



Melbourne West Defence Veterans'

An Affiliated Group of the Hoppers Club.

C/- PO Box 1059, Hoppers Crossing, Vic 3029

'West Side Story'

Edition Fourteen

A MILD WINTER BRINGS ON EARLY FLOWERING IN MELBOURNE

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Welcome to the fourteenth edition of the new West Side Story, a Newsletter to inform our friends of what's going on with our new Hoppers Club Affiliated Group. Please note our change of address, which is a mail box we have within the Hoppers Club.

WE WILL REMEMBER OUR DEFENCE VETERANS

PASSING PARADE OF MEMBERS OF THE FORMER MELBOURNE WEST SUB BRANCH OF VVAA

Good to see this space empty

DUTY DONE THAT MAN. REST IN PEACE.

Idle thoughts

- **I read that 4,153,237 people were married last year. Not to cause any trouble.... but shouldn't that be an even number?**
- **I find it ironic that the colours red, white and blue stand for freedom until they are flashing behind you.**
- **When wearing a bikini, women reveal 90% of their bodies. Men are so polite they only look at the covered parts.**
- **Relationships are a lot like algebra. Have you ever looked at your X and wondered Y ?**
- **My therapist says I have a preoccupation with vengeance. We'll see about that!**
- **I think my neighbour is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.**
- **Money talks ... but all mine ever says is good-bye.**
- **You're not fat, you're just easier to see.**
- **The location of your letterbox shows you how far away from your house you can go in a dressing gown before you start looking like a mental patient.**
- **Money can't buy happiness, but it keeps the kids in touch.**

TWO LITTLE OLD LADIES....

Two little old ladies, Niamh and Tara, were sitting on a park bench outside the local town hall in Limerick, where a flower show was in progress.

The short one, Niamh, leaned over and said, "Life is so boring. We never have any fun anymore. For \$10 I'd take my clothes off and streak through that stupid, boring flower show"!

"You're on!", said Tara, holding up a \$10 bill.

So, Niamh slowly fumbled her way out of her clothes. She grabbed a dried flower from a nearby display and held it between her teeth.

Then, completely naked, she streaked (as fast as an old lady can) through the front door of the flower show.

Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause and shrill whistling.

Finally, the smiling Niamh came through the exit door surrounded by a cheering, clapping crowd.

"What happened", asked Tara ?

Niamh replied, "I won \$100 as 1st prize for 'Best Dried Arrangement'!"

WE'LL ALWAYS REMEMBER QE2's SENSE OF HUMOUR AND THAT BEAUTIFUL SMILE.

I was on Guard of Honour, waiting for the King of Saudi Arabia, on Horseguards. On the right flank; Scots Guard (100 guardsmen) a gap, HM The Queen, mounted in uniform; alongside her the CO Colonel Gerald, another gap, then on the left flank, the Queen's Company Grenadier Guards (100 guardsmen).

We're stood at ease waiting. Suddenly the silence was broken by Colonel Gerald's charger erupting with horse farts at full volume for two minutes.

Embarrassed and staring straight ahead Colonel Gerald says, "Sorry about that your Majesty!"

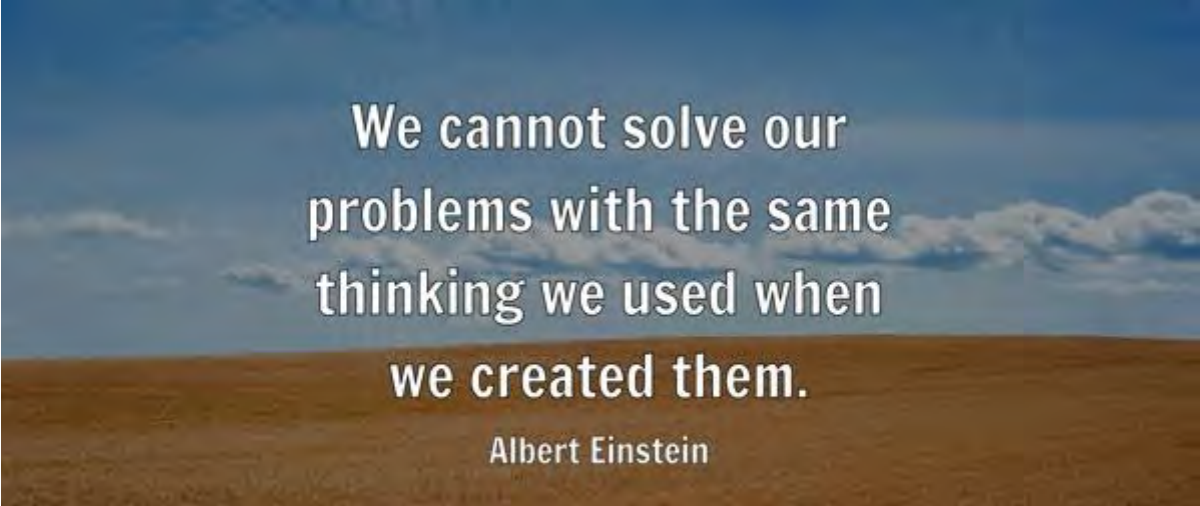
She replies, in a wonderful voice, "That's alright Gerald, . . . I thought it was your horse!"

200 guardsmen silently cried with laughter, and tapped their rifle butts on the gravel. From that moment, every man there adored her!

Name of the author unknown but believed to be an officer who was on this parade.

DEFENCE VETERANS OF MELBOURNE WEST

We are now an “Affiliated Group” at the Hoppers Club. We are seeing about 12 people gather each Wednesday at the Hoppers Club for some light camaraderie mixed with lunch and a drink or two. All up, a pleasant couple of hours.

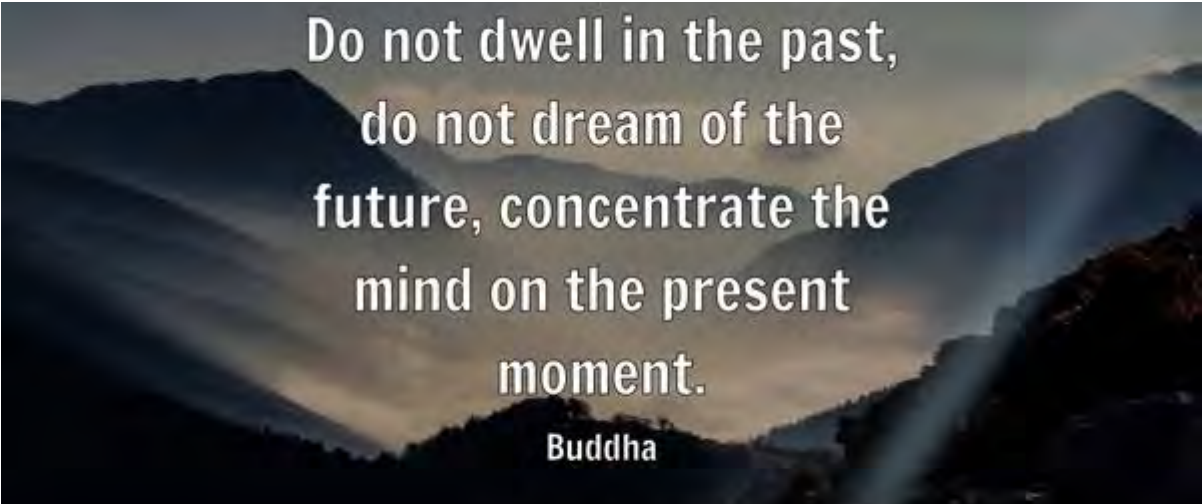


We cannot solve our
problems with the same
thinking we used when
we created them.

Albert Einstein



**THEY SAY 40 IS THE NEW 30
AND 50 IS THE NEW 40, BUT ALL I
KNOW IS THE OLDER I GET, THE
MORE 9PM IS THE NEW
MIDNIGHT.**



Do not dwell in the past,
do not dream of the
future, concentrate the
mind on the present
moment.

Buddha

WE WILL REMEMBER OUR DEFENCE VETERANS

NOTES FOR YOUR CALENDAR

AUGUST 2024

- 14th Lunch gathering of the Hoppers Club group
- 16th VV Day service at Altona RSL at 11am
- 18th VV Day service and luncheon at Werribee RSL (Must book in via RSL)
- 21st Lunch gathering of the Hoppers Club group
- 22nd Veterans Interviews with students at Grange P-12 College at Deloraine
Dve entrance by 0920
- 23rd Werribee RSL Services Luncheon—address by Melbourne Fire Brigade
personnel on household safety
- 28th Lunch gathering of the Hoppers Club group
- 29th Veterans Interviews at Bacchus Marsh Grammar—8am pick up at
Hoppers Club rear parking area near Tennis Courts

SEPTEMBER 2024

- 4th Lunch gathering of the Hoppers Club group
- 11th Lunch gathering of the Hoppers Club group
- 18th Lunch gathering of the Hoppers Club group
- 25th Lunch gathering of the Hoppers Club group
- 27th Werribee RSL Services Luncheon (must book in at Club)

A man goes to the doctor.

After examining him, the GP says: “You have some problems with your heart, but if you take these tablets I think it will be okay.”

So the doctor gives the man the tablets and the patient asks: “Do I have to take them every day?”

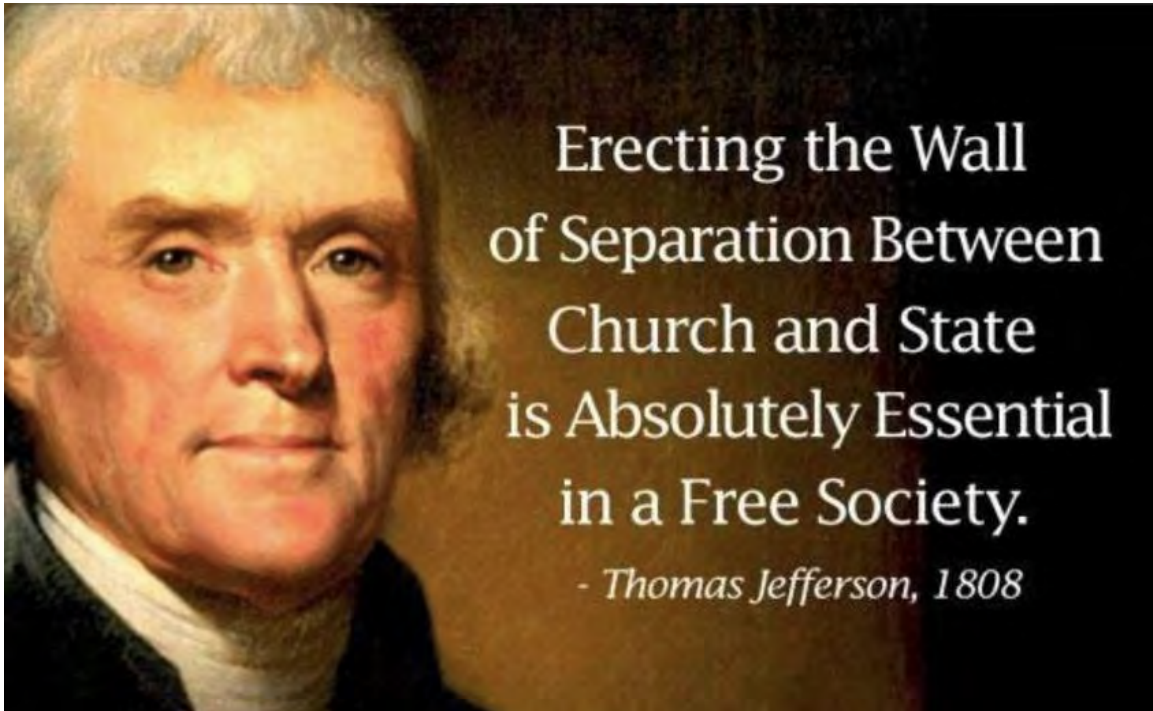
“No,” replies the doctor. “Take one on the Monday, skip the Tuesday, take one on the Wednesday, skip the Thursday and go on like that.”

Two weeks later the doctor is walking down the street and he sees the patient’s wife. “Hello Mrs Murphy,” he says. “How’s your husband?” “Oh he died of a heart attack,” says Mrs Murphy.

“I’m very sorry to hear that,” says the doctor. “I thought if he took those tablets he would be all right.”

“Oh the tablets were fine,” says Mrs Murphy. “It was all the bloody skipping that killed him!”

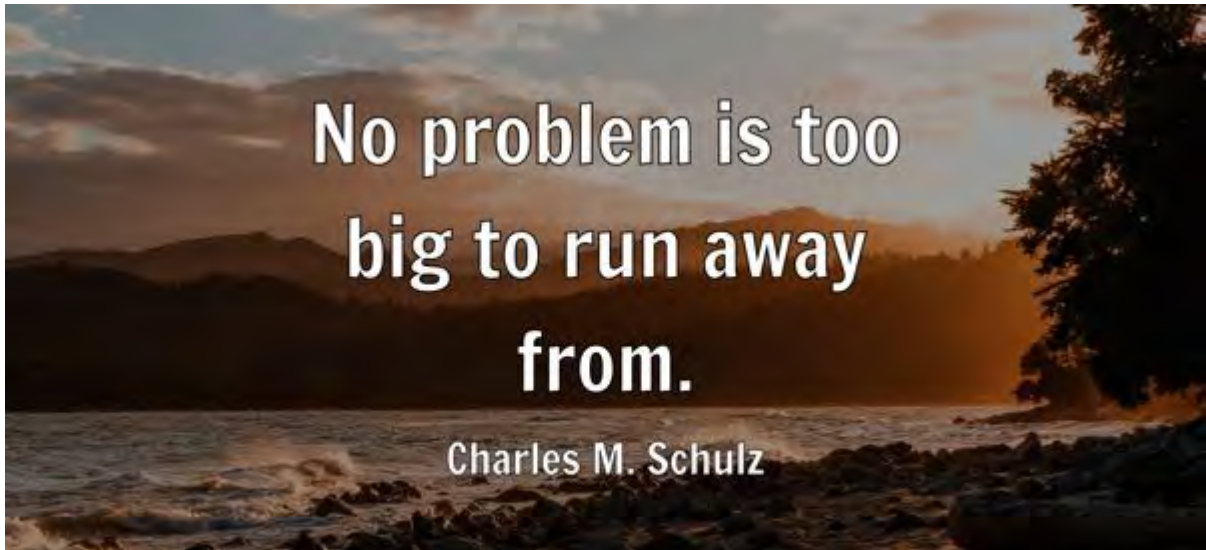
Editor's Political Comments



Australians we cannot rejoice,
For we're no longer free;
We've sold our soil and wealth and oil;
Our home is a crime spree;
Our land abounds in welfare gifts
To migrants from elsewhere;
In history's page, we are enraged
Advance Australia Where?
In painful strains then let us sing,
Advance Australia Where?
Beneath our radiant Southern Cross
We'll toil with hearts and hands;
To make this Government of ours
Stop bowing to demands;
For those who've come across the seas
We've boundless plains to share;
But we expect some due respect
To Advance Australia Fair.
In painful strains then let us sing,
Advance Australia Where? Written by Phil Kirby

WE WILL REMEMBER OUR DEFENCE VETERANS

The Quotes of Charles Schultz

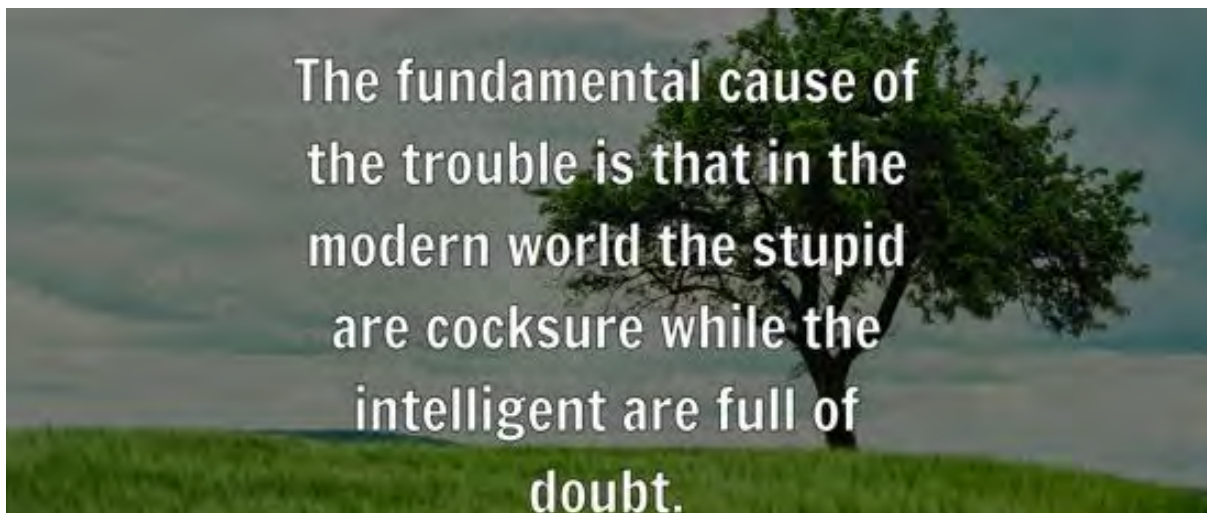
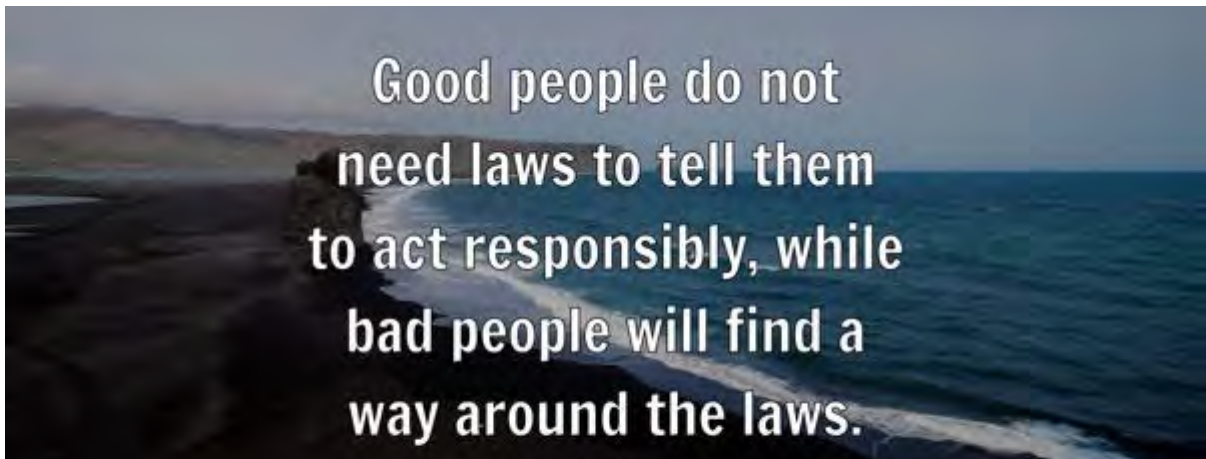
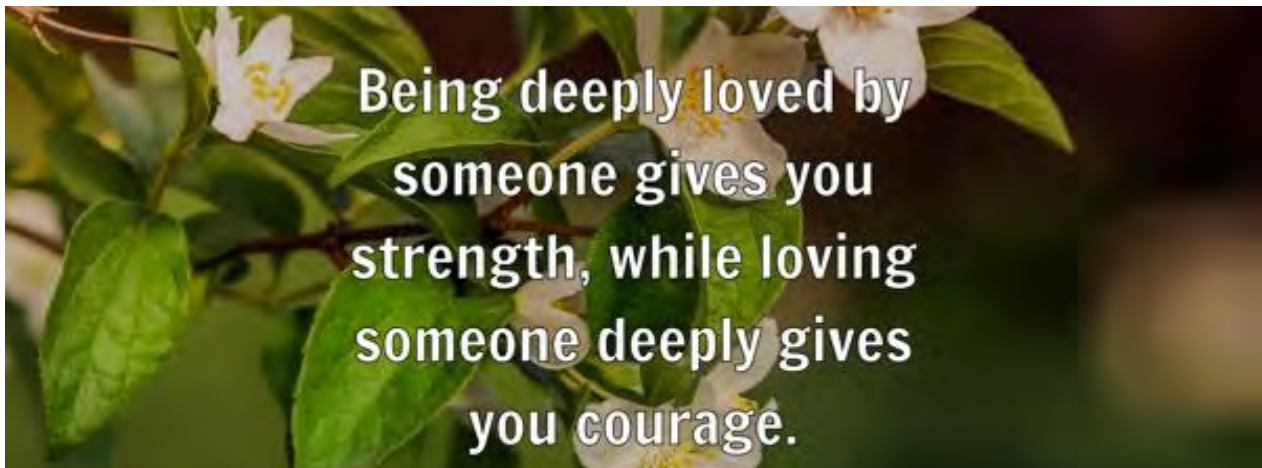


In all of mankind's history, there has never been more damage done than by people who 'thought they were doing the right thing' .

I have a new philosophy. I'm only going to dread one day at a time.

I think I've discovered the secret of life -- you just hang around until you get used to it.

Exercise is a dirty word. Every time I hear it I wash my mouth out with chocolate



I cook with wine, sometimes I even add it to the food..

Age is something that doesn't matter, unless you are a cheese.

I would never die for my beliefs because I might be wrong.

A Government that robs Peter to pay Paul, can always rely on the support of Paul.

A FART

A fart it is a pleasant thing, It gives the belly ease,
It warms the bed in winter And suffocates the fleas.

A fart can be quiet, A fart can be loud,
Some leave a powerful, Poisonous cloud

A fart can be short, Or a fart can be long,
Some farts have been known To sound like a song.

A fart can create A most curious medley,
A fart can be harmless, Or silent, and deadly.

A fart might not smell, While others are vile,
A fart may pass quickly, Or linger a while.

A fart can occur in a number of places,
And leave everyone there, With strange looks on
their faces.

From wide-open prairie, To small elevators,
A fart will find all of us sooner or later.

But farts are all bad, Is simply not true.
We must never forget... Sweet old farts like you!

Kinda brings a tear to your eye - doesn't it?

**Maybe I was raised
wrong, but I was
taught that if you
wanted something,
you worked for it.**

SENIORS NEWS



CREATE AN EMERGENCY PLAN FOR YOUR HOME

In an emergency, having a plan to follow will reduce the stress and panic. Having a plan means you can think clearly, have a greater sense of control and make better decisions.

You can find templates and information about how to create a plan on the [Australian Red Cross website](#).

Plan how you would escape a fire in your home.

People who are well-prepared are more likely to escape their homes safely and without panic.

As part of your plan, you and your family should know:

- a. the two quickest ways out of every room
- b. how they will exit from upstairs if your home has a second storey
- c. an agreed-upon meeting place outside, such as the letterbox
- d. how they will call Triple Zero (000)

Never lock your deadlocks when you're at home
During a fire it will be dark and smoky – and a deadlocked door could block your escape.
If you must keep deadlocks locked, leave your keys in the door.

Find more information on how to plan and prepare for fire emergency at home on the [Country Fire Authority \(CFA\) website](#).

With us heading into Spring and then Summer, get ready for extreme heat

Extreme heat can affect anyone. Older and younger people and those with medical conditions are at greater risk.

Heat can cause illnesses such as heat cramps and heat exhaustion. These can lead to the life-threatening condition, heatstroke, which is fatal in up to 80% of cases.

Visit the Better Health Channel for [tips and advice on surviving the heat](#).

Emergency Plan continued

Create an emergency kit

Have essential items on hand and make sure your kit is in an easy to grab spot if you need to evacuate quickly. Having your emergency kit at the ready will help you stay connected with the basics you'll need.

Here is what to include in your kit:

- radio (battery-powered)
 - torches
 - a supply of batteries (sizes to fit your radio and torches)
 - device chargers (solar-powered and standard)
 - mobile phone
 - food – basic staples that don't require heating or cooling, e.g., muesli bars, tinned food like fruit or tuna (and a can opener!)
 - bottled water
 - warm, waterproof clothing and comfortable shoes
 - spare medication, copy of your prescriptions
 - a first aid kit
 - pet food, medication, gear like bowls and leads – if you have a pet
 - cash
 - printed copy of your emergency plan
-

Some advice for the chocolate lovers:

Be grateful that no matter how much chocolate you eat, your earrings will still fit.

VETERANS'



CORNER

New Veterans' Legislation introduced to Parliament 11 July 24

On 3 July 2024, the Minister for Veterans' Affairs and Defence Personnel, Matt Keogh, introduced legislation into Parliament to simplify and harmonise the veterans' rehabilitation and compensation framework. This is another important step the Government has taken to respond to the Royal Commission into Defence and Veteran Suicide's Interim Report.

The Bill would consolidate all legislation governing veterans' compensation and rehabilitation into the *Military Rehabilitation and Compensation Act 2004* (MRCA) from 1 July 2026.

This means the *Veterans' Entitlements Act 1986* (VEA) and the *Safety, Rehabilitation and Compensation (Defence-related Claims) Act 1988* (DRCA) will be closed to new compensation and rehabilitation claims.

An underlying principle of the Bill is that there will be no reduction in payments that veterans or families have previously received or are currently receiving.

These changes will make the claims system easier to navigate and help veterans and families receive the support and services they are entitled to. It will also ease the administrative burden for DVA, making determinations less complex, and reducing training and system maintenance overheads.

The Bill also introduces a range of enhancements that will improve compensation arrangements for veterans, including:

- a new Additional Disablement Amount (ADA), similar to the existing Extreme Disablement Adjustment (EDA) available under the VEA (This will compensate older veterans who have a high degree of incapacity due to service-related conditions.)

Continued over page



In remembrance of every Australian Defence Service person who has paid the supreme sacrifice in serving their country.

LEST WE FORGET

That's all for now folks.....!

The next issue will be Edition 14, so please, if you have anything of interest to our membership, or even an internet address for me to look up some items, please let me know by email to

glensmith43@hotmail.com

NOTE: comments and political jokes in this Newsletter are those of the editor and are not necessarily those of the people who are in the Group.

WE WILL REMEMBER OUR DEFENCE VETERANS