

WESTERN OUTPOST NEWS



August 2011 Issue

**St Mary's Outpost the
'Train of Knowledge'**

St Mary's Vietnam Veterans Outpost & St Mary's RSL Sub-Branch Combined Newsletter



The Commemorative Stone at St Marys RSL with Colyton High School Students that participated in this Years BOER WAR SERVICE. Report on Page 10.

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VVAA St Marys Presidents Report

August 2011

Here we are all of a sudden with over half the year gone already. Remember when we were kids and it used to take forever for one birthday to follow another or school holidays, Christmas etc to come around. Now we are all looking for ways to slow it down so we can catch our breath.

The Train has gone through a massive cleanup and some refurbishing since last I sat down to write the Presidents Report.

Fresh new paint in the pension officers interview room, courtesy of both Bunnings and Dulux as well as the hard work of the Reno Painting Gang who under Michaels expert guidance and tutelage have done a commendable and professional job. They are now working busily away on the Locomotive Shed. I would suggest most sincerely that you do not come to the Train to watch them at work (unless you are prepared to keep on the move) as I am pretty sure that the boys work on the principal "If it moves take the P#&% out of it, if it doesn't move - paint it".

At last month's BBQ we had the Hon **Charlie Lynn MLC** (NSW Member of the Upper House) in attendance and he was so impressed with the Train and the work being done that he requested, if possible, an invite to this years Vietnam Veterans Day at the Train. We, of course,. Sent that on to Charlie and he is now part of our permanent invitee list. In this day and age you just cannot have too many friends.

At the July BBQ we hope to have Mr **Simon Rosenbaum** an accredited Exercise Physiologist. Simon is currently studying the effects of exercise on veterans suffering from Post Traumatic Stress Disorder and we are hoping to have a full "Blind Study" up and running before 'Veterans Health Week'. Those that have registered their email addresses with the RSL would already have received further information in regards to this whilst those who were at the July BBQ also would have the information. If however, you have not heard of this exercise program but would like to get involved, feel free to contact me and I will give you the details.

Don't forget that our major celebration for the year Vietnam veterans Day, is quickly coming up and will be here before you know it. So set aside the evening of the 18th of August to enjoy another great Service and Memorial

Night with your mates from the Train and elsewhere.

Remember to keep an eye on our new Web Site as we continually upgrade this and there is new material in the form of news about the Train and/or health issues being posted. You won't know if you don't go to:
www.vvaastmarys.com.au

Regards to all.

Greg Cant
President.

DON'T FORGET!!
VIETNAM VETERANS DAY 2011
SERVICE BEGINS 1700 HRS (5.00PM)
AT THE 'TRAIN'
FOLLOWED BY A FUNCTION IN THE
'NORTHERN ROOM' - ST MARYS RSL
1800 HRS - 2100 HRS
ALL WELCOME





Pre-Reunion Briefing with Gary Fizzell ex - OTU Instructor and Tony Sonneveld OTU Graduate and Reunion Organiser. Jonathan and Helen NSWPWS with two of the early German migrants.

Scheyville Reunion: On Sunday May 15th 2011 more than 1000 people turned up at the old Scheyville site for a mass reunion. Most people would not have a clue about the history of this famous site. National Servicemen who graduated from Scheyville between 1964-1972 as Second Lieutenants would remember it, no doubt, with mixed feelings, however, it turned out some very fine officers, some of whom, chose the Army as their career afterwards.

Scheyville is now a National Park looked after by NSW Parks and Wildlife Service managed by Jonathan Sanders and area administration officer Helen Ord. Jonathan has done a wonderful job putting together and documenting the history of Scheyville.

SCHEYVILLE'S HISTORY:

- * **1893-1896:** Home to the Pitt Town Commune, a socialist community.
- * **1911-39:** Used to train British “dreadnought” boys how to work on Australian farms.
- * **1939-49:** Used as a military training centre. (Including paratrooper school)
- * **1949-64:** 8000 migrants from Germany, Poland, Holland and Greece pass through the Migrant Hostel centre located on the site.
- * **1965- :** Converted into the Officer Training Unit for Vietnam War volunteers and conscripts.

President Report

St Marys RSL Sub-Branch

August 2011

It has been a very sad start to the year with the mounting deaths of our diggers in Afghanistan, not only those who have been killed but many wounded as well. I often thought, when I was in Vietnam:

“I wonder what the people back home think of this war and what we are doing over here”. Now I know - **they don’t think about it!!** Life goes on - as it always has done in all other wars. People just get on with their lives until the next Digger arrives home in a coffin - then the cry goes out “Bring them home”. The trouble is of course, we don’t pay attention to what the Diggers themselves think; in the case of Afghanistan, they say almost without exception: ***“We believe we are doing a worthwhile job and we want to see it through”*** (Rather sounds familiar don't you think?)

So wouldn't it be good if the general public listened to our boys and got behind them and stopped this knee-jerk reaction every time Diggers are killed or wounded, they are doing what they **WANT** to do and required to do. We can only hope that the government will also look after them on their return home, there may be a small minority who believe they don't require assistance, but the majority will, **WE** know that, but do the Pollies?

Our Management Committee has decided to make our ANZAC Dawn Service more appealing by hiring professionals to manage the sound equipment and to install a large 4m x 3m Screen with Rear Projection to enable more people to view and hear the Service. This has become necessary because of the ever increasing numbers attending our Dawn Service. Last year, even in the rain, the attendance was perhaps the largest ever. I am sure this is attributable to the involvement of our Education Team, School Scholarships, and our involvement with the schools throughout the year.

At the July General Meeting of the Sub-Branch the Management Committee announced that the number of meetings which members are required to attend to qualify for Social Guild outings and functions, would be reduced from five (5) meetings per year to three (3). We hope that this reduction will enable more members to take advantage of the very generous Social Guild trips and functions which are subsidised by the Sub-Branch. I look forward to your continuing support and attendance at our monthly meetings.

Gary Fizzell - President



Are you looking to lose weight and have a change in lifestyle?
Or do you specifically have any of the following conditions?

Arthritis
Osteoporosis
Diabetes
Cardiovascular dis-
ease
Obesity

Multiple sclerosis
Stroke
Parkinson's disease
Musculoskeletal inju-
ries
Low back pain

PTSD
Cancer recovery
Depression
Anxiety
Fibromyalgia

Then the Exercise Physiologists at Ripples Hydrotherapy Centre can offer you unlimited supervised exercise sessions that are designed specifically for you. The exercise sessions can be completed in our Hydrotherapy pool, gym or heated swimming pool. These facilities are located at Ripples St Marys Leisure & Hydrotherapy Centre premises on Charles Hackett Drive St Marys.

To be eligible for this exercise program you need to have been issued by DVA with a Gold or White Card. Once you have this card, make an appointment with your doctor and complete a **"Veterans' Affairs Request/Referral from Local Medical Officer (D904)"**.

Now you are ready to make an appointment with our Exercise Physiologist David, located at the Ripples Hydrotherapy Centre and create a positive change to your life.

If you would like any additional information, please call Ripples Hydrotherapy Centre on (02) 9833 3075.

Outpost Education Team Report **Vin Cosgrove Co-ordinator**

Outpost Education Team Report covering Term 1 & 2.

Feedback from **Bossley Park High** following E-Team presentation:

“On behalf of Bossley Park High School we would like to thank you for coming today. Not only did your Team provide us with important and educating sources of information, you are an inspiration to us all as well. We feel very privileged to have your team here today. You have brought all of us closer to a better understanding of the Vietnam War and we appreciate the contribution of your veteran’s association and your personal contributions. Please accept our donation as a token of our appreciation”

Monaro High School Feedback: The Education Team visited Monaro High School Cooma and the next day met with the class and teachers at the Australian War memorial Canberra, where Vin, Nancy, Greg and Gary walked the students through the Vietnam War part of the Memorial. The text and photo was sent from the teacher and students.

“Hi Vin

I have attached a lovely letter that Hamish, Loz and Bree wrote on behalf of the class. Hamish and Loz are the two boys with endless questions and with an interest in the Victoria Crosses. Have attached the photo separately and will round up any others that the kids might have when we finish off our newsletter item.

“ Dear Vin and fellow group members: We would like to thank you on behalf of Year 10 at Monaro High School for communicating your knowledge and experiences. We also very much appreciate your preparedness to spend some time to take us through the Australian War Memorial. The explanations that were offered to us at various displays were ones that are priceless and genuine. We can’t thank you enough for the insight and different perspectives you have given us. The information you have enlightened us with has added substantially to our knowledge and benefited our studies”.

“We appreciate the extra effort, time and commitment you have put in to making our experience a special one. We particularly thank you for travelling such a long way to convey your thoughts and feelings on the Vietnam War. We value your courage and your unique ability to explain your first hand experiences about the war.”

(continued next page)

“Once again, we thank you sincerely. We look forward to seeing you again and sharing the knowledge we have gained from you with others.”

“Regards, Brianna, Laurence, Hamish on behalf of Year 10 (2011) of MHS”



Monaro HS Students at the AWM. The Cardboard figure represented one of the students who was unable to attend. (Long story)

Blacktown Girls High - ANZAC Ceremony.

“We have been very lucky to have a partnership with St Marys Outpost of the Vietnam Veterans Association and they have provided us with many powerful speakers over the years both at past services and as part of Year 10 Vietnam War education program. This year was very special as we heard from **Maree Johnson**, who is the daughter and granddaughter of veterans, married to a veteran and served in the Armed Forces herself. Her perspective on the war and its impact was a uniquely felt and passionately delivered one”.

“The year 12 girls sang very movingly and the Year 10 History students from Ms Simms’ class ran very dignified and respectful ceremonies. The flag monitors also did their duties reverently.”

Maree was assisted on this occasion by **Cherryl Mullavey**, both these ladies are members of the Nepean Wives of Vietnam Veterans Support Group.

St Marys Boer War Service.

On the occasion of our second Boer War Service held on 29th May 2011, Year 10 Students from Colyton High School participated in organising and presenting the Service. As illustrated on the front cover of this issue the students were well turned out in their school uniforms and they eagerly went about their business.

The students provided the Catafalque Party, Assistant MC, Flag Orderly and generally assisted throughout the Service, they were a credit to their school. We are also indebted to their teacher, Stevenie Harmon, for the work she put in preparing the students for the event.

Several descendants of Boer War veterans attended and participated in the Service, Janet Jones placed her Grandfather's medals and photo against the Remembrance Stone together with a Pith Helmet from the Boer War.

A well researched address was given by our Education Co-ordinator, Vin Cosgrove, who drew some interesting and thought provoking parallels, for example, between the actions of our first VC winner in South Africa and those of our current VC winner, Mark Donaldson.



Students, Teachers, RSL Members & David Bradbury
MP & Tania Davies– Member for Mulgoa

Welfare Report

The Welfare Team is a very important part of the VVAA St Marys welfare duties, not only for the Outpost, but the St Marys RSL Sub-Branch as well. We have operated in the Western Area Health District for the past 15 years and visit 10 Hospitals and Nursing Homes each week providing advice to the many DVA patients; often this advice is followed up by a Pension Officer visiting them briefly in hospital, or at home after discharge from hospital. Unfortunately many patients are not aware of their entitlements through DVA.

The Welfare Officers visit on average, 450-500 patients each month and average 4 RSL funerals, a most commendable feat and one that gives each member a great deal of satisfaction, they are a very proud group.

In the early days we consisted of only 1 welfare officer and we have grown to now 15, all are TIP trained and before being '*let loose*' they undergo 'on-the-job training by accompanying other officers on their rounds. Obviously some people are not suited for welfare work and it is during this training period that they realise it, or we observe it. All is not lost if this is the case, we have many other avenues where they can be employed if they so wish.

“WE DO NEED HELP.”(See below)

H. John Foeken JP (Co-ordinator)

WELFARE OFFICERS NEEDED FOR TRAINING

If you feel you could carry out the duties as detailed above and can offer 1 day per week for a couple of hours WE NEED YOU!

You would receive on-the-job training as well as formal training with the Training Information Program (TIP) run by DVA which qualifies you as a Welfare Officer. After qualifying and you feel you would like to proceed, (you can pull out at any time) we will supply uniforms.

For further info contact: John Foeken on 0409 329 688 any time.

Two New and Important Websites for Members

Two new websites has been established for the VVAA St Marys Outpost and the St Marys RSL Sub-Branch; they will be constantly updated with information to keep you in touch, they are interactive so that you can send emails direct to us with comments or suggestions.

You will find similar information on both sites, mainly to do with Pension and Welfare. Present and Past Newsletters can also be found on both sites in colour.

Listed below under each of the logos is what you would find on each of the web pages:



Executive

**Presidents Message
Advocate/Pension Officer
Welfare
Health
Drop In Lounge
Train Washers
Education Team
Computer Classes
Fishing Club
Sunset Singers
Up Coming Events
Past Events
Present/Past Newsletters
VVAA NSW Newsletters
RSL Sub-Branch Website
How It All Began
The Outpost Train
VVAA National Contacts
Links
Contact Us
www.vvaastmarys.com.au**



**Home
Welfare
Advocate/Pensions
Commemorative Services
Present/Past Newsletters
Health
RSL Social Guild
RSL Women's Auxiliary
RSL Youth Club
St Marys VVAA Outpost
Governor King Day Club
History of the RSL Sub-Branch
Past Exec. RSL Sub-Branch
Links
Contact us

[www.vvaastmarys.com.au/
StMarysRSLSub-Branch](http://www.vvaastmarys.com.au/StMarysRSLSub-Branch)
OR:
Google St Marys RSL Sub Branch**

St Marys RSL Bowling Club

The bowling club invites all members and visitors to utilize the excellent facilities available with our two greens, spacious bowls lounge and function room. We have a great social bowls programme and free coaching for those interested in starting out. Bowls are available from the club, so there is no cost outlay to start your new pastime.

We also have a strong representation in both male and female pennant teams (representative) which is available to any member to enter. You don't have to be a champion bowler to play pennants. So come along and join in the fun.

Social Bowls Programme

Tuesday	Any Pairs	9.30am Start
Wednesday	Any Pairs	10.30am Start
Thursday	Ladies Bowls	9.30am Start
Friday	Mens Pairs	1.00pm Start
Saturday	<u>Free Coaching</u>	10.00am – 12 noon
Saturday	Any Pairs	1.00pm Start
Sunday	Turkey Trots(mixed Bowls)	9.30am Start

Contact the Bowls Office via Club Reception on 9623 6555



Bowling Club Greens and Function area.



Great Dining At Rooty Hill RSL.

Zest Wok n' Grill has a fabulous range of fresh seafood, large juicy steaks, hot and fresh delights from the wok, a range of pasta plus a whole lot more. Zest Wok n' Grill prides itself on the service given to its customers. One of our guarantees is that if you come into Zest Wok n' Grill for Lunch on Monday to Friday and your meal is not ready in 15 minutes then we will refund the entire cost of the meals right then and there, no questions asked..

Menu33 offers guests a great night out with delicious food and a great atmosphere.

Located on level 1 in the **Novotel Sydney Rooty Hill**, the spectacular 200 seat restaurant is open for breakfast and dinner. Relax before and after dinner by our cocktail bar and open fireplace.

Saturday nights feature talented live solo performers from 6 - 9pm that will treat diners with a beautiful soundtrack to their special night out.

The Stardust Cafe is the ideal venue for catching up with friends day or night in a comfortable and friendly environment.

The Stardust Cafe is open till late from Wednesday through to Sunday and offers a large selection of light meals, hot & cold beverages and delicious sweets.

The Stardust Cafe is the ideal location for a quick snack before attending some of the great live entertainment.

Veterans Health Week 2011

The Department of Veterans' Affairs Health Week (VHW) Will be held between Monday 24 and Sunday 30 October 2011.



VHW aims to raise awareness of, and encourage participation in, activities that promote and maintain the health and wellbeing of veterans, their families and carers. The Minister for Veterans' Affairs, the Hon. Warren Snowdon MP, has endorsed this year's theme of ***Building on the strengths of the Veteran Community - mental Wellness.***

A number of events will be organised across Australia throughout the week and will focus on three key features that contribute to mental wellness:

- Friendship - friends support one another;
- Resilience - learn new ways to cope with and bounce back from stress;
- Leadership - take the lead, show your friends and mates the way to better mental health.

A real strength of the veteran community lies in its members and their social connections and my purpose in writing to you is to seek your support in promoting this major wellness focus.

As in 2010, show bags containing information and items relating to the theme will be available for distribution to participants to VHW 2011 events. In addition to the show bags, limited funding may also be available to Ex-Service Organisations and other groups, including Day Clubs and MHPE volunteers, to undertake VHW events. An application form for seeking funding and the Information Resource Kit will be available online shortly on the VHW website at www.dva.gov.au/vhw.htm or hard copies can requested through VAN on 1300 55 1918, or bey emailing vhw@dva.gov.au

In the next few months leading up to VHW 2011, up-to-date information about planned activities will be available through a variety of channels, including the VHW website, Vetaffairs, and newsletters.

St Marys will be holding a VHW activity on 27th October 2011.

Marilyn Bell Parramatta 02 9893 9892

VETERANS' HEALTH WEEK



Come along and Join In the Fun at the

"PIT STOP"



**When : 27 October 2011
11.00am to 2.00pm**

Where: St Marys RSL - Mamre Rd. St Marys

**Free : Health check, lucky door prize
Free gifts**

**For Further Information Contact: Sam at the
'Train'**

Phone: 02 9833 4700

TAB FACILITIES

Sports Bet

FOX Sport

SKY Channel

TERRACE CAFE

Check Board for Specials

Open Daily for Lunch & Dinner

Serving Light Meals, Snacks, Sweets & Coffee

Monday

Bingo 11.30am

Rock & Roll Dancing 7-10pm

Tuesday

Bingo 7.30pm

Thursday

Bingo 11.30am

Texas Hold'em Poker 6.30pm

DJ Stuart plays 60's, 70's & 80's in the Lounge
and **MEMBER'S BADGE DRAW**
\$3000-\$5000 From 7pm

FRIDAY

Bingo 11.30am

DJ Stuart In Lounge 8pm -12.30

Saturday

Meat Run 4-6pm

Duo in Lounge Area 7.30pm-Midnight

Live Band in Audi 1st Sat/Month

Sunday

Raffle, Trivia & Music 4-8pm

ST MARYS RSL CLUB

"The Place To Be"

FORTUNA Chinese Restaurant

Open for Lunch at Noon & Dinner at 5pm (Except Mondays)

www.stmarysrsl.com.au

Is gambling a problem for you? G-Line (NSW) is a confidential, anonymous & free counseling service.
FREECALL 1800 633 635

IMPORTANT NOTICE
MONTHLY BBQ 27th OCTOBER

DUE TO THE VETERANS HEALTH WEEK (VHW) BEING HELD ON THE 27th OCTOBER, THE MONTHLY BBQ AT THE 'TRAIN' WILL NOT BE HELD AT THE NORMAL TIME. THE BBQ WILL BE HELD AT THE RSL ON THAT DAY AT 1200 NOON TO COINCIDE WITH THE BBQ FOR THE VHW. ALL WELCOME.

(FROM: RENO)

**MICHAEL JOHN FITZGERALD
SOLICITOR**



**Level 8
65 York Street Sydney 2000**

Phone: 9283 2500 or 0419 440 990

**FAX: 9283 2600
ABN 18095746334**



Computer Training Classes

Computer Classes are conducted at the Vietnam Veterans Train situated at the St Marys RSL Club in Mamre Road Marys as follows:

Tuesday: 9.00 am - 12.00pm

Wednesday: 9.00AM - 12.00 pm (Ladies Class)

Thursday: 9.00 am - 11.00 am

Thursday classes teach Digital Photo manipulation using Photoshop Elements 5, only 5 students at a time. **Bookings essential.**

The Tuesday and Wednesday classes are informal and we teach mixed classes from the 'beginner' to the more experienced and retired seniors wanting to familiarise with current software and learn to use the Internet to send E-Mails and carry out research & other technology related issues.

WE URGENTLY NEED A TRAINER FOR OUR WEDNESDAY CLASSES TO ASSIST BETWEEN 9am - 12 Noon.

For more info call Keith 9833 4700 or email vietvet@tpg.com.au

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Phone: 9623 2937

Fax: 9623 2934

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- GUTTERS & DOWNPIPES
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Coordinated Veterans' Care Program (CVC)

Commencing on 1 May 2011, the CVC Program will increase the community-based support for Gold Card holders who have one or more chronic conditions, complex care needs and are at risk of hospitalisation. The program will provide ongoing and planned care based on an individualised Care Plan. Your GP, along with a practice or DVA contracted community nurse will work closely with you to understand your health needs, assist you in managing your conditions and coordinate the various aspects of your care.

Who is the CVC Program for? The program is for Repatriation Health Card - For All Conditions (Gold Card) holders who:

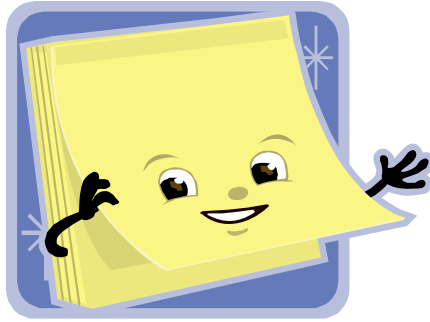
1. Are living in the community (that is, not in a residential aged care facility);
2. Have been diagnosed with one or more chronic diseases or conditions, especially:
 - Congestive heart failure,
 - Coronary artery disease,
 - Pneumonia,
 - Chronic obstructive pulmonary disease, and
 - Diabetes;
 - Have complex care needs;
 - Are at risk of being admitted or re-admitted to hospital.

Participation in the CVC Program is not mandatory. If you are a Gold Card holder with chronic condition, complex care needs and are at risk of hospitalisation, your GP can assess your eligibility for the program. If you are eligible for the program your GP will seek your consent to take part.

If you are eligible your GP will arrange for a nurse to help you implement the plan. The nurse will be in regular contact with you (and your appointed carer or family member if suitable) to:

- Help you make appointments with appropriate health professionals
- Remind you of appointments.
- Monitor your conditions and address any concerns.
- Coach and assist you in achieving your health goals.
- Provide any feedback to the GP who will regularly review your Care Plan to monitor your progress, make any necessary changes, and make sure your care is ongoing and planned.

For More Info visit: www.dva.gov.au/cvc.htm



IMPORTANT MESSAGE REGARDING DAYS OF OPERATION FOR PENSIONS AT THE VVAA ST MARYS OUTPOST

Pension claims at the 'Train' are now carried out on Monday, Tuesday, Wednesday, Friday between the hours of 9.30am to 1.00pm, however, these timings are flexible depending on availability of Pension Officers.

Anyone wishing to see a particular Officer should phone the office first to ensure they will be in attendance.

Veterans attending the 'Train' for the first time to start a claim should allow for at least two hours for the interview as initial interviews can be time consuming.

Interviews are carried out on a 'first in first served' basis

No Pension claims are carried out on Thursdays, this being kept clear for administration and maintenance.

Manilla Soldiers Memorial (From Des de Smid)

The photos below were taken a couple of days before Easter on our way to Currumbin for ANZAC Day.

Ian Bignall (Tanky) is the instigator of the plaque honouring ALL 20 of us who were involved in the Vietnam War. Originally the RSL put up 6 names (Army) after the war. Ian done the research and tracking down of everyone on his own, a huge effort and credit to him for contacting us all and inviting us to the unveiling and blessing of the plaque. Unfortunately Brenda and I were unable to attend as we had already booked and paid our ANZAC Day week at Currumbin.

Of the 20 names, 4 are Navy and the rest Army - 2 or 3 had also served in Korea.

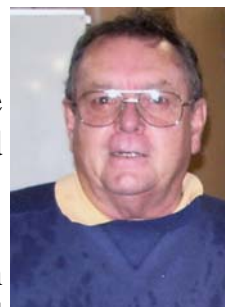


Des
&
'Tanky'



St Marys Governor King Day Club

Well I am back in the land of the long yawn, away from the hustle and bustle of those wonderful Chinese, Thai and Nepalese people. (Don't get me started).



Since the last newsletter I can report that we have been successful in gaining a Grant from DVA for projection and sound equipment to the value of \$2375.00. This equipment will enhance our current systems and allow us to project images onto a big screen so the older gentry can see what they look like in the photos and also hear what we say. Thanks to the DVA for same. (We had trouble locating the cheque but eventually discovered it in our account ahhh Don)

I would like to take this opportunity to thank Paul Pono for driving the bus while I was away and to Sean Hemingway - whilst Paul was recovering from pneumonia. From all reports they filled in very well considering they had a hard act to follow. On a more sombre note we lost two of our long serving members, Merv. Bradshaw and Edith Knight. They will be sadly missed and our thoughts and sympathy go out to their families.

Tom Paine, the founding father of the Governor King Day Club has informed us that he is selling up and moving to Queensland around the 24th August to be closer to his family. Tom has worked tirelessly establishing the Day Club through some very adverse and unwarranted conditions; especially when naming the Club and initial lack of support from the sceptics. We intend giving Tom the appropriate send-off when the time comes and anyone wishing to attend can let me know on 96736449 or 0407003289. With Tom's departure we are fronted with another dilemma - Doreen Adolphus depended on Tom for transport each Wednesday, we hope that Doreen can still visit us whenever possible. One of our volunteers, Paul Hibbard, is in Westmead Hospital having a hip replacement and at the time of writing, Paul has just informed me that he has to have the hip re-done on 26th July. We all wish you a speedy recovery Paul. I think the only thing that Paul doesn't suffer from is Hypochondria.

Our Warragamba Mothers Day outing to Rochford Place for morning tea was very enjoyable and made more so by their donation of \$200 to the Club. We were entertained by the Silver Fox Quartet; Ron Bloomfield & Paul Martin & his Military History, Gerry Daley and his band and of course the wonderful dancers: Svetlana, Nikita, Carlton & Logan a class act! Don't forget 27th July is our Xmas in July at the Henry Lawson Club.

Cheers - Allan

Some Health Issues

We're Tossing & Turning: Work worries are keeping us awake at night, whereas the promise of the weekend makes us sleep soundly. About 40 per cent of people say they toss and turn the most on Sunday night with looming job stress the major concern, a survey of 1200 adults by Travelodge Hotels reports.

Work woes interrupt men's sleep more than women's with one-third of men giving their job as the main reason they cannot get a good night's rest compared with 22 per cent of women.

Snoring partners keep 25 per cent of women awake but only 8 percent of men have the same complaint.

Going to bed with anything on our mind can keep us awake, it is not a good idea to watch stressful or violent TV before retiring, it is better to read a book or watch something humorous to put us into a relaxed frame of mind and then maybe a hot shower before 'hitting the sack'.

Wake-Up Call on Diabetes

One million Australians are living with Type 2 diabetes - and experts believe there are another one million who have the disease and don't even know it.

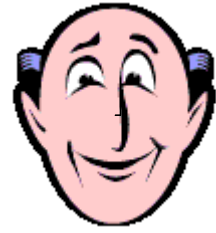
Diabetes Australia says: "Diabetes is growing at nine per cent per annum, which is very high, and what is more troubling is that it is now escalating in younger age groups, this is all to do with the growth in the obesity epidemic".

Diggers Not Seeking Help: Soldiers are refusing to seek help for mental health problems because they fear getting treatment will hurt their chances of being deployed or promoted.

"The problem is that many fear it will get back to their superiors." Young Diggers president John Jarrat said, adding the trend was becoming all too common among young soldiers. He said the independent welfare group had heard from dozens of soldiers and families who were concerned about their mental well-being following deployments.

**Don't Know Where This Originated, But Quite Amusing.
'How The Internet Started'**

This is a revelation or an Incredibly Big Message (IBM)
This is the *true* story of how the internet started. In ancient Israel it came to pass that a trader by the name of *Abraham Com*, did take unto himself a young wife by the name of *Dot*. And *Dot Com* was a comely woman, broad of shoulder and long of leg; indeed she was often called *Amazon Dot Com*.



And she said unto Abraham, her husband: "Why doest thou travel so far from town to town with the goods, when thou canst trade without ever leaving thy tent?" And Abraham did look at her as though she were several saddle bags short of a camel load, but he simply asketh: "How, dear?"

And Dot did reply: "I will place drums in all the towns and more drums betwixt so that they may send messages saying what you have for sale, and they may reply, telling you who hath the best offer. And the sale may be made on the drums and delivery made by *Uriah's Pony Stable* (UPS),"

Abraham thought long and did decide he would let *Dot* have her way with the drums. And the drums boomed out and were an immediate success. Abraham did sell the goods he had at top price, without ever having to move from his tent. To prevent neighbouring countries from overhearing what the drums were saying, *Dot* devised a clever system that only she and the drummers did knowest. It was called '*Must Send Drum Over Sound* (MSDOS)' She did develop a language to transmit ideas and pictures - *Hebrew To The People* (HTTP).

But their success aroused much envy. A man called Maccabes did secrete himself inside Abraham's drum and he began to secure part of Abraham's monopoly business. However, Maccabes was discovered and prosecuted for insider trading and breaching intellectual copyright. And the young men did taketh to *Dot Com's* trading as doth the greedy horsefly taketh to camel dung. They were called '*Nomadic Ecclesiastical Rich Dominican Sybarites*' or *NERDS*.

And lo, the land was so feverish with joy at the new riches and the deafening sound of drums, that no one did notice that the real riches were being reaped by an enterprising drum dealer by the name of Brother William of Gates, who had bought out every drum maker in the land.

And indeed he did direct that drums be made that would work only with Brother Gates' drumheads and drumsticks. (This rubbish continued P27)

And **Dot** exclaimed: "oh Abraham, what we have begun is being taken over by others." And Abraham gazed out over the Bay of Ezekiel, or **eBay** as it came to be known and said: "We need a name that reflecteth what we are." And Dot did suggest: "**Young Ambitious Hebrew Owner Operators.**" "**YAHOO**" Abraham agreed and liked the idea, so they named it , **YAHOO DOT COM.**

Abraham's cousin, Joshua, being a young **Gregarious Energetic Educated Kid (GEEK)** soon began using **Dot's** drums to locate things around the land. And soon to be known as, **God's Own Official Guide to Locating Everything (GOOGLE).**

And that is how it really was in the beginning. (Yeah Right!!!) (It was just a fill in)

Nepean Wives of Vietnam Veterans Women's Support Group Inc.

This is a non-profit community based support group for wives of veterans. The group meet on the second Thursday of each month at

10.00 am at the

St Mary's RSL Youth Club Hall.

Phone: Cheryl Mullavey 9625 9363

NOTICE **KIDS OF VETERANS**

The kids of veterans now have a web site with all the information on joining and updates on activities, you can also email Leanne:

Web: veteranskids-nsw.ning.com

Email: kidsofveterans-nsw@hotmail.com.au

Heavenly Celebration Funerals believe that families want honest and comprehensive answers regarding their funeral arrangements. Our funeral home Web Site provides you with vital information to help relieve some of the burdens of this difficult time.

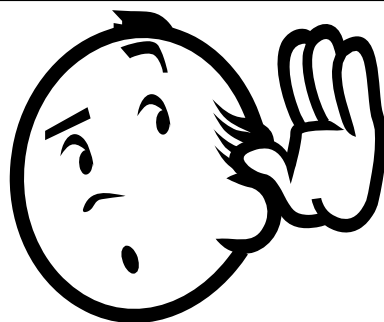
At Heavenly Celebration Funerals, we pride ourselves on providing quality products and dignified service at an affordable cost. We understand that the emotional and financial burdens can be overwhelming and our goal is to alleviate as much stress as possible during this time.

Phone: 02 9623 6656 0418 250 242

Email: michelle@heavenlycelebrations.com.au

Web: www.heavenlycelebrations.com.au

DOES TINNITUS BOTHER YOU?



The Department of Linguistics at Macquarie University and the Hearing CRC are conducting a study on tinnitus sufferers, and will provide participants with one or two treatments FREE.

For further details contact: Christopher Sewell

On: 9850 4246

Email: Christopher.sewell@mq.edu.au

Bereavement Information

Bereavement payment is a one-off, non-taxable payment designed to help with costs that may follow the death of a veteran. Where the deceased veteran was a member of a couple the bereavement payment will assist the surviving partner adjust their finances following the cessation of the veteran's pension.

Who Is Eligible for a Bereavement Payment?

If the pensioner was single: The bereavement payment is usually made to the deceased person's estate if the pensioner was single, separated, or widowed when they died, and they were receiving :

- Service pension; or
- Social security age pension; or
- Defence Force Income Support Allowance (DFISA); or
- Income support supplement; or
- Disability pension at the Special Rate and died in needy circumstances;
- Disability pension at the EDA rate and died in needy circumstances.

If the pensioner was a member of a couple:

The payment is usually made to the surviving partner if the couple were:

- Living together' or
- Separated because of medical reasons; or
- If either of them was in respite care at the time of death; and

The pensioner was receiving:

- Service pension; or
- Social security age pension; or
- Defence Force Income Support Allowance (DFISA); or
- Income support supplement; or
- Disability pension.

How do I Get a Bereavement Payment?

You do not generally have to apply for a bereavement payment. Payment will occur automatically upon notification of death to the DVA. If the veteran was single, died in needy circumstances, and was receiving a Special Rate (TPI) or EDA rate disability pension prior to their death, then a bereavement payment may be able to be made to the estate. An application for payment must be made within 12 months of the veteran's death. Claim forms are available from your nearest DVA or VAN office or the DVA website: www.dva.gov.au

More info can be obtained by contacting VVAA St Marys 02 9833 4700

SUNSET STATION SINGERS

The Sunset Station Singers is a non profit community based organisation developed to provide Vietnam Veterans, their families and friends, an environment that is both social and therapeutic. It is in this environment where Vietnam Veterans and their families find relief from the psychological struggles related to the involvement of past war service.

The Singers meet at the St Marys RSL Club each Monday at 7.00pm until 9.00pm. The Singers find friendship and much needed laughter combined with community spirit whilst rehearsing their repertoire which covers many age groups, i.e. 60's music and onwards.

Mark Bowden is the music teacher; he is a professional entertainer and is dedicated to the professional development of the Singers, they have performed successfully on many occasions at various functions especially around the holiday season and the lead-up to Christmas.

Although the Singers are volunteers and are therefore unpaid, they do become involved in fund raising where the profits are directed towards children based charities.

The Singers welcome new members to join us - you do not have to be an accomplished singer, just be willing to try - the rest will just happen!

For enquiries please contact: **Mark Bowden 0408 414 438**



St Mary's RSL Sub-Branch
Corner Mamre Road and Hall St.

The RSL Sub-Branch monthly meeting is held the second Wednesday of each month at 6.30 pm in the auditorium, refreshments provided. The office is open most mornings between 10.00am-12noon and can be contacted on **9623 6555**.

St Mary's RSL Sub-Branch Committee

President:	Gary Fizzell	0418 114 976
V/President:	Terry Burn	0407 834 499
V/Pres:	John Foeken	0409 329 688
Treasurer:	Ted Fish	02 9623 6555
Secretary:	Ron Kelly	0411 543 719
A/Secretary:	Tony Fryer	0414 557 692
Committee:	Greg Cant	0425 208 622
	Michael Wiesel	02 9623 6555

VVAA ST MARY'S OUTPOST COMMITTEE

PHONE: 02 9833 4700 FAX 9833 4022

President:	Greg Cant	0425 208 622
V/President:	Uwe Schoenherr	0414 063 957
Secretary:	Sam Vecchio	9833 4700
Treasurer:	Ted Fish	9833 4700

Management Committee

The VVAA St Marys Outpost Management Committee meets each month at the 'Train' to discuss important points relevant to the proper management of the Outpost, which will then be raised at the Bi-Monthly General Meeting.

This newsletter is produced and printed at the VVAA St Mary's Outpost in association with the St Mary's RSL Sub-Branch. it is provided free of charge to members of both associations. Views and statements made within the magazine are not necessarily the views of the St Mary's RSL Sub-Branch or the VVAA St Mary's; the Editor and the organizations are not giving legal, accounting or other professional advice and therefore do not accept any responsibility for the accuracy of the opinions or information contained in the magazine. We believe that the sources are accurate at the time of publication. Care should be exercised by readers who attempt to use this publication as a source of reference material for any purpose other than its intended use, which is light informative reading on topics of interest for the veterans of both associations.

Gary Fizzell - Editor

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