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## 12 Field Regiment (Vietnam) Association

### INFORMATION BULLETIN No. 30 16<sup>th</sup> December 2014

*Welcome to this Christmas issue of the Information Bulletin. We hope you have all enjoyed reading our previous editions throughout the year. We wish all members and their families a joyous Christmas and a safe and happy 2015!*



*President Graham Floyd and the committee.*

#### 1. New Member:

We are pleased to welcome Ross Prowse as an Ordinary member of the Association. Ross served as a gunner in 102 Battery in Vietnam in 1968. He lives in North Curl Curl, NSW. It will be good to catch up with him at our next reunion.

#### 2. A Christmas Message from Tinks:

Our esteemed patron, Fr. John Tinkler, has sent us an irreverent and hilarious Christmas message (attached). I'm not sure how he gets away with it, but thanks Tinks, and I'm sure all our members wish you all the very best for Christmas and a happy and healthy 2015.

#### 3. The M2A2 at the Seymour Commemorative Walk:

On behalf of the Seymour branch of the VVA, our member Ian Warren has advised us that the long-awaited M2A2 has finally been installed on the walkway. His photo is attached. (Note our Association plaque right in front.)

*Trevor. we finally received and deployed the M2A2. Directly beneath the muzzle is the 12Fd Regt (Vietnam) Association pavers. Eventually the area around the gun will hold all purchased Gunner pavers and will be known as Gunners Corner. The M2A2 on display has been deployed in Australia only. Regards Ian Warren*

#### 4. Liaison with the Royal Australian Artillery Association (NSW):

Some members may have forgotten that our association – the 12 Field Regiment (Vietnam) Association – is actually set up as a sub-branch of the RAAA. As such, we are invited to participate in the committee of management of the RAAA and we have regularly sent a delegate to represent us at their committee meetings.. Until now, this has been our hard-working Treasurer, John Beer. After all this time, John has finally stepped down from this liaison role and our association is now represented by Don Tait. The role is quite time-consuming and we are lucky that we have such capable blokes doing it.

Many thanks for your past service in this job Beery, and to Don for volunteering to take his place.

## 5. Heart Health Program – a Message from Laurie:

Laurie Bird has sent us this timely reminder.

### HEART HEALTH PROGRAM

*The Dept of Veterans Affairs is supporting a 12 month Health & Fitness program facilitated by Corporate Health Management who are professionals in this field. It is open to all eligible Veterans who have not participated in a Heart Health Program and it is free to all participants. The aim of this Program is to assist participants' physical health and wellbeing through practical exercise, nutrition and lifestyle management support. The program covers a range of topics including setting healthy goals, nutrition and healthy eating, physical activity, weight management, chronic conditions, quitting smoking, responsible alcohol consumption, back care, stress management, sleep, healthy ageing and maintaining a healthy heart.*

*Also the participant is offered in 2 formats- as a Group or as the Individual Program in an area near you.*

*If you are interested in this program you will need to firstly contact the following website [www.veteranshearthealth.com.au](http://www.veteranshearthealth.com.au) or call 1300 246 262.*

## 6. Cockatoo Veterans' Retreat:

Greg and Annie Carter, who run this retreat for veterans, have sent us the following message and a copy of their latest Newsletter (attached). They also tell us that they now need to incorporate the retreat, but to be able to do this they require a membership base. They are starting from scratch to put a membership base together. If, after you've read their Newsletter, you might be interested in joining, there is also a Membership Application attached for your use.

*'Morning all. This is the retreat that was supported by the sales of the VIETNAM VETS NUDE CALENDAR. Here is the Nov newsletter. As you can see we have been busy. Cheers to all, Greg and Annie (The membership form is attached for those who would like to support us.)*

## 7. Welfare Officer's Message:

### Xmas Welfare Message Dear Members,

**Just a short note to wish everyone a really Happy Xmas from the "Welfare Department".**

I have received only one note since my last report, from **Ken Marsden (HQ Bty.1967-68)**, who advised:

*"I am reporting from the Private Hospital Wangaratta, where I have just had a double incisional hernia repaired. Have just had dinner, first food since last night and with Surgeons and Anesthetist approval will be having a Jameson single malt night cap. I expect to be in for 3-4 days, then 6 weeks recovery at home. My Vietnam venture is still going strong, on my last trip Sept/Oct I met up with the little girl from the orphanage who had been adopted by two Aussies, she looks BEAUTIFUL, happy, smiling being loved Had a beer with Leafy and Doug Power on Saturday, they were passing through Wang on their annual bike ride, Sunday not good weather, wet and windy. Cheers to all Ken Marsden (The Bloody Cook)'*

The following is a link to a **Vietnam Veterans Family Study** which you might find interesting.

[http://www.dva.gov.au/health\\_and\\_wellbeing/research/FamilyStudyProgram/vietnam\\_vets\\_family\\_study/Documents/vvfs\\_factsheet.doc](http://www.dva.gov.au/health_and_wellbeing/research/FamilyStudyProgram/vietnam_vets_family_study/Documents/vvfs_factsheet.doc) I have also attached a **"Treatment Eligibility at a Glance"** summary for your information.

3.

I do hope that all members and their families and loved ones have a Happy and Joyous Xmas and a great and healthy 2015.  
Regards, Rick Cranna. Welfare Officer.



### 8. Merchandise:

Our QM Laurie Bird has given us this information, including a repeat of last year's Christmas offer of free postage for all orders received before the New Year. Goods on offer include caps, ties, Chambray and polo shirts, and all-weather jackets. These items are available immediately unless you require a shirt or all-weather jacket in a size which is not normally stocked. In these cases, the clothing must be ordered for you from the factory and there would be a short delay in you getting them. Caps and ties are available immediately. Prices are: Caps \$15, Ties \$27, Shirts \$27 and all-weather jackets \$55.

To order please contact Laurie Bird on his email address of [lawrence.bird@bigpond.com](mailto:lawrence.bird@bigpond.com) or phone 02 49548248



*Bye! MERRY CHRISTMAS!! See you next year.*

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12 Field Regiment (Vietnam) Association is a Branch of RAA (NSW) Association Inc  
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