

FROM WARFARE TO WELFARE

Issue No. 75

30 May 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

Email office@vscact.org.au **Website** www.vvfact.org.au

Office Hours Monday to Friday

9.00am - 4.00pm

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
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Administrative Assistant:	Julie Broomby
Office Manager:	Leannda Mackie
Food Van:	John Kearns / Bob Jones
OHS:	Doug Gale
Grants Assistant:	Don Richards
Newsletter Editors:	Julie Broomby / Leannda Mackie
Newsletter Sources:	
Hospital Visiting:	Terry Duffy / Dennis Hebden

PRESIDENTS REPORT

It only seems like yesterday that I was sitting at my cluttered desk typing my previous President's Report for the February Newsletter and here it is, early morning, and I am doing it again. As in previous Report's, I heartily and gratefully acknowledge the fine work of all Committee members and thank you for your continued efforts on behalf of all members of the VVFACT. Furthermore, given my frequent absence from the President's Office, I realise that some people are carrying an increased workload and I thank those individuals for their additional contribution.

Karens Departure

As you are all aware, Karen Toscan recently decided to leave the employment of the VSC to follow up an alternative employment opportunity that she found too good to refuse. Firstly, I would like to record an appreciation of the significant contribution that Karen has made to this Organisation and our members over a very long period of time. Her selfless dedication to the well-being and support of members in need has been exemplary, especially the large amount of after-hours contacts she has devoted to individuals in relation to suicide intervention and other personal distress. I personally, will miss her wise counsel and encyclopaedic memory for VVFACT history and her memory of names and faces. Thank you, Karen.

Following the recent departure of Karen from our employment, there will need to be some changes to how we maintain our services to Welfare clients. As an interim procedure, I propose the following as a trial service in the front office:

- The role of Office Manager will remain unchanged.
- Given that Julie has Welfare Training and suitable qualifications, she will assess and counsel our members on Welfare matters as the need arises.

If I find that the Welfare workload increases significantly, there may be a need for additional administrative staff.

DVA Budget Brief

On Wednesday 09 May 2018, I attended the NSW Deputy Commissioner Budget Brief for 2018, in Sydney. Government support for the veteran community remains firm and as in previous years the funds allocated for DVA activities remain “Uncapped”. That means, if the Department requires additional funding to fulfil stated support to meet veterans needs, the funds will be provided.

Key points are that there is around \$100 million in additional funding, allowing DVA to continue transformation and system developments.

The department has been provided ongoing funds of \$11.2 billion this year, which comprises of \$6.2 billion for income support and compensation, \$4.9 billion for health services and \$80.0 million for commemorative activities, and includes:

- \$10.8 million to remove the reduction in the amount of incapacity payments when eligible veterans are undertaking approved full-time study as part of their rehabilitation plan;
- \$4.0 million to continue the Prime Minister’s Veterans’ Employment Program and \$4.3 million for additional services to help veterans into the civilian workforce;
- Expanded eligibility for non-liability mental health treatment to Reservists with domestic or international disaster relief or border protection service or those involved in a serious service-related training accident;
- Extended eligibility for the Long Tan Bursary to the grandchildren of Vietnam veterans; and
- Reversal of two 2015-16 Budget measures related to certain calculations under the Safety, Rehabilitation and Compensation Act 1988 at a cost of \$5.3 million over the forward estimates.

The complete portfolio Budget statements (including DVA running costs) and FactSheets supporting the Budget initiatives are available at <https://www.dva.gov.au/about-dva/accountability-and-reporting/budget/budget-2018-2019>. Note that implementation dates may be some time off and detail is yet to be developed.

Advocacy Training and Development Program (ATDP)

From 01 July 2016, training of veteran Advocates underwent a significant change from the Training Information Program (TIP) methods employed since 1994, when TIP was first introduced. I have been closely involved with the change process from the start and one of the most significant difficulties ATDP encountered was communication flow to all those who needed to be aware of the background to the change process, and the available pathways for training. Clearly, I refer to the hard-working Compensation and Welfare Advocates who support our clients so expertly. Shamelessly, I use this Report to provide background on the ATDP so as to make my future role in the ATDP a little easier.

The Advocacy Training and Development Program provides training in Military Advocacy for members of Ex-Service Organisations (ESO) that offer advocacy services to serving and ex-serving members of the armed forces and their dependants. The program is funded by the Australian Government through the Department of Veterans Affairs.

The training program is a Competency Based Training (CBT) program and places a heavy reliance on experiences gained in a working environment. ATDP offers a single course in Veteran Advocacy. The course contains six elective Units of Competency; some units have pre-requisite Units of Competency. The units are nationally accredited. Completing one or more Units of Competency leads to a Statement of Attainment.

Trainees are selected by their ESO using the Guidelines prepared by ATDP. Ideally, new entrants will have been exposed to the role in the workplace prior to enrolment to ensure their ability and willingness to carry out the role. The ESO must then nominate the person using the online nomination form. Once that has been done, the nominee must then complete an online application form to finalise the enrolment.

Preference to training places is based on the best possible return to the ex-service community, so workload of an ESO, Veteran Centre or Community of Practise is taken into account.

Training is conducted primarily in the workplace and guided by a mentor appointed by the ESO. The workplace experiences are supplemented by formal training which included online study units and face-to-face consolidation training.

Statistics to date reveal that since its inception, the ATDP, through the affiliated Registered Training Organisation, has issued 535 Statements of Attainment to a total of 440 Advocates – the Program has gained traction within the veteran Advocacy community.

Introduction of Advocacy Continuous Professional Development (CPD)

A major keystone to the Advocacy Training and Development Program (ATDP) is to provide its Advocates with the skills and knowledge necessary to provide high-quality advocacy services to serving and former members of the ADF and their dependents. As part of the ATDP goal, Advocacy CPD will be activated for all Advocates on 01 July 2018.

Advocates work in a complex and ever changing social, government, statutory and policy environment. Consequently, what they learned as they journeyed through the Course in Military Advocacy can quickly become out-of-date. If this happens, Advocates cannot deliver to those who seek our help, the assistance they deserve or what ATDP's stakeholders expect.

The CPD program is designed to do a number of things for Advocates:

- To help reinforce the knowledge they gained in formal training;
- To help keep abreast of changes in the working environment;
- To help grow professional knowledge;
- To be flexible in meeting needs as advocates;
- To help ensure that they are covered for professional indemnity insurance under VITA; and
- To be an important part of ATDP's quality assurance and quality control programs.

CPD is a points-based system. Advocates must accrue a minimum of 50 CPD points over a 3-year rolling period. VITA and our Registered Training Organisation (RTO) both agree that this as a target which shows that practitioners are remaining current in their practice environment.

To ensure that they spread that load over the 3-year cycle and keep an eye on changes as they occur, Advocates must accrue at least 15 of those CPD points in each year. The 'CPD year' (or anniversary) for all Advocates is 1st of July each year.

Advocates earn points by choosing options from the CPD library. Options are 'worth' a different number of points. As they complete an option, points are added to the individual CPD account.

To help Advocates to stay 'current', just before the end of each CPD year, they will receive an email, reminding them of how many points they have accrued and any expected deficit for the annual period. In addition, ATDP will send a report each year to the authorising ESO or VSC indicating whether or not their Advocates are compliant with the CPD program.

Beginning in June, a series of presentations will be conducted nationally so as to update as many people as possible on the significant progress since the introduction of ATDP, and to provide information on the planned National Rollout of the Advocacy CPD. I anticipate significant personal involvement in the education process!!

Conclusion

Thank you one and all for your personal contribution to the Vietnam Veterans and Veterans Federation, ACT. Without your help this Organisation would not be able to continue the very fine work we currently undertake on behalf of needy veterans.

Ian Thompson

President/Advocate

13 May 2018



FOOD VAN DATES

JUNE

FRIDAY 8TH

CHICKEN SHOW @ FITZROY PAV, EPIC

SATURDAY 9TH

CHICKEN SHOW @ FITZROY PAV, EPIC

SUNDAY 10TH

CHICKEN SHOW @ FITZROY PAV, EPIC

NO EVENTS DURING JULY AND AUGUST

MAYBE SEPTEMBER (AN EMAIL WILL BE SENT OUT)

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.

CALENDAR OF COMING EVENTS

JUNE

MONDAY 11TH

Queens Birthday Public Holiday
VSC CLOSED

AUGUST

SATURDAY 18TH

Vietnam Veterans Day
@ 10.00am

SEPTEMBER

TUESDAY 18TH

AGM
@ 11.00am

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 either Leannda Mackie (Office Manager) or Julie Broomby (Administrative Assisitant)

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.

JP SIGNING

Doug Gale is an Advocate/Committee Member here at the VSC, he is a JP and is happy to help out Members who need paperwork signed and will also help with filling out Enduring Power of Attorney papers . Appointments only on Fridays from 10.30am, call the Office to book .

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

NEW VETERAN PAYMENT

A new payment has been introduced in an attempt to reduce suicide and self-harm in the veteran community. The Veteran Payment is an interim income support available between lodging a claim for a mental health condition and the claim being determined, to assist financially for those in need. It is a basic rate of \$914 per fortnight for a single person and \$713.60 per fortnight each for a partnered person. People may also be eligible for pension supplement, rent assistance, remote area allowance and Family Tax Benefit Part A. For more information see Veteran Payment on the DVA website.

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!**

BEYOND BANK COMMUNITY REWARD ACCOUNT

The VSC banks with Beyond Bank and we have been discussing better ways for us to use our finances. As a 'Community' based bank this is part of their Charter and we have had some initial discussion with the representatives.

One of the ways in which we can have our accounts, but can also achieve other benefits, is through the Community Rewards Accounts. At the end of each year, based on the average value of funds held by participants, there is the potential to receive up to 1% of that average value of all of the accounts linked to the VSC account. There is no cost associated with this and provided we have 10 accounts linked to the VSC group then the 1% would apply. This is on top of any other interest we might gain.

Currently the VSC Treasurer is looking at transferring up to six of our accounts to the Reward scheme. If there are any VSC Members who have accounts with Beyond Bank now then we can get these linked as part of the Community Rewards. If we do not have the 10 required then I might ask if some members might consider opening a personnel account with Beyond Bank-it would not need to be much as the bulk of the capital for consideration will come from our VSC account-we just need to get the 10 accounts linked.

If you have any quick queries then please discuss with me.

Ward Gainey - Treasurer

SERVICES AND ACTIVITIES

- Trained Advocates who volunteer their time on Mondays, Tuesdays, Thursdays and Fridays
- Assistance to help fill in paperwork and lodge claims with the Department of Veterans Affairs
- Representation at the Veterans Review Board (VRB)
- Representation at the Administration Appeals Tribunal (AAT)
- Help with Welfare issues
- 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**

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.

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.

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

SINGING GROUP

The guys have started back singing here at VSC on Thursday Afternoons starting from 1.00pm for anyone who wishes to join in.

For more information either speak with Danny Burton during the Tuesday BBQ or contact the office.

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 two trips still to be organised within the next couple of months. Watch your emails to find out where and when they are planned.

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

TUESDAY BBQ

27th MARCH 2018

A Donation of \$2,000 was made to VSC by Peter Cullerne on behalf of No 4 & 5 Squadron RAAF Ass Sub Branch, who hired the Centre for an event.



Aaron Pickering was awarded a Certificate of Appreciation for all his hard work with the new IT computer system



ANZAC DAY 2018







FOR THE FALLEN

Poem by Robert Laurence Binyon (1869-1943)

With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.

Solemn the drums thrill: Death august and royal
Sings sorrow up into immortal spheres.
There is music in the midst of desolation
And a glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in our labour of the day-time;
They sleep beyond England's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight,
To the innermost heart of their own land they are known
As the stars are known to the Night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plain,
As the stars that are starry in the time of our darkness,
To the end, to the end, they remain.



ANZAC DAY DONATION

VIKING FISHING CLUB

The Fishing Club started Anzac day 2Up fund raising for the VSC back in 2013 and below are the amounts that have been Donated to date -

2013 - \$2,265

2014 - \$1,643

2015 - \$2,600

2016 - \$2,642

2017 - \$2,310

This year a cheque was handed to Ian for \$1,306.00



L - R

Rod Woodward - Vikings Fishing Club, Committee Member

Sarah Gilbert - Vikings Group Sports & Community Program Manager

Anthony Corbitt - Vikings Fishing Club, President

Ian Thompson - Veterans Support Centre, President

Howard Moffat - Vikings Fishing Club, Member

Laura Howatt - Lanyon Vikings Venue Manager

BUS TRIP - WOMBAT WAY

On the 2nd of May, 31 members travelled by coach, to Ron Culton's property at Gundillion (via Braidwood) to compete in the annual Wombat Way Games completion. The coach departed Page at 0830, stopped for a coffee break in Braidwood, and arrived at Ron's property at about 1150.

On arrival we were introduced to a number of Ron's neighbours who greeted us by serving a wide range of beverages (wine, beer, soft drinks, tea and coffee) to order. Ron also encouraged us to stroll around and view the property.

Each of the travelers quickly found a suitable beverage and settled down to a quiet drink and conversation before dining. The meal was served at about 1300 and was accompanied by more wine, or other beverage as required, and somewhat animated conversation.

Lunch consisted of a large selection of spit roasted meat (prepared by Ron and ably assisted by Peter Kercher) together with roast potatoes, carrots and gravy. The main course was followed by an excellent range of dessert items, such as apple pie and apple crumble, which had been baked by Ron's neighbours.

After lunch, the group was split into four teams for the Wombat Way Games competition. The competition consisted of four games of which were modified so that they complied with the Wombat Way Games competition's rules. Games were, Quoits, Golf, Skittles and Rubber Boot tossing. Quoits and Golf appeared to be the most challenging for the all contestants but some managed surprisingly high scores. There is some suspicion that the high scores were achieved by creative scoring but no swabs were taken. Skittles also proved somewhat difficult. However, some of the contestants managed to achieve respectable scores when the wind blew some of their skittles over. There is no evidence that the scorers deducted any points for wind assistance. The rubber boot tossing competition initially proved to be difficult for some contestants. However, most of the teams were able to overcome this problem by positioning another team member immediately behind the target area. There was some suspicion that members assisted the boots to reach their target but a review, by the team concerned, concluded that no assistance was provided and that the scores were accurate.

Feedback from those who went on the trip was very positive and all felt that Ron had gone out of his way to make the day a memorable one. Most of the participants indicated that are looking forward to the next games in 2019.

Don Richards









1st Place	Chris Morgan
2nd Place	Taryn Simpson
3rd Place	Don Richards / Jack Aaron



BIGGEST MORNING TEA

WEDNESDAY 9TH MAY @ 10.00AM

A big shout out to our Members who came to the event and also those who were unable to attend but still made a Donation, the VSC raised **\$500.00**

Three members of the Guitar group entertained the group, a fun morning was had by all.



KARENS FAREWELL





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.

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

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 .

HONOURING WOMEN UNITED BY DEFENCE SERVICE

We will honour: Women who are widowed as a result of their partners service; women who are currently serving or ex members in the Australian Defence Force; and women and their families whose lives have been affected as a result of service. This includes mothers, sisters and children.

Last Post Ceremony and Wreath Laying - Tuesday 11th September 2018, 4.55pm
Dinner Event - Tuesday 11th September 2018

For more information contact: Rhondda Vanzella OAM, Chair of the Organising Committee, President of War Widows Guild of Australia NSW on: **0427 019 754**

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

Selkirk

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Mahogany, Cedar and walnut furniture.
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29 Summerland Circuit
Kambah ACT 2902
02 6231 5244
0418 631 445
02 6231 3656 FAX
02 6231 3656 Fax



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- Adaptable to mobility needs
- Deferred settlement available
- Close to shops, medical services and parklands.

* Conditions apply.



Book a viewing today!

6175 5057 20 Galore Street, Crace ACT

CENTRALBYGOODWIN.ORG.AU

THE
CENTRAL
BY GOODWIN



24 Mort Street,
Braddon, Canberra

crossfitthreeflow.com

CROSSFIT
THREEFLOW
POSTURE • TECHNIQUE • STRENGTH

Crossfitthreeflow.com

Call Angela 0409 586 103

CROSSFIT THREE FLOW

Held an event at their Gym on Anzac Day to raise funds for the VSC, the day was a huge success and in total \$1,467.70 was donated.

Thank you to all who attend the day.

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

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

WHITE WREATH—ACTION AGAINST SUICIDE

1300 766 177 (5am to 9pm)

Text via **0410 526 562**

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**

www.kookaburrakids.org.au

VETGUARD

In 2017 more than 80 Australian Veterans took their own lives!

Since 1999 more than 375 veterans lives have been lost to suicide.

WHAT IS VETGUARD?

VetGuard has been set up to provide our veterans, their families and others who encounter them support during vulnerable times. This tool will assist veterans to connect with people, trained in crisis work, from their peers who have an innate knowledge of the issues surrounding veterans and their transition back into mainstream community living. In many cases VetGuard will be used for peer-to-peer support, connectivity and referral to identified required services. However, it may also be the last point of contact for a veteran who has made that fateful decision and is looking for a reason to continue with their struggle. This level of support has proven to make a difference on the coal face.

HELP IN A VETERANS DARKEST HOURS

As a veteran, you can sign up with VetGuard and provide your details. Once we are notified, we will enable you access to a veteran specific program where your contact details are anonymously stored, along with some demographic information (Country, State, Branch of Service, Location). This information will not be shared with others, unless it is decided to send emergency services to your aid.

When a member of the VetGuard program calls for help using the VetGuard application on their phone, the service will match them up with someone with appropriate mental health training to make a safe plan and assist the veteran towards seeking support and intervention from qualified mental health practitioners.

For more information on this innovative tool, and how to sign up, please visit:
<https://v360.org.au/vetguard/>

WHITE WREATH ASSOCIATION LTD - ACTION AGAINST SUICIDE

Need Help? You will speak immediately to a human voice

Monday to Friday , 5am to 9pm

You can **Text** via mobile **0410 526 562**

White Wreath is a non-denominational, non-political and anti-discriminatory body supporting people who have been directly affected by suicide and those who are affected by mental illness/disorders.

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.

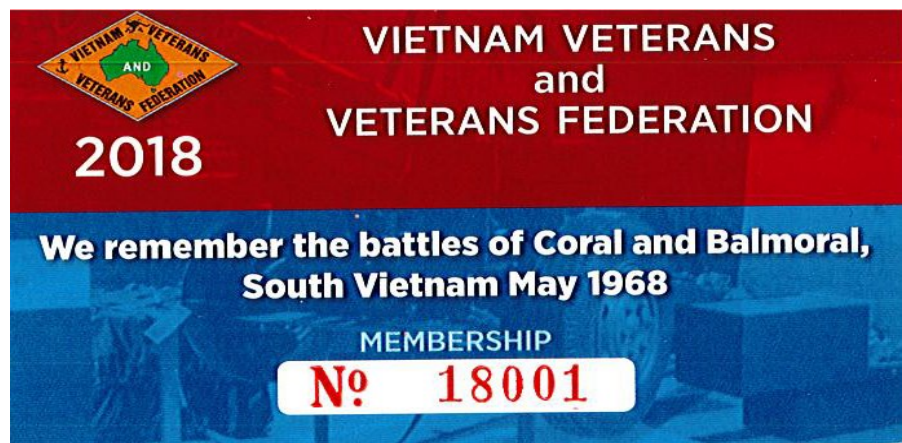
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MEMBERSHIP 2018

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

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