

FROM WARFARE TO WELFARE

Issue No. 74

28 February 2018



VETERANS SUPPORT CENTRE
BELCONNEN



Patron: Air Vice-Marshal Chris Deeble AO CSC



**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 **Website** www.vvfact.org.au

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

| | |
|-----------------------------------|---|
| President: | Ian Thompson |
| Senior Vice President: | Danny Burton |
| Vice President 1: | Geoff Bolwell |
| Vice President 2: | Ron Culton |
| Secretary: | Bob West |
| Treasurer: | Ward Gainey |
| Assistant Treasurer: | Lyall Camp |
| Public Officer: | John Flynn |
| Membership Officer: | Bob Jones |
| Grants Officer: | Trevor Goodhew |
| Committee: | Brian Agnew John Kearns John Sainsbury Doug Gale Rob Kerby Peter Kercher |
| Administrative Assistant: | Julie Broomby |
| Office Manager: | Leанда Mackie |
| Executive Support Officer: | Karen Toscan |
| Food Van: | John Kearns / Bob Jones |
| OHS: | Doug Gale |
| Grants Assistant: | Don Richards |
| Newsletter Editors: | Leанда Mackie / Julie Broomby |
| Newsletter Sources: | |
| Entertainment: | Karen Toscan |
| Hospital Visiting: | Terry Duffy / Dennis Hebden |
| PUTP (PTSD Support): | David & Kate Tonacia |

PRESIDENTS REPORT

Another year Begins

Greetings one and all, I would like to welcome you to 2018 – Happy New Year.

We started off this calendar year with two very successful BBQs held during the period of inactivity at the VSC. I think the attendance represented the on-going need for the support provided by the VSC.

From the operations perspective, I do not think it took too much effort from any one working in this environment to slide back into the day-to-day paper war on behalf of veterans. I know in my case, 2017 slipped very quietly into 2018 without any apparent difficulty.

IT Improvements

During the Christmas break a great deal of work was performed by Aaron in his endeavour to complete all outstanding items on the IT upgrade for the VSC. I am pleased to report that we are currently in good shape and there are very few outstanding tasks. In addition, I am conducting testing on a particularly useful feature Aaron has mechanised and hopefully this capability will be introduced for the use of Advocates in the very near future.

Advocates (and others) will soon be able to log into the VSC Network from home and there will be a seamless transition from the home computer to the VSC IT system desktop to access working emails. With this feature, there will be no requirement for Advocates to keep client files on thumb-drives and back-up drives (orders to myself) and the privacy of all clients will be protected by the secure storage of all data at Page.

Food Van Activities

There has been several outings of the Food Van already this year and I am very pleased to report that the hard work of a very dedicated team of our veterans has rewarded the Treasurer (and the VSC) handsomely.

While I do not intend to steal any thunder from the Food-Van operators, I feel it important that the membership be aware of, and acknowledges the magnificent outcomes (financial) from the recent outings of the Van.

Well done team.

PRESIDENTS REPORT

Seeking Good Ideas

While we, on the Committee Management, are always aspiring to produce the best outcome for the Veterans Support Centre; we do not always think of everything, despite our best intentions. Accordingly, if any member has an idea or an activity they would like to see promoted or introduced to the VSC, I am always willing to hear of the concept. Indeed, there may be a need for previously conducted activities (cooking classes, special interest groups etc) to be re-examined and we are willing to do that if resources permit.

The Committee has the means of generating Grants to fund most thought bubbles, however there may be a requirement for human resources to manage the projects. From my perspective, if we are not doing it, we have not thought of it and if we are not doing it, I need to know about it. Looking forward to hearing your ideas and my door is always (generally) open.

Volunteers

I have previously acknowledged the hard and diligent work of your Advocate/ Pension Officer and Welfare practitioners as they strive to satisfy the ever-increasing demand for services from the veteran community. I have also mentioned that they all work at their own pace and, as volunteers, we can ask no more. Notwithstanding the keenest desire to contribute to the welfare and administrative service to veterans, there comes a time when a difficult decision must be made by an Advocate to pull back. We need to replace these people in a timely manner so as not to disadvantage the many veterans awaiting our expertise. Recent experience has clearly revealed that replenishing the Advocate pool is not always easy.

The Veterans Support Centre is a not-for-profit charity organisation that relies exclusively on the goodwill of volunteers with various skill-sets to maintain the day-to-day operation of the Organisation. Let me state unequivocally, for an Organisation of near 600 members we do NOT have enough volunteers and the situation remains where a few carry the many. I ask all members to re-evaluate their time availability, and if there is any way to help the Committee to continue to provide the services and facilities we all enjoy, please advise the Office Manager of your willingness to help.

PRESIDENTS REPORT

As an example of the need for volunteerism, the Federation will once again organize and conduct the commemoration of Vietnam Veterans Day 2018 and we need help to make it happen. As the Organising Committee Chairman I recently broached the topic of assistance at our regular Tuesday BBQ and was disappointed by the fact that no one stepped forward to help. To be honest, one member has subsequently offered to assist but with a membership as large as ours there should be more offers of help available.

I am now off my soapbox!!

Conclusion

I look forward to another very successful year for the Federation, however, any organisation is only as good as the membership. It is up to us all to make it work.

Ian Thompson

President/Advocate

19 February 2018



FOOD VAN DATES

MARCH

SUNDAY 4TH

SHANNONS @ QYBN SHOWGROUND

First Shift

9.30am / 12.00pm

Second Shift

12.00pm / 4.00pm

APRIL

FRIDAY 13TH

BIKES @ KOWAN FOREST

SATURDAY 14TH

BIKES @ KOWAN FOREST

SUNDAY 15TH

BIKES @ KOWAN FOREST

JUNE

FRIDAY 8TH

CHICKEN SHOW @ FITZROY PAV, EPIC

SATURDAY 9TH

CHICKEN SHOW @ FITZROY PAV, EPIC

SUNDAY 10TH

CHICKEN SHOW @ FITZROY PAV, EPIC

PLEASE NOTE TIMES FOR APRIL AND JUNE EVENTS ARE NOT RELEASED YET, IF YOU CAN HELP PLEASE CONTACT THE OFFICE FOR MORE DETAILS, CLOSER TO THE DATE.

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

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.

AUSTRALIA DAY EVENT



CALENDAR OF COMING EVENTS

MARCH

MONDAY 12TH

Canberra Day Public Holiday

VSC CLOSED

SATURDAY 17TH

St Patrick's Day

FRIDAY 30TH

Good Friday

VSC CLOSED

SATURDAY 31ST

Easter Saturday

APRIL

SUNDAY 1ST

Easter Sunday

April Fools Day

Daylight Savings Ends

MONDAY 2ND

Easter Monday

VSC CLOSED

WEDNESDAY 25TH

ANZAC Day

VSC CLOSED

MAY

SUNDAY 13TH

Mother's Day

WEDNESDAY 9TH

Biggest Morning Tea @ VSC

MONDAY 28TH

Reconciliation Day

JUNE

MONDAY 11TH

Queen's Birthday Public Holiday

VSC CLOSED

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 on **6255 1599** or email office@vscact.org.au

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
leанда.mackie@vscact.org.au

Administrative Assistant: Julie Broomby
Julie.Broomby@vscact.org.au

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 are on last Wednesday of the month.

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

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.

NOTICE BOARD

NEWSLETTER

Vic Robertson has stepped forward to take over the reins of sourcing stories and information for articles from Len & Roley and will start as of Issue 75.

Watch this space as Len & Roley may help out when they can.

NOTE: If you have two hours free on a Friday and would like to help Vic out or if there is a particular story you would like to see go into the Newsletter please contact Vic at vicr@vscact.org.au

OMBUDSMAN

Did you know the Commonwealth Ombudsman is available for complaints against the Department of Veterans Affairs?

If your complaint is about Veterans Affairs benefits, compensation, Defence Service Home Loans or the Defence Force Retirement and death Benefits Scheme, you should try to resolve the problem with the relevant agency first.

You can make a complaint by -

By Email: ombudsman@ombudsman.gov.au

In writing: GPO Box 442, Canberra ACT 2601

VETERANS WELLNESS PROGRAMS

Gold Card Holders are entitled to clinically necessary treatment covered by DVAs Health care arrangements for all health conditions.

White Card Holders are entitled to clinically necessary treatment for an accepted disability ie: an injury or disease accepted by DVA as service related.

Start today and experience the benefits -

Increase mobility and balance

Reduce and manage age related illness

Australia Wide 1300 890 507 / 0449 713 472

E admin@njfwellness.com.au

NOTICE BOARD

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!**

SOUTH SIDE HOSPITAL CREW

Over the years a number of Federation members have given their time to the 'Crew' and we thank them.



L to R: Paul Heffernan, Phil Young, Terry Duffy and Laurie Wiseman.
Not available on the day the picture was taken are Bruce and Win Greig.

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 singing group
- 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.

Or you can email Terry for the schedule terrylawler71@bigpond.com

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](tel:0434717093). 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.

SINGING GROUP

The Guys are re-starting singing here at VSC on Thursday Afternoons starting from 1.00pm for anyone who wishes to join in. In order for this to begin you will need to either speak with Danny Burton during the Tuesday BBQ or contact the office to show your interest.

COOKING CLASSES

Our Grants Officer Trevor Goodhew is working on a grant from DVA so watch this space for the announcement of future cooking classes that will be offered to Members.

Note: They will only go ahead if there is sufficient interest in the classes.

Trevor would also like to say that if any Member has a suggestions of activities they would like to see happen at the Centre to email trevor.goodhew@vscact.org.au and he will look into seeing if there is a grant available to support the funding.

BUS TRIPS

There are 3 trips being worked on at present and all are to take place within the first 6 months of this year, so again WATCH THIS SPACE.

YOUNGER VETERAN COFFEE CATCH UP

Every Wednesday 10.00am / 1.00pm at VSC.

All serving and ex-serving military, first responders and families are welcome to attend. For more information contact Gail on munromob1@gmail.com

COMPUTER CLASSES

Due to loss of space and no Grants being accepted for these courses, they were stopped. The VSC would like to remind everyone that their local Library runs free courses so enquire with them when they are being conducted.

VOLUNTEER DRINKS 2017

THURSDAY 14TH DECEMBER

The Veterans Support Centre could not function without all the time and support from our Wonderful volunteers and their families.

We like to say THANK YOU every year to as many as we can by hosting drinks & nibbles.

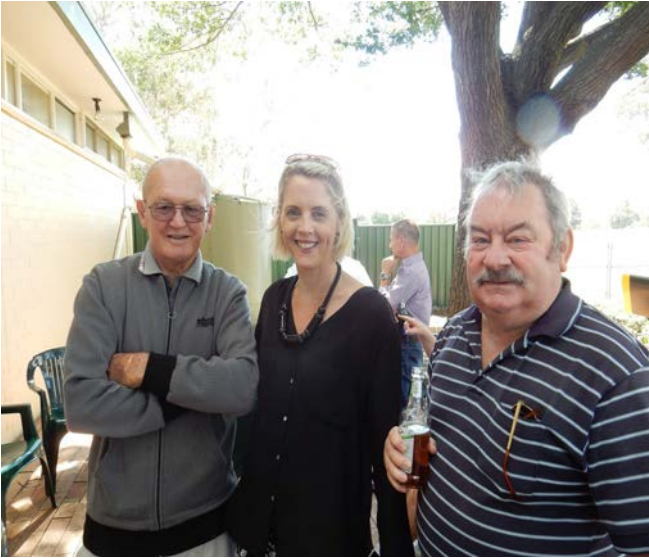
The sun was shinning and the afternoon was great.



VOLUNTEER DRINKS 2017



VOLUNTEER DRINKS 2017



MERCHANDISE PRICE LIST

| | |
|----------------------------|---------|
| POLO SHIRT | \$40.00 |
| JUMPER | \$80.00 |
| RUGBY TOP | \$50.00 |
| VESTS | \$50.00 |
| CHAMBRAYS SHIRT | \$45.00 |
| CAPS | \$20.00 |
| BEANIE | \$20.00 |
| RIBBON STICKERS START FROM | \$4.00 |
| BADGES START FROM | \$8.00 |
| LANYARD | \$12.00 |
| PATCHES | \$10.00 |
| POCKET MOUNT | \$10.00 |

LAST YEAR WE DID A SPECIAL ORDER FOR WINTER JACKETS, WE WILL BE TAKING ORDERS AGAIN THIS YEAR

NOTE: THIS YEARS JACKET IS DIFFERENT FROM LAST YEAR

SIZES: S - 5XL

COLOURS: NAVY / GOLD OR BLACK / RED

| | |
|--------|---------|
| JACKET | \$75.00 |
|--------|---------|



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 DVDs 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.

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 Hebdon 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 with details .

RAAOC Vietnam Veterans

All RAAOC Vietnam Veterans are invited to attend reunion activities between 23rd - 25th April 2018, contact Mike Buick **0417 237 165**

MOUNTING MEDALS AND MEMORABILIA

| | |
|-------------------------|-----------------------|
| Tony Mann | (02) 6295 2038 |
| Ross Smith | (02) 6292 1266 |
| | 0418 345 995 |
| Christine Wilde | (02) 6231 9922 |
| | 0409 900 315 |
| Dave Etherington | (02) 6292 2699 |
| | 0419 819 503 |

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





24 Mort Street,
Braddon, Canberra

crossfitthreeflow.com

— CROSSFIT —
THREEFLOW
POSTURE • TECHNIQUE • STRENGTH

Crossfitthreeflow.com

Call Angela 0409 586 103

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.

Call **0407 701 135** or email: actsouth@gutternvac.com.au



HELPLINES

Karen Toscan Executive Support Officer @ Veterans Support Centre

0438 123 268 / 6255 1599

Veterans and Veterans Families Counselling Service

Free call 1800 011 046 (24 Hours)

Beyond Blue

1800 224 636

Lifeline

13 11 14

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 hours and is staffed by qualified human services professionals including social workers and psychologists.

You can also email the Helpline at **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

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 into the office or email it to 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

| | | |
|------------------|-----------------|---------------------------|
| MARCH | Issue 74 | FEBRUARY 23RD 2018 |
| JUNE | Issue 75 | MAY 23RD 2018 |
| SEPTEMBER | Issue 76 | AUGUST 23RD 2018 |
| DECEMBER | Issue 77 | DECEMBER 10TH 2018 |

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.

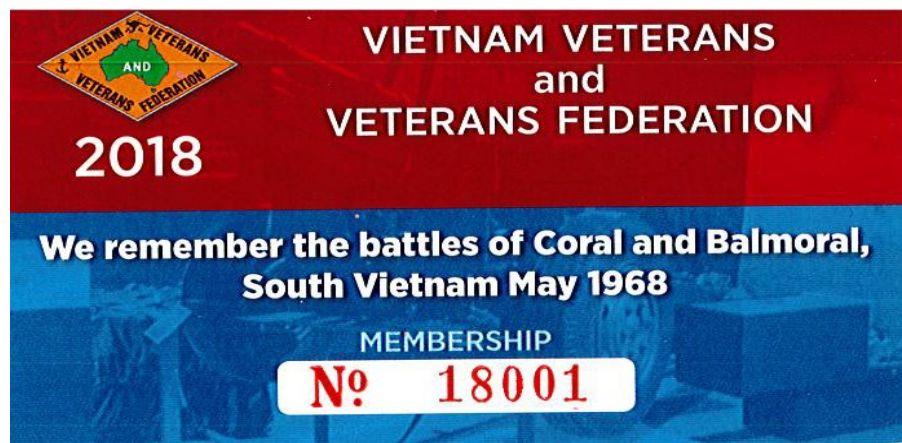
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MEMBERSHIP 2018

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 the 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 | |
| Can you help with any of the following: Please circle... Food Van: Yes No Cleaning Yes No Maintenance Yes No Gardening Yes No Hospital Visiting Yes No | | |

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

| | |
|--|-----------------------|
| AC/DC Mitchell | (02) 6262 2680 |
| ACT Government | |
| A Class Signs | (02) 6241 5535 |
| Belconnen RSL | |
| Canberra Sand and Gravel | (02) 6280 4133 |
| Crossfit Three Flow | 0409 586 103 |
| Department of Veterans Affairs | |
| Duncans Plumbing Service | (02) 6254 5678 |
| Gutter Vac | 0407 701 135 |
| Gen Plus Hire | (02) 6297 6241 |
| Olmos Investments (Caltex Kippax, Holt) | |
| Pace Farm Eggs | 1300 653 447 |
| Queanbeyan RSL | |
| Seeers Workwear | (02) 6280 0500 |
| Selkirk Antiques & Restorations | 0418 631 445 |
| The Green Shed (Mitchell) | 0407 830 011 |
| Vikings Club Erindale-Fishing Group | (02) 6121 2100 |

