

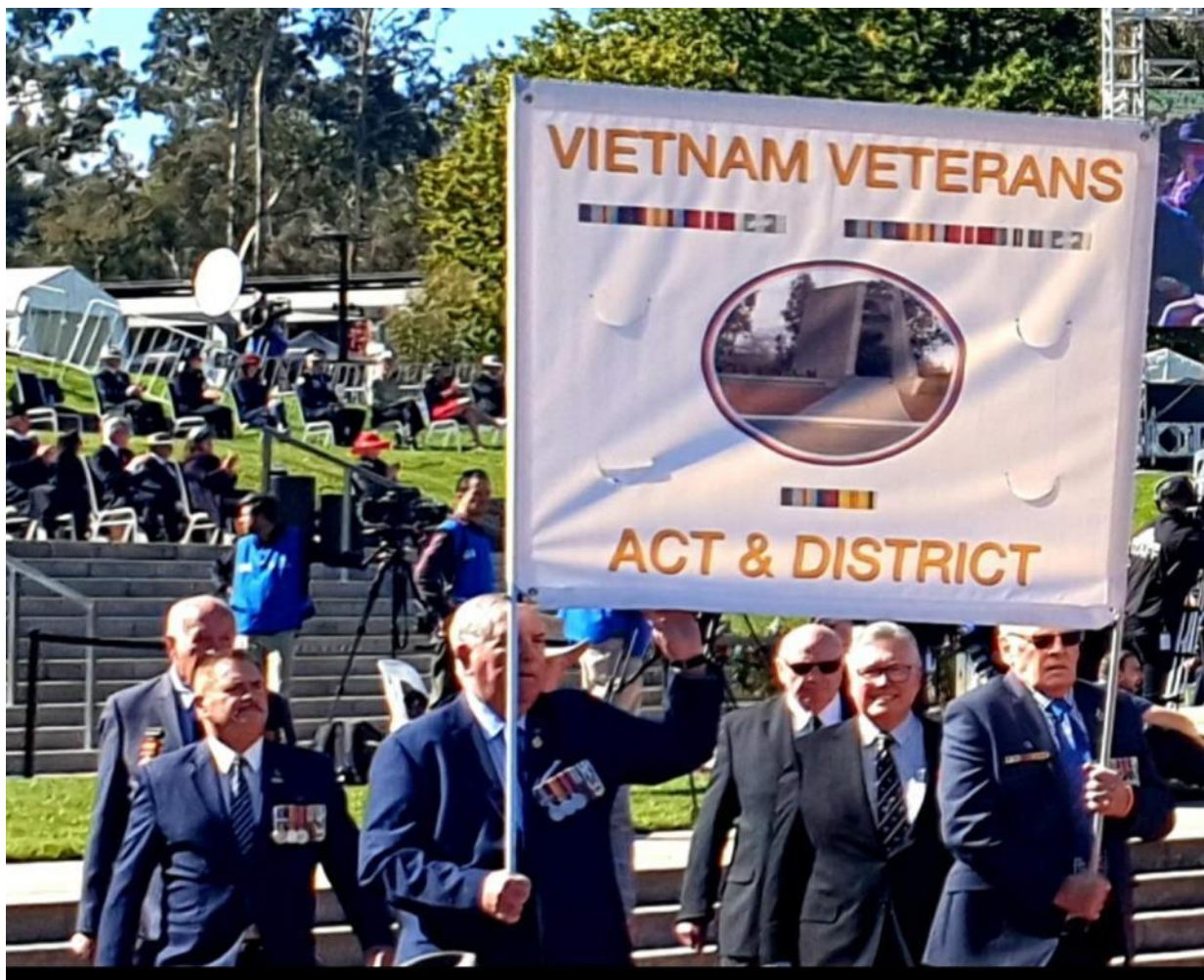
FROM WARFARE TO WELFARE

Issue No. 87

7 JUNE 2021



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

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

9 Burkitt Street PAGE ACT 2614

Email office@vscact.org.au

Office Hours Monday to Friday

Phone **(02) 6255 1599**

Website www.vscact.org.au

9.00am - 4.00pm

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Grants Officer:	Trevor Goodhew
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Office Manager & Wellbeing Officer:	Julie Broomby
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OHS:	Doug Gale OAM JP
Grants Assistant:	Don Richards
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PRESIDENTS REPORT

Staff changes

It looks as if the COVID-19 roll out for vaccinations is being implemented on almost all adults in Australia which will be a relief for many people. I hope that special chip that you get with the 'jab' will help me with my memory but maybe it only works when you are in Byron Bay.

Those of our members will have noticed by now that Amy has returned to her position in the office and that will begin to reduce the workload for Julie and Kira-welcome back Amy we missed you but we did get our first baby (I think) in return. Kira will be staying with us and she and Amy will share the admin load and thus free up Julie for Wellbeing tasks and a bit of a break. We will still be asking for admin help from our members and those that have been assisting I thank you for your input and it is most welcome-and we like to see you at the VSC anyway.

Food Van

Food Van events have started up and that will be a good thing for our activity participants and will also help with a little input into our finances. We still have a little work to procure some splash backs to make cleaning easier (and to satisfy ACT Health)

Finances

Also, during the year we have received a number of donations from Veterans and these are most appreciated.

After some productive discussions coordinated by Don Bertram with Lockheed Martin Australia, we have been donated the sum of \$30 000 which we will receive spread over the next four years. This money will help to reduce the costs associated with registration and insurance of vehicles and perhaps a little left over for utilities (like electricity and water, not that other vehicle). This is a very generous gesture and I hope we can spread the word to some of the other big businesses operating in Canberra and the region. As Don has shown us, our Members to keep their mate ship going with other management groups around Canberra and let them know what we provide and donations help to keep us going.

We also benefited from the estate after the passing of one our members and this too has been a significant input. This is not meant to be a hint but these things do happen.

On Wednesday 9 June 21 I spoke with Emma Davidson MLA, Assistant Minister for Seniors, Veterans, Families and Community Services as part of her portfolio-she has other Ministerial duties. I asked to speak with Emma to put our case for ongoing support from the ACT Government. Members will recall that during the early stages of the pandemic the ACT was very supportive and gave us a \$20 000 grant to use to make our older member's life a little less tense as lockdowns and pandemic woes struck us. Some three years ago, the then Minister, Gordon Ramsay, secure \$39 000 for three years in the Budget. I am hoping to share our case with Emma to be able for her to address our financial concerns in the next round of ACT deliberations. I will report the results probably in the next quarterly newsletter.

Advocates

On 19 May, Senior Vice President Geoffrey Bolwell coordinated a very productive workshop for Advocates in Canberra and outlying areas to the VSC. Topics discussed included:

- Continuous Professional Development and the need to achieve the necessary conditions.
- Formats for the delivery of claims to DVA
- Statistics and reporting on successful, and unsuccessful claims
- New Advocates needing training and Mentors.

ATDP Region 2 Training Manager, Ian Thompson, provided an update on the ATDP training continuum and how it was intended that new trainee Advocates would achieve the necessary On-Job-Training to progress.

Three new people have been enrolled in Stage one of the Advocate training, so I look forward to having them join our competent and productive Advocacy team. To date we have over 1000 claims submitted this financial year.

Other Events

Recently I had the pleasure of attending the ESORT (Ex-Service Organisations Round Table) meeting held at DVA during which the attendees were able to express their views on the intended Royal Commission into Suicide Prevention. There was certainly a great deal of serious thought put into the discussion and a number of useful points which I hope to see soon in the wrap up and Minutes. I also hope that this information will be forwarded from DVA to the Royal Commission members (when it is established). A couple of points that I picked up on included:

- There will be no military members on the panel. I have some difficulty with this unless there is a support group of military and ex-military people assisting the Commission members.

- There has been no statement regarding progress reports of the Commission. In other words, even though a particular aspect might be 'discovered' during interviews, this may not be shared with the National Commissioner until completion of the Royal Commission this could mean a delay of two years waiting for action.
- Personally, I have only a little confidence in the way in which the Royal Commission will conduct its work. I believe that we should look at what we have now, apply more resources to continue to help where we can, and then go back to finding the causes (we really have a good idea of what these are), measure against what we are doing now and identify what needs to be done in the future.
- The resources needed to perform this task will be extensive. If there are going to be interviews with affected people, then this will demand a big team that can ask the right questions to be gathered to establish a start line. These resources have not been identified to my knowledge and I do not see them coming from DVA as they have enough to do!

I would hate to be considered a naysayer but I believe this task will be significant, but I hope we get the results we need.

ESORT was also privileged to receive a Budget Report from the Secretary, Liz Cosson, as part of the meeting. I also got it from the District Commissioners for NSW/ACT the next day. Very hush-hush and we had to surrender our mobiles in case we spread the word about the Budget being released that night. Highlights included:

- DVA is receiving funding for 430 more Public Servants to 'tackle the backlog' in claims
- There is no more money for the BEST grant distribution which provides the bulk of our Admin wages-but there is to be a review of all of the smaller organisations that are receiving support from the BEST grant-there is also a review on what constitutes a claim for BEST assessment.

The Vietnam Veterans' Federation held its Annual General Meeting in Canberra last week. The AGM meets with the President, Secretary and Treasurer and each of the Presidents/ National Managers of each state who are designated as Vice President of the Federation. The Minutes of the Meeting have not been produced as yet. Some of the discussion points included:

- National representation on Transition Seminars not flowing down to the States/ Territories
- Statistics. We need to have greater visibility of the claims and membership within the Branches and National including:
 - Claims against each of the ACTs
 - Wins vs losses
 - Waiting times-local and DVA
 - Number of claims to VRB
 - Ex-service versus serving members
- There is a new template for the Authority to Act for Advocates

- Delays in claims and Delegates noted as 12 months for VEA and 12-24 for MRCA/DRCA.

Some time ago we advertised a play being presented in Canberra titled 'Foxholes of the Mind', which provided an insight on PTSD and how it could be treated and how it destroys family life and people if it is not treated. I enjoyed the presentation and while there were some lighthearted moments it did highlight the impact that PTSD can have on people as they react to trauma-or in the case of Ex-Servicemen and women, what happens to them when they leave, and during their service with the ADF. Very moving parts and certainly made me think.

On Sunday I attended the Vietnam Requiem which was part of the 'Flowers of War' musical programs-I attended the one for WWII and now the Vietnam event. Very spectacular with several well-known presenters such as Little Patty, John Schumann and Normie Rowe. The Llewelyn Hall at the School of Music was not full, but I did spot a couple of our members.

On Monday the 7th June I attended the Overlord/Battle of Long Khanh 50th Anniversary event. Similar program to the Remembrance Service that we run on 18th August but with a couple of hundred more attendees. Trooping of the Regimental Colours very impressive but no fly over!

Accommodation

The Committee is currently reviewing our accommodation/office space needs. If we need expand on this with more advocates it might need an extra 'demountable on the current hard stand. We need to get some figures, and probably agreement with the ACT Government in order to accomplish this. A moving feast but a sub-committee has been identified to gather the necessary information.

Keep well, get your vaccinations, remember the BBQ on Tuesdays-above all, the VSC purpose is to support our current members and any Veteran-if you need us we will be there for you.

Yours aye

Ward



FOOD VAN

SEPTEMBER

SUNDAY 26TH -

GERMAN CAR SHOW @ BRAD HADDIN OVAL

2021 CALENDAR

JUNE

MONDAY 14TH -

VSC CLOSED FOR QUEENS BIRTHDAY

AUGUST

WEDNESDAY 18TH -

VIETNAM VETERANS DAY

SEPTEMBER

TUESDAY 28TH -

ANNUAL GENERAL MEETING



SERVICES AND ACTIVITIES

- Advocates available on Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, who assist with filling in paperwork and lodging claims with the Department of Veterans Affairs
- Representation at the Veterans Review Board (VRB)
- Representation at the Administration Appeals Tribunal (AAT)
- Trained Wellbeing Advocate to support members
- The Food Van, which attends various community functions and a main source of our fundraising
- Walk for health program
- Guitar group
- Ladies Craft Group every 3rd Friday of the Month
- A wood work shop & a metal work shop for Members
- Wednesday coffee morning for veterans
- A library- books and DVD'S to borrow for members
- Tuesday BBQ lunch @ 12:00pm, cost of **\$5.00 per head**
- Thursday pie lunch @ 12:00pm, cost of **\$5.00 per head**



VETERANS SUPPORT CENTRE
BELCONNEN

VETERANS SUPPORT CENTRE - BELCONNEN

Address: 9 Burkitt Street, Page ACT 2614

Phone: (02) 6255 1599

Opening Hours: Monday to Friday - 09:00 to 16:00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gardening Group to help maintain the gardens at the VSC 10:00am to 12:00pm	Walking Group	Open Arms and the VSC hosts Coffee Connections weekly, which is free for Veterans and their families from 10:00am to 12:00pm	Wood & Metal Workshops open from 10:00am weekly all skill levels welcome	Guitar Group weekly from 9:30am, new members and all skill levels are always welcome
	Wood & Metal Workshops open from 10:00am weekly all skill levels welcome			
	BBQ Lunch weekly at 12:00pm with a cost of \$5.00 per person		Pies Lunch weekly at 12:00pm with a cost of \$5.00 per person	Ladies Craft Group on the 3rd Friday of the Month from 1:00pm
Please contact the office for more details regarding any of the groups.				

ANZAC DAY

On Sunday April 25th the VSC marched with other Veterans to commemorate Anzac day 2021.



Despite Covid 19 regulations and last minute changes, we were still able to have a few of our Veterans march in the Anzac Day Parade with great pride.



Many across Australia and the world watched the march from their homes on the ABC.



Thank you to everyone who came along, donated to this worthy cause, and shared in this special event.





Members , Friends, and Family all enjoying delicious store bought and home baked treats!



 **Cancer Council**
Australia's Biggest
Morning Tea

NEW \$50m VIETNAM VETERANS MUSEUM PLANS UNVEILED

Plans for a new \$50 million National Vietnam Veterans Museum will go to Bass Coast Shire this month, with an ambitious target to start construction later this year.

General manager Phil Dressing last week confirmed a planning permit was being sought for a museum, to be built on a 100-acre site opposite the current museum, with access from the Cape Woolamai roundabout. He said a business case written last year estimated the new building – which will be about three times the current museum's size – would cost more than the previously estimated \$30 million.

"The business case found what we have here is not a nationally unique collection, but a globally unique one and we need to protect and conserve it," said Phil, who is set to retire in November and hand the reins to a new general manager.

"We can only do that effectively and efficiently if we start again."

According to the designs by architects Tract, the building will be incorporated into the landscape, feature a three-acre display hall, retail, café, classroom and function room able to seat 200 people, as well as a conservation area and library.

The 100 acres extends to the intersection of Churchill and Phillip Island Roads and was purchased in 2019 for \$2.6 million – paid from a Federal Government grant – after a long search for a new site to house the museum's expanding collection.

Growing

Phil said they had outgrown their current one-acre site, with their Caribou plane, car park and spare parts area housed on land kindly on loan from Phillip Island Helicopters.

"We are getting more and more items and we have little space to store, conserve and display them. There's a Hercules forward section at Pt Cook that we want to relocate and display but it's 5m x 4m."

He said the museum was becoming increasingly popular, with more than a 20 per cent increase in visitation this summer. The current museum site will be retained as a service site.

"But we would be open to selling if someone comes along who wants to buy it."

Funding

Phil said he was confident construction could start later in the year despite the funding yet to be secured. He said they were hoping the Victorian Government would provide \$10 million in the May budget, with a letter requesting funds sent to Premier Daniel Andrews last month, accompanied by letters of support.

State Government Veterans Minister Shaun Leane last month visited the museum, later commenting in Parliament he was “looking for ways that maybe we can support them further”.

“They have got big aspirations to move the museum to a location across the road and I am seeing what we can do to help them fulfil that aspiration,” Mr Leane said.

“It is the biggest Vietnam museum in the world – there is even not a bigger one in America surprisingly.”

The museum will approach all the states and territories, as well as philanthropic organisations and individuals in a bid to raise funds.

“Our search will be global, any of the allies who were involved in the Vietnam War. We don’t believe it’s overly-ambitious to say we’ll be sticking a shovel in the earth later this year.

“Ideally we would like to start building within five months after receiving planning approval. But that is predicated on funding. If we can’t get support then the cost will be bigger and the timeline will be extended.”

Background

Phil said the expansion was in line with the “National Vietnam Museum Masterplan 2025” adopted by the museum board in 2014, adding Phillip Island was considered “the spiritual home” for Vietnam veterans.

“The decision was made to initially look for land on the island, then go within Bass Coast Shire if need be,” he explained.

“There were caveats – we needed main road frontage and enough land for future expansion.”

After receiving the Federal Government funding in 2019, the museum looked at more than 12 different sites in their search for a suitable location. In the short-term, residents and visitors will not see any changes to the existing museum, however it is hoped a mural will soon be added to a shed on the new land declaring it as the new home of the National Vietnam Veterans Museum.

Phil paid tribute to the tireless work and dedication of volunteers, with the museum started in the garage of veteran John and Krishna Methven’s San Remo home, transformed into a world-class museum.



THE AUSTRALIAN ARMY AT A GLANCE

A friend once told me he didn't understand the military system. Dumb civilian, I said to myself, but openly I said, "The system is really quite simple."

You see, all people in the Army are soldiers, all Privates are soldiers, but not all soldiers are Privates. Some are officers and commissioned, but some officers are not commissioned. Obviously if every private was called Private it would be confusing, so some privates are called things like Trooper, Driver, Gunner, Craftsman, Signaller or Sapper. Not all of the drivers actually drive because some of them cook, but we don't call them Cooks, for that matter. Not all drivers are called drivers – some of them are Privates or Gunners. Gunners as I'm sure you know are the blokes that fire guns, unless of course they are drivers or signallers in which case we call them Gunners rather than drivers or signallers just to make it clearer. All Gunners belong to the Artillery, except that in the Infantry we have gunners who are called Privates because they fire a different sort of gun, for the same reason we call our drivers and signallers Private as well.

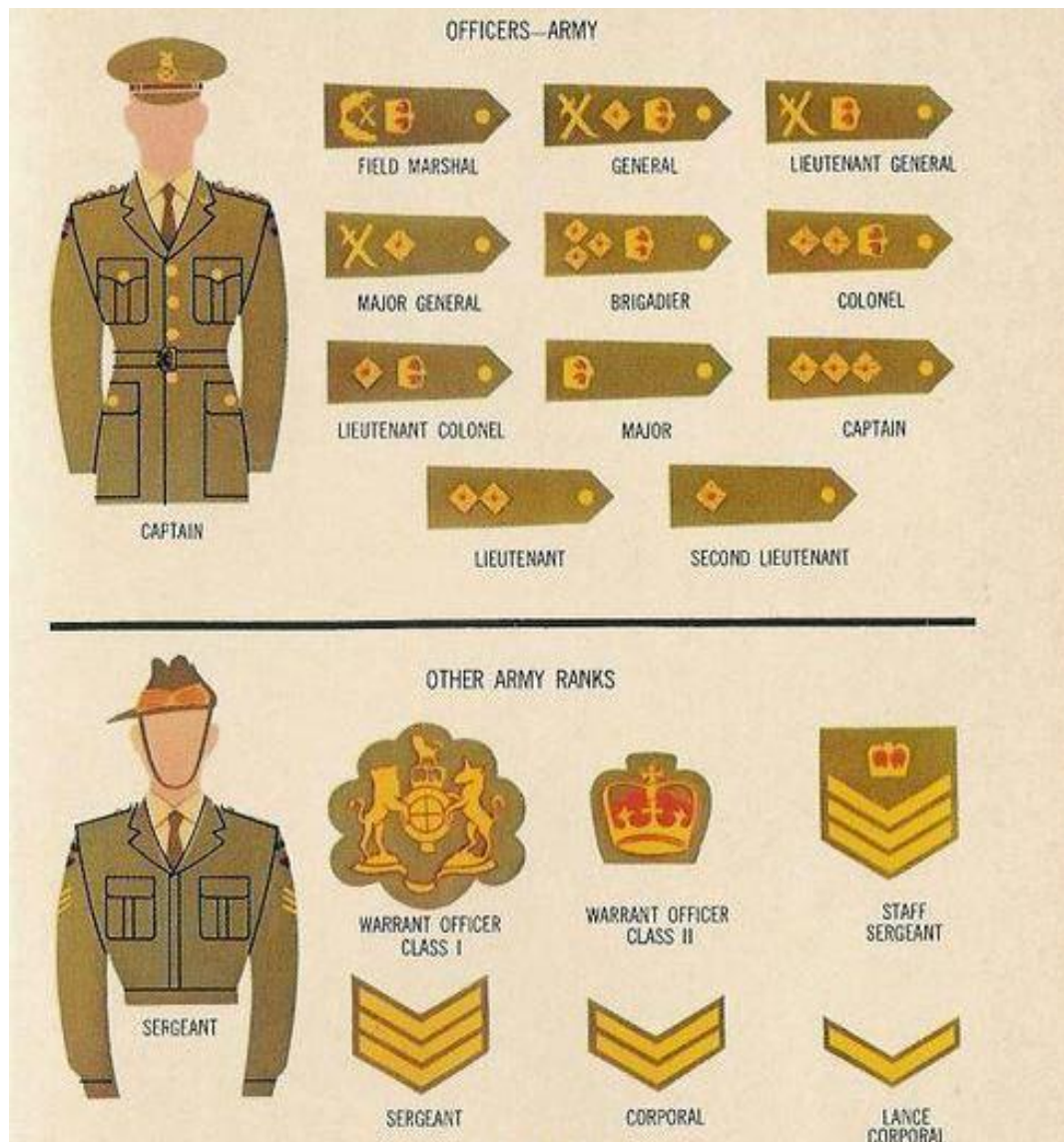
A Lance Corporal is called Corporal, unless he is a Lance Bombardier then we call him Bombardier to distinguish him from a full Bombardier, who is just like a Corporal. All other ranks are called by their rank for the sake of simplicity except that Staff Sergeants are called Staff, but they are not on the staff. Some Warrant Officers, who are not officers, are called Sergeant Major although they are not Sergeants or Majors. Some Warrant Officers are called Mister which is the same thing that we call some officers but they are not Warrant Officers. A Lieutenant is also called Mister because they are subalterns, but we always write their rank as Lieutenant or Second Lieutenant, and second comes before first. When we talk about groups of soldiers there obviously has to be clear distinction. We call them Officers and Soldiers although we know that officers are soldiers too; sometimes we talk about officers and other ranks, known as ORs which is the same as calling them soldiers.

I guess it is easiest when we talk about rank and file which is all the troops on parade except the officers and some of the NCOs - - and a few of the privates – and the term is used whether everyone is on parade or not.

A large unit is called a Task Force, unless it is a regiment or a battalion, but sometimes a regiment is much bigger than a battalion, and then it has nothing to do with the other sort of regiment. Sub units are called companies unless they are squadrons or troops or batteries or even platoons for that matter. That is not radio batteries and don't confuse this type of troop with the type who are soldiers but not officers; also Corps of Signals have squadrons like the airforce but no pilots but have troops instead.

Mostly the Army is divided into Corps as well as units, not the sort of Corps which is a couple of divisions but the sort which tells you straight away what trade each man performs, whether he is a tradesmen or not. The Infantry Corps has all the infantrymen for example and the Artillery Corps has all the gunners. Both these Corps also have signallers and drivers except those who are in the Signals or Transport Corps. In fact the Signals Corps is not a service at all because it is an Arm. Arms do all the fighting, although Signals don't have to fight too much, rather like the Engineers who are also an Arm, but they don't fight too much either.

So, you see, it's really quite simple.



And then we have the Navy.....



ARTICLES WRITTEN BY MEMBERS

A Chance Encounter by David Whyte

About ten years ago I was waiting outside the Australian War Memorial to open. It was a cold, foggy morning about 9.30 am.

I saw an older man, walking slowly and alone, make his way towards the entrance stairs and then begin to climb them. As he approached I walked down a few steps to meet him.

‘Good morning, sir’, I said. ‘I’m afraid you’re a little early, the Memorial doesn’t open until 10 am. If you like, you could go across to the café and grab a coffee then come back for opening’.

By this time, we were close together and I could see that the man was not just disappointed, but in a somewhat emotional state. Tears had welled in his eyes and when he spoke, it was with some difficulty.

‘It’s okay’, he said. ‘It’s been forty-two years, so I suppose I can wait another thirty minutes’.

‘You haven’t been to the Memorial for forty-two years’, I replied. ‘A lot has changed since then’.

‘No’, he said. ‘I’ve never been here before. It’s forty-two years since I came back from Vietnam’.

The man looked down for a few moments. ‘It’s okay’, he said. ‘I’ll come back later on’.

At that, he slowly walked back down the stairs and headed off in the direction of the café.

It seemed to me that he may have struggled through those years to come to terms with his experience. It helped me to understand the long- term personal effects of post-traumatic stress.

For him to walk up those stairs and into the Memorial may have been a truly daunting prospect, not knowing what he might see and experience and how he might react. It may be that, after the passage of all those years, this might have been the thing that he needed to do in order to understand how his country had portrayed its role in the Vietnam War and how his story was being told. Perhaps this visit might help him come to terms with the part he played and the things he experienced.

The AHS *Centaur*

The Australian Hospital Ship (AHS) *Centaur* was sunk by a Japanese submarine off Brisbane. Launched in 1924, she was originally designed as a passenger and cattle transport from Western Australia to Singapore. Early 1943, the *Centaur* was refitted as a hospital ship.

In November 1941, HMAS *Sydney* was sunk by the German raider *Kormoran* off Geraldton in Western Australia with the loss of 645 sailors, 6 airmen of 9 Squadron and 2 civilians. AHS *Centaur* rescued a number of German sailors. She was next in action at Milne Bay where she was illuminated by Japanese ships. They did not fire on her when they saw the red cross markings.

On 14 May 1943 sailing from Sydney to Port Moresby, *Centaur* was sunk by a Japanese submarine despite displaying red cross signs. Of the 332 on board, 64 survived including sister Ellen Savage who was awarded a George Medal. Eleven other nurses died.

Captain Nakagawa, who died in 1991, refused to speak about the attack on *Centaur* following the war crimes investigation or even to defend himself or deny the claims. So what is a centaur?

Ixion was the king of the Lapiths from Thessaly, today's Greece. He ignored the rules of Zeus about hospitality but Zeus decided to be merciful and invited Ixion to a banquet on Olympus. However, Ixion tried to seduce Hera, the Queen of Heaven and wife of Zeus. Ixion left the banquet after drinking far too much and slept in a field. Zeus had the Cloud Gatherer sculpt a working likeness of Hera and Ixion was delighted when he woke to find the likeness sleeping with him. Unable to control himself, the inevitable result was the Hera-like cloud became pregnant and produced a boy.

This boy was ugly and misshapen and his pleasure was with the wild mares. These creatures were named 'centaurs'. Which is why a centaur is a horse with the head of a man.



NOTICE BOARD

FEDERATION WORK SHOPS

At the Veterans Support Centre there are facilities including the Woodwork shop and Metalwork shop. These workshops are overseen by experienced operators who assist members in carrying out construction and/or maintenance of items in the workshop. The Volunteers will assist members wishing to carry out work on work their own projects and give guidance when needed or required.

A fee is generally applicable where it is necessary to cover material costs and a donation to the VSC in appreciation for the labour of volunteer staff.

Contacts: - Peter Kercher (woodwork shop) and Peter Armstrong (Metal work shop). Please call the office on [**\(02\) 6255 1599**](tel:0262551599) for more information.

WEDNESDAY COFFEE MORNINGS

Our coffee morning teas are held on a Wednesday morning from 10am - 12midday. We have the pleasure of having Rob and Gail attending from Open Arms - Peer support program. Please drop in on any Wednesday morning if you would like to join us for a coffee or tea.

LIBRARY

Our library has proven to be quite popular with members. We have a large range of books and DVDs for all members to borrow and new donations are always gratefully received.

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**](tel:0262551599) to arrange collection, as we have limited space available for storage.

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.

GUITAR GROUP

The guitar group meets on Friday morning at 9:30am, in the kitchen at the VSC. New members are always welcome, any skill level accepted. If you are interested in learning to play either guitar or banjo, or simply just want to come along and jam with us, please contact: [ian Schafferius on 0434 717 093](mailto:ian.schafferius@vscact.org.au).

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

PLEASE CONSIDER LEAVING A BEQUEST IN YOUR WILL

Through your Will, you have the power to help surviving veterans, and those that follow them.

To make a difference no matter how large or small, with any gift you bequest the Centre will assist fellows veterans.

You don't need to be wealthy to make a difference to the lives of Veterans, each amount assists the Centre to carry on the vital support network we provide to the Veteran community.

GARDENING GROUP

The VSC gardening group is coordinated by Stephen Hull. We are still requiring volunteers to assist Stephen in the gardening group on a Tuesday morning. If anyone is interested in participating in this group, please contact the office on [\(02\) 6255 1599](tel:0262551599)

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

Your full name and contact phone number

Change of address if applicable

Or call [\(02\) 6255 1599](tel:0262551599) to update.

This is only if your details have changed!

LADIES CRAFT GROUP

The ladies craft group has returned to the VSC to share their experience and wealth of knowledge in addition to socialising with like minded crafty ladies The group runs every third Friday of the month starting at 1:00pm and goes until about 3:30pm. Anyone who wants to come along and join the group is welcome. The next group is on the 18th June.

If you would like more information or you are interested in joining please contact Marree McGarry [0402260963](tel:0402260963) or Email: mareemcgarry@gmail.com

COOKING FOR ONE OR TWO CLASSES

We are in the process of organising a “Cooking for one or two course” which will be run at the VSC in the very near future. We have approached “Fuel your Life’ Dieticians to see if they can support us in this new program.

The program is dependent on whether we can access the funding and Fuel Your Life can assist.

If we are successful in moving forward with this project, the class would be likely to be run on a Monday morning or Wednesday afternoon.

If you are interested in joining this class could you please contact the office by email or phone and let us know what day best suits suit you?

We appreciate your feedback and hope we can get the program up and running!

MISSING ITEMS IN THE WOOD AND METAL WORKSHOPS

Unfortunately the volunteers running the workshops have noticed there has been some damaged or missing tools and items.

One item in particular missing from the woodwork shop is a dumpy level and tripod which was noticed earlier in the year. If you have borrowed this and forgotten to bring it back, please return to the office or woodwork room as soon as you can.

We are now putting into place a system of checking the quality of tools and items before they are borrowed from the workshops, and potentially including a inventory borrowing check list. If you would like to borrow tools rom the workshops please see the appropriate people in charge or see the office for more information.

VSC WALKING GROUP

Contact Terry Lawler 0401 109 550 Or terrylawler71@bigpond.com

DAY	DATE	TIME	MEET AT
Tuesday	18 May	9.30am	Meet at the JOHN KNIGHT MEMORIAL PARK, Townsend Place Belconnen. Walk around Lake Ginninderra. Coffee at Birrigai Café at Kanga Waters Village. One hour and a bit walk and fantastic.
Tuesday	25 May	9.30am	Skateboard ramp in Bartlett Place, Greenway. Walk around Lake Tuggeranong. Stop for Coffee at McDonalds then walk on to the cars. About 1 hour and 10 minutes' walk and a beauty.
Tuesday	1 June	9.30am	Meet at the Carillon Car Park, Wendouree Drive, Kings Park. Walk around Central Basin by passing Regatta point, walk over Commonwealth Ave bridge, have coffee at the foreshore café behind the High Court and walk back to the Carillon via Kings Avenue bridge. This is a great walk which takes about 1hr 10min.
Tuesday	8 June	9.30am	Meet at the JOHN KNIGHT MEMORIAL PARK, Townsend Place Belconnen. Walk around Lake Ginninderra. Coffee at Birrigai Café at Kanga Waters Village. One hour and a bit walk and fantastic.
Tuesday	15 June	9.30am	Skateboard ramp in Bartlett Place, Greenway. Walk around Lake Tuggeranong. Stop for Coffee at McDonalds then walk on to the cars. About 1 hour and 10 minutes' walk and a beauty.
Tuesday	22 June	9.30am	Meet at the Carillon Car Park, Wendouree Drive, Kings Park. Walk around Central Basin by passing Regatta point, walk over Commonwealth Ave bridge, have coffee at the foreshore café behind the High Court and walk back to the Carillon via Kings Avenue bridge. This is a great walk which takes about 1hr 10min.
Tuesday	29 June	9.30am	Meet at the JOHN KNIGHT MEMORIAL PARK, Townsend Place Belconnen. Walk around Lake Ginninderra. Coffee at Birrigai Café at Kanga Waters Village. One hour and a bit walk and fantastic.
Tuesday	6 July	9.30am	Skateboard ramp in Bartlett Place, Greenway. Walk around Lake Tuggeranong. Stop for Coffee at McDonalds then walk on to the cars. About 1 hour and 10 minutes' walk and a beauty.

TUESDAYS AT THE VSC

On Tuesdays we have our weekly BBQ lunch, which approximately 30 people attend to enjoy sausage and steak sandwiches with their peers.

Tuesdays are lively at the VSC with the wood and metal workshops open from 10am, as well as volunteers carrying out gardening, food preparation, in addition to the usual advocacy for compensation claims and wellbeing.

Tuesday are a highlight for many Veterans and their families as they enjoy catching up and chatting with friends, working on wood or metalwork projects, and digging in to the BBQ lunch cooked by our volunteer chef Tiger!

Please come and join us to experience the comradery at the VSC on any Tuesday.





FOOD VAN EVENT 11TH APRIL

AUTO ITALIA CAR SHOW 2021

The Auto Italia car show at Brad Hadden Oval Queanbeyan on the 11th of April, was a great success! Thank you to all the volunteers who assisted in cooking and serving customers, as well as cleaning the food van the following day.





THE VETERANS EMPLOYMENT PROGRAM

The Prime Minister's Veterans' Employment Program demonstrates the importance the Government places on raising awareness with employers, both private and public sector, of the value and unique experience of our veterans.

The Australian Defence Force (ADF) invests heavily in its servicemen and women, and they have a broad range of skills and experience. Their skill-sets, including proven leadership and problem solving skills, are in strong demand and transfer readily to civilian employment.

Australian organisations of all sizes, and across all industries, have an opportunity to employ these skilled and capable individuals when they separate from the ADF. Making organisations more aware of the value that veterans bring, will increase employment opportunities for veterans.

The Prime Minister's Veteran's Program was initiated in 2016 to raise awareness of the value and unique experience of Veterans. For more information on this program please search this link: <https://www.veteransemployment.gov.au/>

HAVE YOU HAD A BAD EXPERIENCE WITH A TRADESMAN?

Feel ripped off! Not sure where to turn to? Most plumbers and other tradesmen provide a valuable service to the community. Unfortunately the bad ones give the good ones and the industry as a whole a bad name.

Work done is often unsatisfactory, not completed, overpriced, and other shoddy practices occur too. Seniors are often targeted.

Enforcement is almost a joke-the bad ones are still practicing.

If you know of anyone so affected, feel free to pass on our contact details.

We would like to share what has happened to us and the steps we took to achieve justice.

Your Consumer Advocacy Group -

Phone: [0411 634 663](tel:0411634663)

Email: consumeradvocatecanberra@protonmail.com

OPEN ARMS CHECK 5

This year has presented significant challenges for everyone, in the way of natural disasters, the COVID pandemic and with particular impact on the veteran community - the release of the IGADF Report. These have resulted in an increased focus on maintaining mental health and wellbeing and a recognition of the power of connection.

We encourage all veterans and their family members to check in with 5 people in their lives. We are asking the veteran community to:

Educate themselves: learn how to connect and have difficult conversations

Take action: engage your network to provide support over the holiday period, through accepting the challenge to check in with five mates and challenging them to do the same.

For more information, please go to:

<http://www.openarms.gov.au/check-5>

OPEN ARMS SUPPORT

Open Arms Veterans Service provides counselling and support for Veterans and their families.

There services include:

- 24/7 counselling support through a dedicated support line — [1800 011 046](tel:1800011046)
- Face-to-face and video counselling for individuals, couples and families are coordination for clients with multiple and/or complex needs
- Peer support and veteran community engagement by those with lived experience of Defence service and mental health recovery, as either a veteran or family member
- Online and face-to-face group treatment programs to develop skills and enhance support for individuals and couples
- Suicide prevention and intervention workshops and online training
- Mental health training programs
- Crisis accommodation support
- Referrals to other services or specialist treatment programs, as needed

For more information please go to:

<https://www.openarms.gov.au/safe-zone-support>

SAFE ZONE SUPPORT

Veterans' and their families can now get anonymous counselling support with new Safe Zone Support. It's a free, anonymous counselling line for vulnerable veterans and their families who are reluctant to seek mental health care due to concerns about remaining anonymous. This support line will provide mental health care and assist with managing stress, trauma or significant life challenges, with a particular focus on the Special Forces community. Veterans and their families can reach it by calling [1800 142 072](tel:1800142072) - more information on the new service is available online.



HEART HEALTH

GETTING VETERANS FITTER, HAPPIER AND HEALTHIER

Health & Fitness

The Heart Health program aims to increase your physical health, fitness and wellbeing by providing practical exercise resources, nutritional and lifestyle coaching for 12 months.

The Heart Health Program is free and open to all veterans and peacekeepers who have had operational service and who have not participated in the program before.

Physical health is vital to your mental health and your overall quality of life. There are a number of benefits for those taking part in the program.

Participants will:

- Increase energy levels
- Maintain a healthy weight
- Improve strength, flexibility and coordination
- Learn healthy eating practices
- Prevent chronic disease
- Increase mobility
- Manage Stress and improve sleep
- Create and maintain social connections

Fully Funded.

**Exercise
Resource
Assistance
Provided**

For more information and to check your eligibility contact CHM at hearthealth@chm.com.au
1300 246 262 | www.veteranshearthealth.com.au

www.veteranshearthealth.com.au

CHM
CORPORATE
HEALTH
MANAGEMENT


Australian Government
Department of Veterans' Affairs

MURRAGUIDRIE VETERANS RETREAT

The Murraguidrie Veterans retreat is run by VVAA South West NSW Sub Branch and is located on the edge of the Murraguldrie State Forest, about a forty minute drive from Wagga Wagga, approximately seven kilometres from the Hume Highway, and turn off point to Tumbarumba on the Tumbarumba Road. The retreat is a “Bush retreat” which has a shelter shed with some kitchen facilities, toilet/shower block and newly completed caravan parking area with separate area which can be used by camper trailers and tents. There is no power available but there is provision to plug in a generator for lights in the shelter shed and toilet areas. As the only water available is tank water, could you please arrive with full water tanks if possible, we also have hot water “Donkey” for showers. This retreat is open all year round and as we are subject to fire bans there is no lighting of solid fuel fires on total fire ban days there is a BBQ in the shelter shed but you will need gas bottle (POL connector) Please note the gate is locked.

Visitor Contact: [Dave 0466 883 552](tel:0466883552)

GPS Co-ordinates: [S35.50270° E147.42462°](#)



COCKATOO RISE VETERANS RETREAT

The official opening of the Cockatoo Rise Veterans retreat will occur on, 6th march 2021. Greg Carter ex Vietnam Veteran, welcomes ex and serving defence personnel and their partners to his Cockatoo Rise Retreat situated between Port Fairy & Hamilton in Victoria's picturesque Western District. With great views, a relaxed atmosphere, close proximity to the Grampian ranges and Mt Eccles, beaches, great fishing and wonderful touring, Cockatoo Rise is a great place to spend some time. The retreat's 156 year old hotel, the 3rd oldest in Victoria, provides a unique atmosphere, to enjoy a beer in the retreats private bar (not open to the public) and a camp fire outside. The retreat will cater for caravanners, campers and also those who can stay in one of the in house rooms. Due to the unique nature of Cockatoo Rise, bookings are essential. We regret that we are unable to cater for children.

Contact: [Greg Carter 0409 418 332](tel:0409418332)

Website: www.cockatooriseretreat.com.au

Email: cockatoorise@wideband.net.au

Address: 26 High Street Macarthur, 3286



OLDER PERSONS ACT LEGAL SERVICE (OPALS)

The new Older Persons ACT Legal Service (OPALS) is a specialist service within Legal Aid ACT offering flexible legal assistance to older people. OPALS can help in many situations, such as if you:

- Have concerns about your safety
- Are being pressured to change your living arrangements, sign documents, or provide details of your finances
- Are having money taken from you without your permission
- Owe money and are not sure how you will pay
- Are being abused, threatened or bullied
- Are being denied access to grandchildren, other members of your family or support services
- Are being discriminated because of your age

OPALS has a strong community legal education and outreach component and provides information and referral services to concerned family, friends and workers.

OPALS is a **free** service and all cases are treated in confidence. We can also help make referrals to other specialist services if you choose not to take legal action.

If you think you need legal advice, please feel free to contact OPALS:

Address: **2 Allsop Street, Canberra, ACT** / Telephone: **(02) 6243 3436** or **1800 353 374** /

Email: opals@legallaidact.org.au / www.legallaidact.org.au/opals

FUEL YOUR LIFE: VETERANS NUTRITION SUPPORT PROGRAM

Innovative, Australia-wide company offering DVA covered dietetic services specifically designed for eligible veterans.

Gold Card Holders are entitled to clinically necessary treatment covered by DVAs Health care arrangements for all health conditions ie: weight management, chronic disease, diabetes, hypertension.

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

To get started and get closer to reaching your health goals, visit our website:

www.fuelyourlife.com.au, email: admin@fuelyourlife.com.au or call us on: **0401 302 872**.

We would be delighted to work with you to optimise your health.

NEW DVA CONTACT NUMBERS

Providers are requested to refer veterans and families who need to contact DVA to the new **1800 VETERAN (1800 838 372)** number.

There are no changes to telephone numbers that health providers use to contact DVA for advice, prior approvals, program-related information, contract arrangements or claiming and other business.

Numbers remain the same for the following:

Prior approvals: **1800 550 457**

Claiming: **1300 550 017**

VAPAC: **1800 552 580**

Transport: **1800 550 455**

Open Arms: **1800 011 046**

Veterans' Review Board: **1300 550 460**

COVID-19 HOTLINE FOR VETERAN COMMUNITY

Accessing important COVID-19 vaccine information and requirements has become easier for the Defence and veteran community, with a new dedicated hotline coming on line.

Veterans, serving Australian Defence Force personnel and their families can now call directly through to the Australian Immunisation Register (AIR) to help them prepare for their COVID-19 vaccination.

The dedicated hotline provides information to the community on how to update their Medicare records or access their Individual Health Identifier number to speed up access to their immunisation history statement.

Everyone in Australia is entitled to receive a COVID-19 vaccine. This new dedicated hotline will assist the veteran community prepare for vaccination by providing tailored information and advice on how to receive their proof of vaccination and updating their details with Medicare.

Veterans and Defence personnel can call the AIR on 1800 653 809 and select Option 4 for access to the dedicated support line.

You do not need a Medicare card to get the vaccine – you only need photo ID as proof of eligibility for stage 1b.

For veterans, this means your Department of Veterans' Affairs Gold or White card can be used instead of a Medicare Card when you book a vaccine appointment with your GP.

To find out when you are eligible to receive the vaccine visit www.australia.gov.au and complete the COVID-19 Vaccine Eligibility Checker.

ACT CONTAINER DEPOSIT SCHEME

HOW YOU CAN HELP THE VSC

All members are in a position to provide significant financial support to the Veterans Support Centre through the recently introduced container deposit scheme. Each container attracts a 10 cent refund. There are two ways in which you can assist: either by bringing the containers to the Centre for us to process, or by taking eligible bottles and cans to a Container Scheme Express Return depot.

Vinnies Belconnen Cnr Rae & Purdue Streets	Vinnies Dickson 1/9 Wooley Street
Vinnies Tuggeranong Cnr Pitman St & Athlon Drive	Salvos Tuggeranong Square Unit 1-3 Cnr Anketell & Reed Sts
Salvos Phillip Unit 7/48 Botany Street	Salvos Mitchel 32 Hoskin Street
Salvos Fyshwick 15 Mildura Street	

Eligible containers consist of glass and plastic soft drink/water bottles with their **lids removed**. Beer and soft drink cans are acceptable, however the **cans cannot be crushed**. (Slight bending will be accepted) Other bottles or containers are not approved.

WHAT YOU NEED TO DO AT THE EXPRESS DEPOTS

Put your containers in durable, slightly see-through bags, such as regular kitchen tidy bags, and take them to one of the express container return depots listed above.

Go to the container deposit scheme touchscreen monitor at the return point and select the, “credit my account”, option to commence the return process.

The next screen will ask you to input the phone number of your account. You should enter the VSC’s phone number, [02 6255 1599](tel:0262551599). The next screen will ask you for your refund preference.. You should elect the, “electronic refund”, option.

You will then be asked how many bags you have. Enter the number and the machine will print out a label for each bag. The labels have barcodes on them which indicate that the refunds are to go into the VSC account.

Stick the labels onto your bags and take them to the attendant or place them in the skip that is provided. Different return points will have slightly different procedures in this regard. For more information go to: <https://www.actcds.com.au/>

This scheme has the potential to provide a much needed source of ongoing revenue to the VSC so all members are encouraged to participate.

BOOK SWAP

One of our members, Russell Morrison has decided to organise a book swap at various locations across Canberra. These book swaps can be found in various Cafes, Shopping centres and local areas. Russell rotates books around on a regular basis to ensure a variety of content is available for the community.



MONEY TINS

The Centre wishes to thank the following businesses for having a money tin displayed at their premises and their patrons for donating.

- CrossFit Three Flow
- RMC Golf Club Duntroon
- Page Tavern-Page Shops
- Moby Dicks Tavern – Kippax Shops
- Campbell Park Canteen
- Mama Ria's - Kippax



DONATIONS

Donations are always appreciated at any time. If you are considering a donation **(tax deductible)** 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.. We are registered as GST exempt, a deductible gift recipient and an income tax deductible charitable institution.



HELPLINES

OPEN ARMS

Free call [1800 011 046](tel:1800011046) (24 Hours)

SAFE ZONE

Free call [1800 142 072](tel:1800142072) (24 Hours)

BEYOND BLUE

[1800 224 636](tel:1800224636)

LIFELINE

[13 11 14](tel:131114)

VETERANS 360 AUSTRALIA

[1800 838 360](tel:1800838360)

WHITE WREATH - ACTION AGAINST SUICIDE

[1300 766 177](tel:1300766177) (5am to 9pm)

Text via [0410 526 562](tel:0410526562)

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](tel:1800624608)

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](tel:0261090408)

Head Office: [\(02\) 9525 7474](tel:0295257474)

Website: www.kookaburrakids.org.au

MOUNTING MEDALS AND MEMORABILIA

The following names have been given to us by Members who have used their services in court and swing mounting - Full, Mini & Replica Medals.

Tony Mann [\(02\) 6295 2038](tel:(02)62952038)

Ross Smith [\(02\) 6292 1266](tel:(02)62921266)
[0418 345 995](tel:0418345995)

Christine Wilde [\(02\) 6231 9922](tel:(02)62319922)
[0409 900 315](tel:0409900315)

Dave Etherington [\(02\) 6292 2699](tel:(02)62922699)
[0419 819 503](tel:0419819503)

Pamela [0409 900 414](tel:0409900414)

info@medalmount.com.au

Bruce Tobin, Griffin Medals [0448 572 201](tel:0448572201)



Crossfitthreeflow.com

Call Angela [0409 586 103](tel:0409586103)

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Offering personalised service.

Specialising in restorations of Georgian, Victorian and Edwardian
Mahogany, Cedar and Walnut furniture and retro furniture.

Also available selected pieces of Doulton,
(including Flambé') Shelley & Moorcraft Ceramics and
Small silver items, both sterling and plate.

29 Summerland Circuit

Kambah ACT 2902

02 6231 5244

0418 631 445

02 6231 3656 FAX



Nick Vamvakaris

Electrician

0405 691 021

nick.v.electrical@gmail.com

ACT Lic: 20171153 - NSW Lic: 326908C

Solar Accreditation: A8602169

Lighting
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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@guttervac.com.au



RSL LIFECARE

Do you have any spare time?

RSL LifeCare is looking for volunteers to visit their residents.

If you would be interested in giving your time, please contact:

Carolyn.Lancaster@RSLLIFECARE.org.au

Or call **0438267797**

Thank you!



READY TO WRITE?

This Newsletter is for, and about Members of the Veterans Support Centre Belconnen. Which means we're always looking for stories and photos that bring the Centre 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



NEWSLETTER ADVERTISING RATES

Contact the Office staff for 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 and you are either sent a hard copy or on line via your email address.

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

FEBRUARY	Issue 86	FEBRUARY 21ST 2021
JUNE	Issue 87	JUNE 7TH 2021
AUGUST	Issue 88	AUGUST 22ND 2021
DECEMBER	Issue 89	NOVEMBER 28TH 2021

Circulation is approximately 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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2021 CARD

MEMBERSHIP 2021

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

Membership gives access to our Workshop facilities, Advocate 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: \$50.00 Single - \$55.00 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 **2021**, 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 on [02 6255 1599](tel:0262551599) Now!



Veterans Support Centre

Belconnen

ABN: 58534419650

Address: 9 Burkitt Street, Page, ACT 2614

Phone: (02) 625 1599



Membership Renewal Form

Title	Surname	First Name	Second Name/s
Address		State	Postcode
Postal Address (If Different)		State	Postcode
Phone Contact 1		Phone Contact 2	Preferred Contact Method Email / Phone / Post
Email Address			
Next of Kin / Relationship / Phone Number			

Membership

Membership of the Veterans Support Centre is available to all Veterans regardless of area of operations. The centre is here to provide support to members and Advocates through the provision of office and administration services, and to its members through woodwork and metalwork workshops, bus tours and other social events.

Membership and donations are tax deductible.

Subscriptions are **\$50.00 for Single** and **\$55.00 for Family**

Membership \$		Donation \$		
Membership Receipt Number		Date	Donation Receipt Number	
Eftpos	Cash	Credit Card	Direct Debit	Other
Database Entry	Entered By	Date	Membership Number	

You can pay by Cash or Eftpos at the Centre, Debit/Credit Card payment can be taken over the phone (02) 6255 1599, and Cheques made out to VV & VF ACT INC.

**Veterans Support Centre
Belconnen**

Would like to thank the following Friends and Sponsors

A Class Signs	(02) 6241 5535
ACT Government	13 22 81
ACT PA Hire	0418 605 030
Belconnen RSL	(02) 9161 7690
Crossfit Three Flow	0409 586 103
Department of Veterans Affairs	1800 555 254
Gen Plus Hire	(02) 6297 6241
Gutter Vac	0407 701 135
Hire All	(02) 6241 6855
Lockheed & Martin	(02) 6150 6500
Mama Ria's Takeaway Kippax	(02) 6254 4304
NV Electrical	0405 691 021
Olmos Investments (Caltex Kippax, Holt)	(02) 6247 2544
Pace Farm Eggs	1300 653 447
PROACT Security	1300 776 228
Queanbeyan RSL	(02) 6297 2627
Selkirk Antiques & Restorations	0418 631 445
St John Ambulance Australia (ACT) Inc	(02) 6282 2399
Vikings Club Erindale Fishing Group	(02) 6121 2100
XL Plumbing P/L	0418 437 429

