

# FROM WARFARE TO WELFARE

Issue No. 73

4 December 2017



VETERANS SUPPORT CENTRE  
BELCONNEN



Patron: Air Vice-Marshal Chris Deeble AO CSC

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**The Veterans Support Centre Belconnen  
actively pursues the welfare of all  
Defence Force members and their families.  
Our services are available to both serving and former  
members of the Australian Defence Force and certain  
Government employees.**

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## **Veterans Support Centre Belconnen**

### **Vietnam Veterans & Veterans Federation of Australia (VV&VFACT)**

9 Burkitt Street PAGE ACT 2614 **Phone** (02) 6255 1599 **Fax** (02) 6255 1577

**Email** [office@vscact.org.au](mailto:office@vscact.org.au) **Website** [www.vvfact.org.au](http://www.vvfact.org.au)

**Office Hours** 9:00am to 4:00pm Monday to Friday

<b>President:</b>	Ian Thompson
<b>Senior Vice President:</b>	Daniel Burton
<b>Vice President 1:</b>	Geoffrey Bolwell
<b>Vice President 2:</b>	Ronald Culton
<b>Secretary:</b>	Robert West
<b>Treasurer:</b>	Sidney Gainey
<b>Assistant Treasurer:</b>	Lyall Camp
<b>Public Officer:</b>	Christopher Flynn
<b>Membership Officer:</b>	Robert Jones
<b>Grants Officer:</b>	Trevor Goodhew
<b>Committee:</b>	Brian Agnew John Kearns Sidney Sainsbury Arthur Gale Robert Kerby Peter Kercher
<b>Administrative Assistant:</b>	Julie Broomby
<b>Office Manager:</b>	Leанда Mackie
<b>Executive Support Officer:</b>	Karen Toscan
<b>Food Van:</b>	John Kearns / Robert Jones
<b>OHS:</b>	Arthur Gale
<b>Grants Assistant:</b>	Don Richards
<b>Newsletter Editors:</b>	Leанда Mackie / Julie Broomby
<b>Newsletter Sources:</b>	Roley Camons / Len Little
<b>Entertainment:</b>	Karen Toscan
<b>Hospital Visiting:</b>	Terry Duffy / Dennis Hebden
<b>PUTP (PTSD Support):</b>	David & Kate Tonacia

# PRESIDENTS REPORT

## Introduction

This year has been another very productive year for the Vietnam Veterans' and Veteran's Federation (VVFACT) and I am pleased to report that we continue to provide exceptional service to our veteran customers. The Executive and Committee has worked diligently and selflessly to provide you, the members, with the benefits you have been accustomed to enjoying. On your behalf, I commend this fine body of volunteers for their efforts.

## Computer Server Upgrade

During the closure of the Centre over the Christmas 2016/New Year Period, there was quite a bit of activity happening in the background. Previously, the Committee decided that there was an urgent need to replace our current computer servers with something more modern, reliable and less manpower intensive from the maintenance aspects.

Geoff Bolwell, Project Manager, and Aaron Pickering spent a huge amount of time after-hours at Page, in an effort to install, integrate and test the system before the office reopened at the end of January. As with all projects of this size there have been a few teething issues, but I believe the team is getting on top of the problems and we are now operating at close to 95 per cent of the expected capability.

## Installation of Solar Panels

For those of you who look skywards on occasions, you will have noticed the Solar Panels on top of the Food-van Shed. With the installation of the Solar Panels we can expect to see a significant savings to the VSC through a marked reduction in our electricity account. Well done that team.

## Paving in Garden of Peace

Vice President Geoff is into everything it seems, because he initiated a project to lay pavers at the back of the premises between the Garden of Peace and the Food Van shed. Several "hands" made the work light and I think all will agree that the finished product is a credit to Geoff and his merry band of helpers (you all know who you are/were).

# PRESIDENTS REPORT

## **Bus Trips**

The organizers of these enjoyable and educational trips have already produced several very successful bus trips this year.

No doubt the highlight of the “Bus Season” is the visit to Ron Culton’s property and the shenanigans that aging veterans and their partners seem to get up to once they enter the property. I am advised that fine food and drinks invariably light the competitive flame in otherwise sedentary people and the competition in the various events is fierce. Well done to everyone involved in the organisation and conduct of this most enjoyable day. An especially large “Thank You” must go to Ron who digs deep into his own pocket to make this day such a memorable experience for all concerned.

Let us not forget that these trips do not just happen, they are the product of a couple of very dedicated individuals and we need to continue to show support for future planned trips as they attempt to spend the Grant money received for the purpose of the enjoyment of the members.

## **Advocate/Pension Officer/Welfare Matters**

We have experienced another good period at VSC, Belconnen, and our hard-working volunteer Advocates and Pension Officer’s continue to support a wide range of claims from our present and past ADF members. All practitioners are working at capacity with claims and appeals, and some have taken on the additional role of mentoring our recently trained Level One Pension Officer practitioners’. Thank you, gentlemen for your efforts, I know the Veteran community is better served by your dedication, and as volunteers; we respect the fact that all pension officers work at their own pace.

# PRESIDENTS REPORT

## Last Post

Several other members of our veteran community have also been lost this year and as always, we say with their passing – Lest we Forget.  
See page 33 for the Last Post list.

## Volunteers

I previously acknowledged the work of your Advocate/Pension Officer and Welfare practitioners. Speaking of volunteers, I must again acknowledge the hard-working crew of the Food-van. These guys (and gals) are out there in any weather conditions supporting the various community activities, with the provision of food and drinks for the masses. Their reputation is growing, as I believe an increasing number of engagements are being offered, as the community recognizes the value of the services this team provides to events. From the Veteran Support Centre perspective, the Food-van provides an invaluable source of funds supporting the continued operation of our Facility and services.

# PRESIDENTS REPORT

## Conclusion

In conclusion, I must add my personal thanks to all those members who have contributed so much to our organisation over the past year. In particular, I highlight the effort of the Executive and the Committee of Management of the Vietnam Veterans and Veterans Federation. Your selfless contribution plays a major part in the overall success of this Organisation. Well done guys.

In addition to the Committee members, the Administrative support staff provide exemplary service to all members, but in particular, we Advocates (Compensation and Welfare) would not be able to complete our work without you girls. There are many other willing helpers and you are too numerous to mention, but the work and the effort you display is indeed commendable; without your contribution, this organisation would not be the nationally recognised centre of excellence that it is. Thank you.

Finally, as the 2017 Festive season approaches, I take this opportunity to say to one and all “Merry Christmas, Happy New Year and enjoy the well-earned break”. 2017 has been a most successful year from all aspects and I look forward to seeing you all again in the New Year as we tackle whatever challenges come our way.

Merry Christmas, Happy New Year.

**Ian Thompson**

**President/Advocate**

**29 November 2017**



# FOOD VAN DATES

## JANUARY

**FRIDAY 26TH**

AUSTRALIA DAY FROM 2.00PM

During January we ask that you contact either John Kearns or Bob Jones, while the Centre is closed.

John Kearns                      [jfdrkearns@homemail.com](mailto:jfdrkearns@homemail.com)                      0407 788 351

Bob Jones                        [bobandgloria@bigpond.com](mailto:bobandgloria@bigpond.com)                      0417 230 537

If you would like to volunteer on the Food Van please contact the office

[office@vscact.org.au](mailto:office@vscact.org.au)

**NOTE:** Every Monday after the Food Van goes out we have two WONDERFUL Volunteers [Murray & Ruth](#) who come to clean @ 9.00am, if anyone has a spare hour or two to help lend them a hand please contact the office.

# CALENDAR OF COMING EVENTS

## DECEMBER

**TUESDAY 19TH**

LAST DAY FOR 2017

[CLOSE @ 4.00PM](#)

**MONDAY 25TH**

CHRISTMAS DAY

**TUESDAY 26TH**

BOXING DAY

## JANUARY

**MONDAY 1ST**

NEW YEAR'S DAY

**FRIDAY 26TH**

AUSTRALIA DAY



# NOTICE BOARD

## NOTE FROM COMMITTEE

We cannot do everything required to keep the services the VSC offers fully operational without the efforts of non-committee members. This assistance is greatly appreciated and if you would like to assist in any way, please contact the office.

## CLOSURE FOR 2017 / RE OPEN 2018

The VSC will close doors on **Tuesday 19th December 2017 @ 4.00pm**

There will be two BBQs over the January break -

**Tuesday 16th January 2018 - From 10.30am**

**Tuesday 23rd January 2018 - From 10.30am**

The VSC re opens on **Monday 29th January 2018 @ 9.00am**

Client appointments will start from **Monday 5th February 2018 @ 10.00am**

## FIRST POINT OF CONTACT

The Office is the first point of contact for everything regarding The Veterans Support Centre. This includes but is not limited to Advocate appointments, ute bookings, functions and any general information you may require. Contact details are as follows:

Office Manager: Leанда Mackie

Administrative Assistant: Julie Broomby

Phone: (02) 6255 1599

[leанда.mackie@vscact.org.au](mailto:leанда.mackie@vscact.org.au) or [office@vscact.org.au](mailto:office@vscact.org.au)

[Julie.Broomby@vscact.org.au](mailto:Julie.Broomby@vscact.org.au)

# NOTICE BOARD

## **THE NATIONAL OFFICE OF THE VVF**

For clients of Jim Wain, Advocate for VVF and VSC.

Jim and his team will be on leave from Friday 8th December 2017 until Tuesday 30th January 2018.

Have a safe and happy Christmas and we will talk to you in the new year .

## **ADVOCATES**

Last Issue The VSC **THANKED** our Advocates for all of their **HARD WORK** here at the Centre and for all the hours they do at home.

I must apologize as I left one of our guys off the list, very sorry -

**Doug Gale**

## **THE PARTNERS OF VETERANS ASSOCIATION OF AUSTRALIA INC**

We are the Canberra Support Group for partners of past and present members of the Australian Defence Force.

Social lunch gathering, northside or southside venue on last Wednesday of the month.

Contact Jo **6230 3452** or Diana **6241 5184** if you would like to come along.

## **LEN LITTLE & ROLEY CAMONS**

**After 14 years of working on the Newsletter (one of many jobs), these two Hard working members need to step away from their volunteer work.**

**On behalf of the Committee, your fellow Members and the Office staff**  
**THANK YOU** to you both for your time and amazing effort every week, we wish you all the best.

**NOTE:** If you have two hours free on a Friday and would like to take on the Newsletter sourcing job please contact Leannda or Julie at the office.

If no one comes forward to offer any help with the sourcing we will have to look at changing the way in which the newsletter is done and sent out.

# NOTICE BOARD

## **COLLECTION OF FILES**

If you have had assistance from an Advocate at the VSC and your case has been finalised, please call the office on 02 6255 1599 to arrange collection, as we have limited space available for storage.

## **ARE YOUR DETAILS CORRECT?**

As our main form of communication is through email, please ensure your details are always updated by emailing **office@vscact.org.au**

### **Subject**

Membership details update

### **Include the following**

Full name

Contact phone number/s

Date of birth

Change of address if applicable

Or call (02) 6255 1599 to update. **This is only if your details have changed!**

## **GUTTER-VAC**

Don't risk a fall, give Gutter Vac a call. The Gutter Vac team has been cleaning gutters here in Canberra for over 13 years. They offer the most advanced and highest quality gutter cleaning services available.

Services they provide are: Gutter cleaning, storm water sumps, solar panels, rainwater tanks, chimneys, bird droppings, insulation removal and ceiling cavity clean ups. Gutter Vac complete work from the smallest domestic jobs to the largest warehouses and university campuses.

**Give them a call today on 0407 701 135 or email: [actsouth@guttervac.com.au](mailto:actsouth@guttervac.com.au)**

# NOTICE BOARD

## **CALVARY HOSPITAL CREW**

Back in March 2010 permission was sought for the Federation to resume visits to Vets and their families residing in Calvary Hospital Bruce. After negotiation and appropriate paperwork visits commenced, initially with one volunteer. Over the years a number of Federation members have given their time to the 'Crew' and we thank them.



**L to R:** Wal Brewer, Dennis Hebden, Calvary's Veterans Liaison Officer Suzanne McGunniess-Butler, Rosemary Armstrong and Stephen Williams, during a tour of the new Calvary Private Hospital Bruce on 13 Nov 2017.

## **INFORMATION ON WAR GRAVES**

Click on the link below to take you to the DVA website where our Office of Australian War Graves has all sorts of useful information. Feel free to email the links to your fellow veterans:

<https://www.dva.gov.au/commemorations-memorials-and-war-graves/office-australian-war-graves>

Click on this link to find out about eligibility for commemorating our post war dead:

<https://www.dva.gov.au/commemorations-memorials-and-war-graves/remembering-our-war-dead/commemorating-our-post-war-dead>

If anyone has any questions for us, please send an email to [wargraves@dva.gov.au](mailto:wargraves@dva.gov.au)

# AGM

## TUESDAY 19TH SEPTEMBER @ 11.00AM

40 Members attended the AGM this year and 54 sent in their apologies.

There were two Notice of Motions being discussed -

- (a) Include Grants Officer as a committee member
- (b) Proposed increase in Membership fees to cover increase in Capitation Fees as requested by National Office.

**Both motions were approved.**

Life Membership and Certificates of Appreciation were handed out, see page 14 for list and a photo.

Meeting was closed @ 11.37am and a BBQ lunch followed.





# AGM 2017

## LIFE MEMBERSHIP & CERTIFICATE OF APPRECIATION

Life Member

Robert West

Honorary Associate Life Member

Karen Toscan

Certificates of Appreciation

Tony Carthy

Jenny Goodhew

Peter Kercher

Peter Armstrong

Craig Pirich

John Davis

John Beard

Crossfit Three Flow



**L to R:** Tony Carthy, Trevor Goodhew on behalf of Jenny Goodhew, Peter Kercher, Ian Thompson (President), Peter Armstrong, Karen Toscan, Doug Gale on behalf of Crossfit Three Flow.

Absent:: Robert West, Craig Pirich, John Davis, John Beard (Auditor)

# LIFE MEMBER

## ROBERT WEST



At the AGM 2017, Bob West was awarded the Life Membership 2017 for many years of dedicated work in the support of Veterans, as Treasurer and Committee Member / Secretary.

Bob was unable to attend the AGM, so his Certificate and Badge were handed out at the BBQ on Tuesday 28th November 2017 - **CONGRATULATIONS !!!!!**





# Touring Mid-West USA by Dennis Hebden

What to do with several spare weeks in August. How about hiring an Indian Scout motorcycle and cruise through several states in America. I picked up my ride in Las Vegas, a city which needs to be visited at least once, joined a pack of other enthusiastic bikers and headed east.

First stop the Grand Canyon, an awe inspiring sight to be sure. In scorching heat we forged ahead to Monument Valley, another sight to behold. Here we were subjected to a thunder storm to end all thunder storms. Lightning, rain, hail, you name it, the gods were angry. Being a biker is tough. The journey saw us riding the famous Route 66, stopping at a well know Cafe along the way. This site has appeared in numerous movies and history books.

Soon we were headed north passing through and over-nighting in towns like Grand Junction, Cheyenne and Fort Laramie. All interesting places with interesting histories. Take Fort Laramie for instance, it was the only Military Fort never subjected to attack by Indians (First Nation People as they are now referred to as). It was a popular site for trade. Bison skins were the big item of the era. It has been estimated that up to 15 million buffalo were slaughtered for their skins before the settlers decided to document this period and knock off another 30 mil.



Monument Valley



# Touring Mid-West USA by Dennis Hebden

Next stop was STURGIS, reported to be the largest motorcycle gathering in the world. For 49 weeks of the year Sturgis is a sleepy town of about 6,000 residents but explodes to well over 200,000 people (bikers, vendors police etc) for the remaining 3 weeks. It is amazing to see how organised this rally is. For the 5 days I was there I saw no agro, no fights, very little drunkenness (well maybe a little). There was however HEAPS of bikes, mainly Harleys and Indians. The noise was constant and not to mention the bands like George Thorogood and the Destroyers, The Dooby Brothers and Ossie Osborn (yes he is still upright, just).

The surrounding country side is amazing. Sites such as Mt. Rushmore, the Crazy Horse Monument, Deadwood where Wild Bill Hitch-cock met his end. Riding in Custer State Park and the Needles Highway was a joy. Saloons like Full Throttle, Wild Horse and One Eyed Jacks provide non-stop action. The camp grounds like Buffalo Chip provided facilities for tens of thousands of campers and RVs. Riding westward we over- nighted in Buffalo and Lander where I enjoyed a quiet ale and a bison burger in the Occidental Saloon where Butch Cassidy and the Sundance Kid used to drink. Earnest Hemmingway and Calamity Jane also frequented the establishment in the old days.

## Main ST STURGIS.



## Occidental Saloon

# Touring Mid-West USA by Dennis Hebden

A look see at the Devils Tower where the movie 'Encounters of the Third kind' was made. We returned the bikes to Eagle Riders in Salt Lake city and visited the Temple Square where I was enlightened on Mormon history. A visit to the Bonneville Salt Flats to view the record racing bikes and cars was an interesting day, sunglasses were a must.

I also had a chat with Debbie Lee. Debbie's son was the first SEAL killed in IRAQ in 2006. He was commander of the Seal team which included Kris Kyle (the subject of the film America Sniper) who was with him when he was killed. Her son was awarded several bravery awards for his actions on that day.

A visit to Ellsworth Air-force Base in South Dakota confirmed the existence of Lancer bombers. Reports indicate that in the area are 36 silos housing Minute Man ICBMs, continually manned and ready for action should a rogue nation decide to flex its muscles ..... Crikey I'm coming home .....

'Happy Trails' - Dennis Hebden



Devils Tower



Bonneville Salt Flats

Ellsworth Air-force Base





# CHRISTMAS LUNCH

## VSC CHRISTMAS LUNCH FOR ALL MEMBERS AND THEIR FAMILIES

Thursday 30th November 2017 @ 12.00pm

Gold Creek Station Homestead, Victoria Street Hall ACT



# CHRISTMAS LUNCH





# CHRISTMAS LUNCH



# CHRISTMAS LUNCH





# CHRISTMAS LUNCH



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# CHRISTMAS LUNCH





# CHRISTMAS LUNCH



# CHRISTMAS LUNCH



Certificates of Appreciation were handed out to two of our Members wives, [June Carthy](#) for providing handmade quilts for the yearly Christmas raffle [Pam Padovan](#) for painting the picture of the Australian War Memorial that is hanging in the Conference room.



# LAST POST

## **MEMBERS WHO HAVE SADLEY PASSED AWAY IN 2017**

<b>07/02/2017</b>	<b>William Lawrie</b>
<b>19/02/2017</b>	<b>William Hindson</b>
<b>10/03/2017</b>	<b>David Holmes</b>
<b>16/03/2017</b>	<b>Trevor Harriss</b>
<b>06/04/2017</b>	<b>Peter Ryan</b>
<b>09/07/2017</b>	<b>Maxwell Norris</b>
<b>12/07/2017</b>	<b>Raemonde Bayre</b>
<b>22/07/2017</b>	<b>Stephen Jolly</b>
<b>24/08/2017</b>	<b>David Kendall</b>
<b>06/10/2017</b>	<b>Gary Parker</b>
<b>26/10/2017</b>	<b>Clive Stace</b>
<b>15/11/2017</b>	<b>Richard Huber</b>

# MAXWELL NORRIS

## THE EULOGY FOR MAJOR MAXWELL THOMAS JOSEPH NORRIS (Ret'd)

**Born: Sydney, 6th October 1931**

**Died: Canberra, 9th July 2017**

I did not know our comrade Max Norris when we both wore the uniform. We first met as members of Townsville Legacy in the late 1990s, many years after we had both left the Australian Army. Max's early childhood was marked by the Great Depression, in Sydney where its adverse effects were most tumultuous. As the son of a First World War veteran, the family was accepted by Legacy, providing assistance with Max's education and general welfare.

Max joined the Australian Army and he first saw active service in Korea in 1954, aged 23. He served with the 3rd Battalion of the Royal Australian Regiment in the rank of lieutenant, his active service with the infantry was a matter in which he took great pride. Max was to have further overseas service in Kashmir as a United Nations observer. After it was formed in 1955 in Sydney, Max later served in 1 Commando Company.

Max was later posted in 1968 to Australian Army Training Team Vietnam. He arrived in Vietnam in April shortly after Tet Offensive, and was sent to the Nam Hoa sub-sector, Thua Thien near Hue. An early task, together with a number of AATTV members including Major Ian Porteous and Warrant Officer 2 'Ossie' Ostara, was to supervise the exhumation of mass graves of government officials and their families killed by the Viet Cong and the North Vietnam Army. He then joined the advisory group of the district chief, and where Max later met his future wife Gai. Subsequently, as a major coordinating the United States Phoenix Program at Hue in Military Region I, Max assumed a role that required much initiative and the acceptance of great responsibility. He had continual liaison with the South Vietnam civilian and military administration in an area he once described to me where "half the population 'loved' me and the other half wanted me dead". In this regard Max said Gai saved his life on a number of occasions, given her local knowledge and extensive community contacts. Like many members of the AATTV he always had a stressful preoccupation with his safety, and that of his comrades, and now the responsibility of his great love, his wife.

In my lay-man's assessment, Max endured an advanced case of post-traumatic stress disorder the cause of which he did not disclose to me in full, although, in confidence, he once did open a horrific window into his active service in Vietnam, one no doubt contributing to his illness.

# MAXWELL NORRIS CONT

On his return to Australia Max resigned his commission, Gai and their eldest son Robin were to spend a life as itinerants in Australia during which their sons Jason and Max were born. Unsuccessful in obtaining permanent employment with income commensurate with his military rank, Max drove taxis in Sydney, and later he and family, for many years, toured horticultural areas picking fruit and vegetables. They lived in a bus converted to a mobile home in which the boys undertook distance schooling. Two sons achieved tertiary qualifications.

Soon after our arrival in Canberra from Townsville, my wife Denise and I reacquainted ourselves with Max and Gai, with our wives gaining a lot from their resumed friendship. The Vietnam Veterans and Veterans Federation ACT had welcomed Max to their ranks where for many years he assisted their fundraising efforts by his work in the food van. They in turn took up Max's medical issues with DVA.

With Gai's premature death marked a further deterioration in Max's health. I had accompanied Max to see his general practitioner for what was to be a routine medical visit. On departure, halfway across London Circuit enroute to the carpark, Max collapsed. At Calvary Hospital Max was diagnosed with a stroke. Subsequent admission to the BUPA Residential Aged Care at Jamison, a facility later relocated to Calwell, followed. Ian McQuire, a former member of the AATTV and I made regular visits to Max, when he was again stricken by stroke, and admitted to Canberra Hospital. On discharge he returned to the Calwell facility where he died.

This ends my brief summation of Max Norris' great life journey, both in the army and out of it. I hope that the presentation reflects his great soldierly attribute of placing his 'Duty First'.

Farewell Max, your family, friends and army mates know you have joined up with Gai in the great harmonious Cosmos where, as the Salvationists would say, you have been promoted to Glory.

Bill Thompson, 10th July 2017

## **SERVICES AND ACTIVITIES**

- Assistance to lodge claims with the Department of Veterans Affairs
- Representation at the Veterans Review Board (VRB)
- Representation at the Administration Appeals Tribunal (AAT)
- A team who visit all the hospitals and the hospice in the ACT
- The Food Van which is our main source of fundraising
- A walk for health programme
- A choir
- A guitar group
- A woodwork shop
- A metal work shop
- A library
- Tuesday BBQ @ 12:00pm **\$5.00 per head**

## **WALKING GROUP**

**The walking group is open to all Veterans and their family and friends**

The walking schedule is available on the Notice Board at the VSC and copies of the schedule are available from the Office.

If it's raining, still meet at the appointed starting place to decide to walk or go have coffee.

## **GUITAR GROUP**

The guitar group continues to meet on Friday morning at 9:30am, in the kitchen at the VSC.

New members are always welcome, no matter what stage of playing you are at. If you are interested in learning to play either guitar or banjo, or simply just want to come along and jam with us call **Ian Schafferius on 0434 717 093**. Or just be here on Friday morning and join the group.

You don't need an instrument to get started as there are a couple of guitars and banjos that can be taken on loan.

## **HOSPITAL VISITING TEAM**

### **Help is needed Now!**

Veterans need your help by becoming part of our hospital visiting team. Training and Support is provided.

I can tell you hospital visiting is very rewarding and you get to meet some very interesting people. If we can get someone to smile for 5 seconds then we know that we have enlightened their life for a moment in time even though they may be gravely ill.

If anyone would like to join our hospital visiting team, then please contact:

#### **Calvary Hospital**

**Dennis Hebden 0407 018 196**

#### **The Canberra Hospital, John James & National Capital Hospitals**

**Terry Duffy 6296 1068 after 5:00 pm**

**Please give Dennis or Terry a call.**

## **REUNIONS AND EVENTS**

If you wish to notify members of forthcoming reunions/events, please notify the Veterans Support Centre by emailing [office@vscact.org.au](mailto:office@vscact.org.au) with details .

## **MOUNTING MEDALS AND MEMORABILIA**

<b>Tony Mann</b>	PH:	(02) 6295 2038
<b>Ross Smith</b>	PH:	(02) 6292 1266
	MOB:	0418 345 995
<b>Christine Wilde</b>	PH	(02) 6231 9922
	MOB:	0409 900 315
<b>Dave Etherington</b>	PH:	(02)6292 2699
	MOB:	0419 819 503

## **FUNDRAISING FOR THE CENTRE**

### **Coins for The Centre**

The Centre has a fund raising method that all can join in without too much trouble or effort. It's EASY - at your leisure at home just fill a container with any excess five cent coins and when full, or when you are ready, bring it into the Centre and a tax deductible receipt will be given with thanks.

### **Aluminium Cans and Car / Motorcycle Batteries**

Another way to support The Centre is to bring in your empty aluminium cans and batteries to the Centre and place in the bin near the green shed as marked. These cans and batteries are cashed in to the recyclers and The Centre makes some money.

### **Library**

Our library is located at the Stephen King Memorial Centre in Page and has proven to be quite popular with members. We have a large range of books and DVD's to interest all members, donations always gratefully received.

## **MONEY TINS**

The Centre wishes to thank the following businesses for their support in raising funds to benefit veterans in our community:

- RMC Golf Club Duntroon
- AFFCANS-ADFA
- Avion Café-Brindabella Business Park
- Page Tavern-Page Shops
- Moby Dicks Tavern – Kippax Shops
- Crossfit Three Flow
- Campbell Park Canteen-Defence Building Campbell Park

## **DONATIONS**

**Donations are always appreciated at any time. If you are considering a donation (tax exempt) to a charity please consider VVFACT. The VVFACT is a registered charity established to assist veterans from all wars, conflicts and peacekeeping operations in their dealings with DVA and enhance the quality of their lifestyle as the effects of war service begin to take a heavier toll. Formed in 1994, VV&VFACT is an incorporated entity ABN 58 534 419 650. It is registered as GST exempt, a deductible gift recipient and an income tax exempt charitable institution.**

# HELPLINES

## **VETERANS AND VETERAN FAMILIES COUNSELLING SERVICE**

Free call **1800 011 046** (24 Hours)

## **BEYOND BLUE**

**1800 224 636**

## **VETERANS 360 AUSTRALIA**

**1800 838 360**

## **NEED TO CONTACT DEFENCE COMMUNITY ORGANISATION (DCO)?**

For advice, support or local community information, call our all-hours Defence Family Helpline on **1800 624 608**

Run by DCO, the Helpline is the best way to access the programs and services that we offer to help Defence families manage the military way of life.

The Helpline is available 24 -7 and is staffed by qualified human services professionals including social workers and psychologists.

You can also email the Helpline at **[DefenceFamilyHelpline@defence.gov.au](mailto:DefenceFamilyHelpline@defence.gov.au)**

## **KOOKABURRA KIDS**

PROGRAM FOR SERVING AND EX-SERVING ADF FAMILIES

Supporting kids to be kids

Supporting children who have a parent with a mental illness as a result of military service

**ACT Office**     **02 6109 0408**

**Head Office**     **02 9525 7474**

**[www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)**

# 2018 Autumn Antiques & Collectables Fair

In the Albert Hall, Commonwealth Avenue, Canberra

Friday March 23 - 6pm to 9pm

Saturday March 24 - 10am to 5pm

Sunday March 25 - 10am to 4pm

Presented by Rotary Club of Canberra City

**Established, Genuine Antiques & Collectables Fair**

**Admission** \$8 / **Concession** \$6 (Children under 14 years admitted free)

ENQUIRIES: 02 6231 5244 or 0418 631 445 - Refreshments available

Proceeds to support local organisations that assist the less fortunate in the ACT.  
Sponsors of the Fair include local businesses, including Stand By Me Coffee Café  
(Lyons shops) and Impress Printers Fyshwick.

Wheelchair access is available

## Selkirk

### ANTIQUES & RESTORATIONS

Offering personalised service and sales.

Specialising in Georgian, Victorian and Edwardian

Mahogany, Cedar and walnut furniture.

Small silver items, both sterling and plate.

Selkirk Antiques have selected pieces of Doulton,

(including Flambé') Shelley & Moorcraft Ceramics

Furniture restoration service available.

**29 Summerland Circuit**

**Kambah ACT 2902**

**02 6231 5244**

**0418 631 445**

**02 6231 3656 FAX**





## WIKICAMPS TRIP PLANNER

Makers of the highly regarded [Wikicamps](#) app announced this week that a long promised Trip Planner function will be added any day. Available on iOS for iPhones and iPads, on Android for Google Play-compatible smartphones and tablets, and on Windows for all Windows 8.1 and 10 phones, tablets and PCs. [Wikicamps](#) is perhaps the favourite app of Australian RV travellers. Its strength lies in its crowdsourced database that allows users to add campsites, upload comments and photos, and ratings. For those who travel and have not downloaded the app, it is well worth checking it out.



## THE RUG SPA

Call 0407 945 822

**We welcome here a  
list of discounts for:**

- Pensioners
- Veterans
- Seniors
- Health Care Card Holders

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Call Angela 0409 586 103

## Managing Your Pain: An A-Z Guide

'Managing Your Pain: An A-Z Guide' is a resource developed with funding from the Victorian Government, and produced by the team at MOVE muscle, bone & joint health.

For support and advice from a specialist nurse, contact the MOVE National Help Line. **Phone: 1800 263 265** or email [helpline@move.org.au](mailto:helpline@move.org.au)



***You Can Help Publishing*** is a publisher of high standard human service books and resources. We are careful to select themes and subjects that are of most importance and practical value for potential readers.

Without compromising quality we strive to produce low cost publications that are especially useful to organisations who have the capacity to buy in bulk, for wider distribution and to achieve a greater social impact.

We aim to publish high quality books and other materials that can help:

People achieve emotional resilience, succeed in important relationships, cope with challenges and change, maintain good mental health, and have the capacity to live and work meaningfully, creatively, and passionately.

People achieve the best physical health and wellness of which they are capable.

Build the capacity of individuals, organisations, and communities to take informed action and pursue strategies aimed at enhancing human health, welfare and wellbeing.

Inform health and human service professionals in their endeavour to achieve better outcomes for their patients, clients and constituents.

Sharon Maree Crafter

**Manager, Production & Business**

M: 0439 692 975



## **READY TO WRITE?**

This Newsletter is for, by and about members of the Veterans Support Centre.

Which means we're always looking for stories and photos that bring the branch to life.

So if you or your organisation has something to contribute and share with the members, drop it in to the office or email it to [office@vscact.org.au](mailto:office@vscact.org.au)

It doesn't need to be fancy. You provide the information and we can make it usable. The only request is, please use plain text formatting – just as it comes out of standard Microsoft Word 2003. Anything fancy can take hours to re-do so it fits the newsletter.

Keep in mind, too, that the newsletter pages are only half the size of a normal A4 page, so any tables need to fit that small A5 size. Photos can be either prints or .jpg digital images

**Deadlines for future Newsletter Issues are stated  
below but are subject to change without notice**

<b>SEPTEMBER</b>	<b>Issue 72</b>	<b>AUGUST 23rd 2017</b>
<b>DECEMBER</b>	<b>Issue 73</b>	<b>DECEMBER 24th 2017</b>
<b>MARCH</b>	<b>Issue 74</b>	<b>FEBRUARY 23th 2018</b>

## **NEWSLETTER ADVERTISING RATES**

Contact the office staff for sample sizes and rates, the editor reserves the right to vary the size of the advertisement for aesthetic purposes if necessary.

There will be no added cost to the advertiser if this occurs.

The newsletter is published quarterly (March-June-September-December), with cut off dates the last Monday of the prior month e.g. May for June.

Circulation is approximately 500 / 600 Members.



## **VIETNAM VETERANS AND VETERANS FEDERATION ACT INC**

**Is a registered charity established to assist serving and former Defence Personnel, Veterans and some Government agencies from all wars, conflicts and peacekeeping operations in their dealings with the Department of Veterans Affairs (DVA).**

**VV&VFACT also pursues the welfare of their families to assist them to optimise the quality of their life as the effects of Defence service take their toll.**

**Formed in 1994, VV&VFACT is an incorporated entity (ABN 58 534 419 650).**

**It is registered as GST exempt, a tax deductible gift recipient and an income tax exempt charitable institution.**

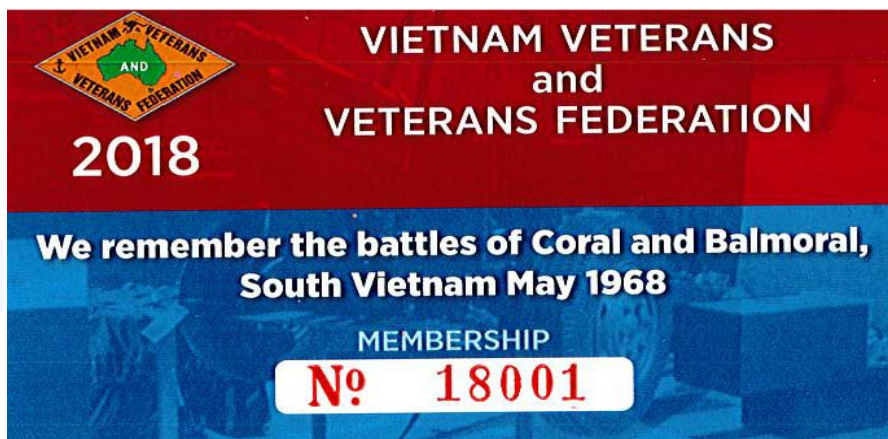
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## MEMBERSHIP 2018

**Membership of the Veterans Support Centre is valid for one year.**

Membership gives access to our Workshop facilities, Pension Officer help, a range of social and community activities....and a place to get together with a mob of like-minded Veterans.

**Membership is open to Veterans of any conflict, serving and retired service personnel.**

**Cost: \$40.00 Single \$45.00 Family.**

Payments by cash, cheque, EFTPOS, bank transfer or credit card through the office.

Current members only need to fill out name, address, phone numbers and email address on the form, located in the back of this newsletter or you may download a PDF version of the Membership Form from the website.

Print it out, complete and mail it to the office with your payment.

**Please provide a stamped self-addressed envelope for your receipt and Membership Card, if mailing in.**

**(Membership is tax deductible).** Thanks to those who have already renewed their membership for **2018**, it is much appreciated.

**(NB. Direct Debit payments must include your name and initials) See membership form on opposite page, it can take up to a month for your card to be sent out as our bookkeeper needs to confirm payment has appeared on Bank statement.**

**Please remember: Even if you do not require our services any more, we have many more Veterans who require assistance, so your funds play a vital role in the welfare of the Veteran community.**

**Please show that you care! Renew now 02 6255 1599 Now!**

## MEMBERSHIP RENEWAL FOR 2018

The Veterans Support Centre actively pursues the welfare of all Defence Force members and their families. Our services are available to both serving and former members. Your membership fees and donations help support others in need and are tax deductible.

**Membership is due in February each year and a \$10 capitation fee goes to our National Office to support the publication of the national magazine.**

### RENEWAL INFORMATION

Surname:	First Name:	Second Name:
Address:		
Postal Address:		
Email address:		
Telephone Home:	Telephone Work:	Mobile:
Date of Birth:	Next of Kin: Relationship & Phone No	
<b>Can you help with any of the following:</b> Please circle... Food Van: <b>Yes No</b> Cleaning <b>Yes No</b> Maintenance <b>Yes No</b> Gardening <b>Yes No</b> Hospital Visiting <b>Yes No</b>		

Membership is per Calendar Year, Subscriptions are **\$40 for Single and \$45 for Family** (includes dependants). You can pay by cheque, cash or EFTPOS at the Centre. Membership payments by credit card can be accepted over the telephone.

**Please include a stamped self-addressed envelope for your receipt and Membership Card if sending through the post.**

Payment via Internet Banking use the details that follow:

**Account Name:** Vietnam Veterans Federation ACT    **BSB:** 325 185

**Account Number:** 03413747 (Please include your full name as the subject heading)

Membership: \$:		Donation: \$		Total enclosed: \$	
Receipt Number:	Date:	Entered in Database:	Membership Card Number:		
Payment Type	Cash:	Cheque:	Direct Debit	EFTPOS:	Credit Card:

**Veterans Support Centre  
Belconnen**

**Would like to thank the following Friends and Sponsors**

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<b>ACT Government</b>	
<b>A Class Signs</b>	<b>(02) 6241 5535</b>
<b>Belconnen RSL</b>	
<b>Canberra Sand and Gravel</b>	<b>(02) 6280 4133</b>
<b>Crossfit Three Flow</b>	<b>0409 586 103</b>
<b>Department of Veterans Affairs</b>	
<b>Duncans Plumbing Service</b>	<b>(02) 6254 5678</b>
<b>Gutter Vac</b>	<b>0407 701 135</b>
<b>Gen Plus Hire</b>	<b>(02) 6297 6241</b>
<b>Olmos Investments (Caltex Kippax, Holt)</b>	
<b>Pace Farm Eggs</b>	<b>1300 653 447</b>
<b>Queanbeyan RSL</b>	
<b>Seears Workwear</b>	<b>(02) 6280 0500</b>
<b>Selkirk Antiques &amp; Restorations</b>	<b>0418 631 445</b>
<b>The Green Shed (Mitchell)</b>	<b>0407 830 011</b>
<b>Vikings Club Erindale-Fishing Group</b>	<b>(02) 6121 2100</b>

