2nd of April at 11:00am at the Blue Mountains Theatre & Community Hub. As per our Constitution I'll get further information to you all before that date. Our AGM is an extremely important part of the Annual calendar as it gives all Members the opportunity to get up to date on the affairs of the Association. It also is when we declare all current positions vacant and elect your new board and committee.

If anyone who is eligible and able to stand for any positions, let me know ASAP.

Do you suffer from Chronic/Debilitating pain? If you've considered using plant based therapies there's a way you can get approved by DVA to cover the cost.

[Valentius.com.au](http://Valentius.com.au) is a fully approved service for Veterans only to navigate the approval process.

You can contact:

Anastasia Lewis from Valentius and she can help you get approved through DVA.

Her contact details are:

[anastasia.lewis@valentius.com.au](mailto:anastasia.lewis@valentius.com.au) - Mobile Number 0490944509. If you want to contact her, tell her you're a Member of the Blue Mountains Vietnam Veterans Association and she'll start the process straight away without any waiting list .

I wish you and your Families good health and look forward to seeing some of you at upcoming events.

Warm regards

*Chris*

## ***WELLBEING REPORT***

### **DVA Claims**

DVA continues to operate diligently to provide Services to the Veteran Community, including families. Members are aware that I am a supporter of DVA front line staff who do their utmost to achieve a positive outcome for veterans within the constraints of the three Acts which apply to our Service.

Just a few figures so you understand the hurdles that DVA staff address, there will continue to be a mismatch between the claims lodged & the Determination creating a backlog year on year:

#### 2022-23 FY

Claims Lodged	72,201
Claims Determined	67,817

#### 2023-24 FY

Claims Lodged	40,535
Claims Determined	48,244

Depending upon the particular Act a veteran comes under

#### Claims Processing Times

<u>Act</u>			
MRCA	265	126	390
DRCA	271	209	481
VEA	280	237	517

Notes: (a) the first column is average number of days from lodgement to allocate to an officer for processing

(b) second column is average number of days between allocation to an officer for processing & a decision being made

(c) the third column average number of days between lodgement & the claim being decided

### **Mental Wellbeing**

I have addressed this previously & continue to reinforce the need to obtain help if the following applies to you:

Anxiety/Depression, stress/anger, trauma, poor sleep, social isolation, addiction, relationship challenges, grief/loss, dealing with change.

The first step should be your GP & as veterans the specific counselling service Open Arms (previously VVCS) Ph 1800 011 046 is always available.

### **Wellbeing**

While the above Headings might appear to be unsatisfactory, you can have confidence that your Association continues to be active in addressing the overall Wellbeing of not only the Members but families & the greater veteran community

John Fenton JP  
Wellbeing Coordinator  
ATDP 3 Advocate

## Padre's Corner IT'S TIME

**Hello Everyone,**

**Well, it seems like it all starts again** like being on the proverbial merry-go-round, doesn't it? That we talk about each New Year. Christmas Day is in the past, New year celebrations are in the past, the New Year fireworks as good as they were are over, and are now a thing of the past, New Year resolutions have been made, and in most cases broken, and we are in a NEW YEAR, 2024 is with us.

**I guess when we come here this time next year, we will make that annual statement:**

**Oh my hasn't the year flown, and** we all know that it is an established fact that the older we get the quicker time goes, or so we are told!!! what do we have to show for 2023.

if we search our hearts and minds and say to ourselves and to God, how we have used this God given gift of time, one year, twelve months, 365 ¼ days, 525600 minutes, `

### *A Prayer for Australia*

Heavenly Father, we pray for our Nation and the people of Australia that we might be one; we thank you for this rolling brown land, washed by the waters of the southern seas. We thank you for its bounty, that has sustained us, and for its beauty that has delighted us.

We thank and praise you for this land under the Southern Cross which has provided a new beginning in life for so many people across the decades; for the freedom it has offered, the good life it has provided, and the peace which we enjoy.

Lord of the ages, we pray for this ancient land Australia and it's people who come from many backgrounds, cultures and religions, we ask that you will bless all Australians, that we may be as one, working for a Nation that is free, prosperous and caring of each other.

***We are Many, but We are ONE.*** Amen

Colin Aiken  
0417203722



# Vales



## Clive Francis Patrick Connor

26/ 01/1939 - 1/12/2023

Australian Army  
Rank: Warrant Officer Class 2

04/01/1954 - 17/01/1977  
Service Number 242839

Theatre of Operation: Malaya, Vietnam, PNG  
Dates of Service Overseas: 07/01/1970 to 24/12/1970  
1st Australian Task Force Headquarters Light Aid Detachment  
HQ 28Bde Light Aid Detachment



## Geoffrey Norley

08/07/1940 - 01/11/2023

Royal Australian Navy  
Rank: PO

19/09/1957 - 18/09/1978  
Service Number R53545

Theatre of Operation: Vietnam, Malaya, Singapore  
Dates of Service & Units - Various  
Vietnam

HMAS Melbourne 31/05/1965 to 22/06/1965  
HMAS Melbourne 25/04/1966 to 06/05/1966  
HMAS Melbourne 25/05/1966 to 09/06/1966  
Rank: Leading Seaman Underwater Control

*Lest We Forget*



# Vales



## Stephen James Sounness

16/10/1949 - 24/10/2023

Royal Australian Airforce  
Rank: Warrant Officer

Service Number A224215

Theatre of Operation: Vietnam/East Timor

Dates of Service Overseas:

04/06/1970 to 06/07/1970

Headquarters, Australian Force Vietnam (RAAF Element)

06/07/1970 to 03/06/1971

No.1 Operational Support Unit

Rank: Leading Aircraftman -

Telecommunications Operator(C)

## Graham Glasson

(22/7/1946 - 30/7/2023)

*Graham Glasson is at peace now after a long illness at his Last Post at Pinegrove Memorial Gardens.  
(from Graham's wife, Janet Glasson)*



*Lest We Forget*



## *Annual General Meeting - Notice*



### **BLUE MOUNTAINS VIETNAM VETERANS & ASSOCIATED FORCES INC.**

(ABN 74 645 329 198

CFN 17276)

**Postal address: Post Office Box 55, Springwood 2777**

**Email Address: [secretary@bmvets.com.au](mailto:secretary@bmvets.com.au)**

President: Jack Lake  
Secretary: Chris McKay  
Treasurer: Craig Terrey  
Office:

Ph: 0481 041 356  
Ph: 0427 794 914  
Ph: 0411 125 666  
Ph: (02) 7252 3318

1 March 2024

### **NOTICE OF 2023 ANNUAL GENERAL MEETING**

The Annual General Meeting of Blue Mountains Vietnam Veterans & Associated Forces Inc. will be held at the Blue Mountains Theatre & Community Hub, 104-108 Macquarie Road, Springwood NSW at 11:00am on Tuesday 2 April 2024.

A copy of the Financial Report will be available at the meeting.  
Copies of the Agenda & Office Bearer Nomination Form are included in this Contact! newsletter.

The business of the meeting will be:

1. The Ode
2. Confirmation of minutes of the 2023 Annual General Meeting
3. President's Report
4. Treasurer's Report
5. Receipt of annual financial statements for the year ending 2023
6. Election of office bearers:
  - a. President
  - b. Vice President
  - c. Secretary
  - d. Treasurer
  - e. 3 Committee Members

We encourage you to consider standing for one of these positions to bring new people onto the management committee.

We would really appreciate if as many members as possible can use email to receive notifications such as this, as postage now a days has become very expensive and can be unreliable. Please advise the office of your email address, if you have not already done so.

Yours sincerely

Chris McKay  
Secretary



## *Annual General Meeting - Agenda*

### **BLUE MOUNTAINS VIETNAM VETERANS & ASSOCIATED FORCES INC. 2023 ANNUAL GENERAL MEETING**

**IN ACCORDANCE WITH PART 4.26 OF THE CONSTITUTION**

***Tuesday 2 April 2024 at 11:00am at  
Blue Mountains Theatre & Community Hub,  
104-108 Macquarie Road, Springwood NSW***

Welcome by President.

Silent reflection remembering those members who have departed this life since the 2022 Annual General Meeting, on 11 April 2023.

Apologies.

Confirmation of the minutes of the 2022 Annual General Meeting held on 11 April 2023.

Business arising out of those minutes.

President's Report in accordance with Part 4.24 of the Constitution.

Treasurer's Report, receive and consider the financial statement of the Association.

Receive other Sub-Committee Reports.

Suspension of Standing Orders & Election of Returning Officer.

Election of Office Bearers and Ordinary Members of Committee in accordance with Part 4.15 of the Constitution.

Reappointment of Honorary Auditor

*(Mrs Jillian Williams CPA, FFIN, FASFA, MRMIA, MIPA has agreed to continue in this appointment.)*

Reappointment of Public Officer

*(Mr Stafford Lowe has agreed to continue in this appointment.)*

Reappointment of Honorary Solicitor

*(Mr Trevor Cork BA, LL.M, FTIA has agreed to continue in this appointment).*

The future of the Association and welfare activities.

General Business.

Close of Meeting.

***Annual General Meeting - Nomination Form***

**(This form must be returned to the secretary 7 days prior to the AGM)**

**BLUE MOUNTAINS VIETNAM VETERANS & ASSOCIATED FORCES INC.**  
(ABN 74 645 329 198) CFN 17276)  
**Postal Address: Post Office Box 55, Springwood NSW 2777**

**NOMINATION AS OFFICE-BEARER OR ORDINARY MEMBER OF COMMITTEE**

I,.....  
(name and signature of proposer)

**Nominate**

.....  
(name of nominee)

for the position of:.....

**Secunder**

I,.....  
(name and signature of secunder)

**hereby second the above nomination**

**Nominee**

I,.....  
(full name and signature of nominee)

**hereby accept nomination for the position**

of:.....

Date:.....

*Office Use Only*

Date received by Secretary:.....

Memberships status verified:.....

Nomination recorded in minutes of meeting:.....

## *Malcolm Campbell*

***Our member, Malcolm Campbell was with the Royal Australian Army Dental Corps in the 33 Dental Unit in South Vietnam and Singapore. His overseas service was from 16/07/1969 to 16/07/1970.***

### ***Malcolm's biography:***

*I was raised on a sheep farm 20 kms from Glen Innes. Attended the local school then to University of Sydney to study Dentistry. Mid way through the 5 years course I was conscripted. The Army enticed me to finish my degree with a Scholarship for the last 2 years. In my final year I lived at Victoria Barracks. On completion I was posted to Singleton then Vietnam and shortly after that posted to Singapore to the AN-ZUK Military Hospital at Changi for 2 years. I returned to Singleton and when discharged I established my own surgery in Muswellbrook. I retired 43 years later, built a home in Leura and am now nearly a full time gardener.*

### ***Here is Malcolm's story:***

*I arrived in Vietnam 18 July 1969. Prior to landing, the Qantas plane flew very low over Saigon (low flying reduces the target time for enemy action) and the background music being played was from the movie Dr Zhivago - Lara's Theme "Some Where My Love". The Americans had opened the tops of their tents to view the imminent moon landing and to be able to follow the astronauts walk.*

*My next twelve months were spent providing dental treatment at Vung Tau, Nui Dat and Saigon for the Australian and sometimes American troops. The Dental Corps became very involved in the scheme to WIN THE HEARTS AND MINDS of the South Vietnamese people. We could travel to the villages with a collapsable dental chair, a fold up table and a bag of instruments. Treatment was extractions only for pain relief. We had no drilling equipment. We would set up in a school yard, town square or other locations. Sometimes travelled to the villages by motor vehicle - other times by helicopter. We would be dropped off and when we heard the helicopter returning, a hurried pack up ensued. The villages would be aware of the dates we would be attending and would be queued up with eager expectation. So Vietnamese ladies wore their best outfit - all very colourful.*

*When treatment began, people would crowd around to watch - dental extraction is a great spectator sport! More that once I bumped an onlooker with my elbow in the course of removing a tooth. All were very keen and excited. I would give injections to several people and then go back to the first to begin extracting. Often over 100 teeth in a two to three hour session. Many of the teeth were decayed down to the gum line.*

*Sometimes we would be invited to lunch by the local officials. Always wary of the local ice, so drank coke from the can. Used instruments were sterilised in boiling water - today could not do this as the Aids Virus (which arrived post Vietnam) withstands boiling water temperatures.*

*From all these experiences I perhaps came to slightly understand the Vietnamese people. Their politeness, gentleness and appreciation, as they tried to express their thanks and despite language barriers, I could feel the depth of their gratitude.*

*In recent years I have attended Vietnamese functions at the Crystal Palace at Canley Heights, all organised by the ARVN soldiers and Anna Phan. Recently on 12 January 2024 I attended a fundraising dinner at the same venue - it's aim was to unify the Vietnamese Community (past Vietnam Veterans and the younger Australian born Vietnamese Community). 610 people attended, many had been educated in Australia and leading professional lives. I was seated between a Vietnamese doctor and a pharmacist (both women educated in Australia). We had a wonderful discussion about my time in Vietnam. The pharmacist grew up next to the Australian Embassy in Saigon and could remember hearing accounts from her parents and grand parents, of dental happenings by the Australian Army.*

*From my previous visits to Canley Heights, several people came and welcomed me back. All very friendly.*

*The people all miss Vietnam but value the opportunities Australia has given them. They are now proud to be Australian.*

## *Australasian Order of Old Bastards - Springwood Branch*

A very generous donation cheque was presented to the association in December 2023 by members of the Australasian Order of Old Bastards (AOOB) - Springwood Branch members, at the Royal Hotel, Springwood.

The money was collected from the BBQ stall, that they held at the Royal Hotel in Springwood, on our Vietnam Veterans' Memorial Day Service on Sunday 13th August 2023. We thank them for their ongoing support of our association.



Pictured left to right:  
Jack Lake (BMVVets President), Billy Davis (AOOB), Ian Wright (AOOB),  
Craig Terrey (BMVVets Treasurer) & Peter Jones (BMVVets Life Member)

Since Youngsters of Today have their Texting Codes (**LOL, OMG, TTYL, LMAO, etc.**) the Oldies decided not to be outdone by these kids and now have developed our own codes too :

- ◆ ATD - At the Doctor's\*
- ◆ BFF - Best Friend's Funeral
- ◆ BTW - Bring the Wheelchair
- ◆ BYOT - Bring your own teeth
- ◆ FWIW - Forgot Where I Was
- ◆ GGPBL - Gotta Go, Pacemaker Battery Low\*
- ◆ GHA - Got Heartburn Again
- ◆ TFT - Texting From Toilet.

😄 Now share this with some other oldies, who are 50+, and make their day. 👍👍👉😄💕"

9:54 AM

## ***IMPORTANT DATES & NOTICES***

### **Annual General Meeting**

The Annual General Meeting will be held on **Tuesday 2nd April 2024**. More details are included in this newsletter.

### **Vietnam Veterans' Memorial Day**

Our Vietnam Veterans' (Battle of Long Tan) Memorial Day event will be held on

**Sunday 18th August 2024 at 11:00am at Springwood War Memorial.**

It will be a Service followed by refreshments at the Royal Hotel. Your official invitation will be included in the next newsletter.

### **Membership Renewal**

The Committee has requested that membership fees be paid for no more than one year, at a time. So that is only \$10:00 for the year.

### **Year of Membership**

Your *Membership Year* is printing on the top right-hand corner of your envelope, when the Contact! newsletter is posted to you. Your membership is up to 31 December of that year.

Please contact the office if you have any questions.

A Renewal of Membership Form is on the last page of this newsletter.

### **Email Address**

If you have not already done so please advise us of your email address and let us know if you would like the Contact! Newsletter emailed instead of posted to you.

This will assist us to reduce postage costs in the future.

### **Republic of Vietnam Cross of Gallantry with Palm Leaf Citation**

Our member Ian Dimmock has sent this information about how to wear this decoration, which was provided to him by a mate who was the NSW Police Protocol Officer until he retired.

***It is a right side decoration and is worn centrally located above your existing right side full size medals with the stalk of the citation facing the left.***

***(As yet there is no miniature of this citation for wearing on Mess Dress)***

Please Note  
The Committee has requested that membership fees be paid, for no more than one year at a time.

**BLUE MOUNTAINS VIETNAM VETERANS & ASSOCIATED FORCES INC.**  
 (ABN 74 645 329 198 CFN 17276)  
**PO BOX 55 SPRINGWOOD NSW 2777**  
**Phone: (02) 7252 3318                      Email: secretary@bmvets.com.au**

**MEMBERSHIP/ASSOCIATE MEMBERSHIP RENEWAL APPLICATION**

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

Surname:.....

Given names:.....

Address:.....

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

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

Email:.....

**PLEASE DO NOT SEND ANY NOTES THROUGH THE POST**

Annual Membership Fee: (BMVV&AF Inc.) \$ 10.00 x.....year/s	\$
Membership Badge \$10:00 (plus \$5:00 postage if applicable) Total \$15:00	\$
Association Logo Car Sticker \$2:00 each	\$
Pens \$5:00 each	\$
Cap (with Logo) \$20:00 (plus \$10:00 postage if applicable) Total \$30:00	\$
Polo Shirts (with Logo) \$30:00 (plus \$10:00 postage if applicable) Total \$40:00	\$
Donation	\$
I enclose a cheque/money order for TOTAL	\$

**Payment Details**

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

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

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

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

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

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

*Office Use Only*  
 Direct Debit/Receipt number:.....Date:..... Membership details updated:.....  
 Remarks:.....Membership card:.....