

FROM WARFARE TO WELFARE

Issue No. 88

3 SEPTEMBER 2021



VETERANS SUPPORT CENTRE
BELCONNEN



Patron: Air Vice-Marshal Chris Deeble AO CSC

STAY SAFE & STAY HEALTHY



**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](tel:(02)62551599)

Website www.vscact.org.au

9.00am - 4.00pm

President:	Ward Gainey JP
Senior Vice President:	Geoff Bolwell
Vice President 1:	Dean Brook-Rerecich
Secretary:	Carrissa Ibbott CSM
Treasurer:	Lyall Camp
Assistant Treasurer:	John Flynn
Public Officer:	Cheryl Camp
Membership Officer:	Bob Jones
Grants Officer:	Trevor Goodhew
Committee:	Brian Agnew AM John Sainsbury Doug Gale OAM JP Peter Kercher John Leate
Office Manager & Wellbeing Officer:	Julie Broomby
Administrative Assistants	Amy Lee / Kira McCurdy
Food Van:	Bob Jones
OHS:	Doug Gale OAM JP
Grants Assistant:	Don Richards
Newsletter Editor:	Julie Broomby / Amy Lee
Newsletter Proof Reading:	Julie Broomby / Amy Lee
Hospital Visiting:	Terry Duffy / Dennis Hebden

PRESIDENTS REPORT

This quarter has certainly been just a little more different than every other quarter and hopefully there will never be another like it.

So far we have seen the ups and downs of the different states as they open and close the borders, each one blames the other for the COVID-19 breach across the border, some people have decided the easiest way to reduce the impact is to hold a demonstration of may hundreds of people telling the Government that it cannot continue with the lockdown and there is the Olympic Games in Tokyo which is rife with COVID-19. There appeared to be no reports of our athletes in contracting the virus during the Games so let us hope the same can happen for the para-Olympians.

Lockdown forced the cancellation of the Vietnam Veterans' Remembrance Service on 18th August which was disappointing to say the least. This year looked like it was going to be back to normal and the Governor General had accepted our invitation and the sterling effort from Cheryl Camp in doing the organisation was coming together extremely well- I guess it was good practice for next year.

While the National Remembrance Service was cancelled the commemoration for Operation Overlord did go ahead at the National Memorial and it was certainly a major affair and well attended by a lot of ex-Service people and dignitaries. The 50th year for most of the Vietnam engagements is fast coming to a close and I think the Battle of Nui Le (sorry, do not know how to add the French graves and acutes) (September 1971) must have been close to the last stouch involving Australian forces. The time during 1972 was mainly involved with bringing troops home and recovering some of the equipment. I remember seeing a rather explicit caricature on a forklift on the upper deck of HMAS Sydney going home, of two kangaroos in very close proximity to each other with the statement; 'not me Joey, the Army'. Australian humour will outlast almost anything.

The end of August saw the final withdrawal of Australia, American and allied troops from Afghanistan. A whole lot of information has come out of DVA and Government regarding the potential impact that this withdrawal comparted to Vietnam, might have on the mental health of our Members. If this is the case with you, your family or any friends and /or relatives there are several websites like Open Arms that can assist. Our own organisation is also here for you if you are struggling or know of anyone struggling. I sympathise with the Afghan people and I thank my lucky stars that my forebears decided to come to Australia to settle.

Unfortunately, they were not convicts however I did have an uncle in those early days who was quite interested in the care and yarding of other people's horses as his chosen occupation.

During this lockdown, we the Members have been very fortunate to have the Administration Staff offer to keep the office functioning by working from home. No doubt this has caused some inconvenience for some Members, and for the Admin Staff Members and their families however it does allow exciting messages from DVA and others to be passed on. This brings me to the question of how much information for Members need? I used to wonder how sailors put up with the great ideas come from up top until I realised the Officers tried to filter the gaff and only the real stuff got to the people who needed to know. Based on the complaints I have had about too much info, we are looking to ways where we can make the information available to those who wish to read it, and I will try to filter some of the words out and only push out what I think is important. The Office Manager will keep an eye on me. It may be possible put some of this info on the website or else some place in the Cloud wherever that is (Dropbox?) for Members to access as they feel necessary-bit of work in progress.

For those who have not been made aware, or live out of Canberra, we have been fortunate to be donated two very good amounts of money from Lockheed Martin and Northrop Grumman. The first from Lockheed Martin through the great efforts of Don Bertram and the second came from the competition, Northrop Grumman, led by our Patron in Canberra, who thought that they should even up the donations. For whatever reason, the VSC will certainly benefit from the generosity of these two Companies.

In addition, we have received several quite good donations and Secretary Carrissa has managed our engagement with Tiny's Car Challenge this year. We did not attract a volunteer to stand with a hand on the car until he/she was the last one standing but it does look as if we will get a very good return from Carrissa's and other people's efforts. Thanks to these people.

Don Richards has achieved a Grant for the continuation of our bus trips and there is even a rumour that the Wombat Games may run again-not sure when but certainly something which we should look forward to and start to get into training.

The Annual General Meeting is programmed for 28th September at 11:00am so I invite as many of the Members to attend as you can. I imagine the COVID-19 prevention restrictions will still be in place but I hope they will be relaxed enough so that we will be able to meet and have lunch-maybe even free if we pressure the Committee.

The VSC has been very fortunate in having the Committee we have. They have worked well together this year to keep us on the right path to continue to improve our lot. COVID-19 has had a negative impact on any plans to extend the office space for more Advocates as new ones are coming along but we will press on as best we can.

Speaking of the Committee, there are still some spots left to be filled and as a democratic organisation we need to get as many elements as possible of the Members represented to ensure good appreciation of Member's needs. The task is not arduous and takes about two hours per month so if you think it is time to make a difference, join the Committee. Some of the recent Committee Members have left or will leave for family reason or own/partner's health, so we do need a few more to make up the team. The more we have it makes it easier to justify having Tim Tams.

As I find the position of President a rewarding task and it allows me to do what I set out to do when I first joined the VSC, and that is to help other Veterans, I am again standing for the position at the AGM. Thank you for your support last year and I hope, into the coming new year.

Yours aye

Ward



FOOD VAN

Due to the current Covid-19 situation our Food Van is not been able to attend events. As soon as restrictions are lifted we will email out our future events for the rest of this year.

2021 CALENDAR

SEPTEMBER

TUESDAY 28TH - ANNUAL GENERAL MEETING

OCTOBER

MONDAY 4TH - LABOUR DAY

DECEMBER

MONDAY 20TH - CHRISTMAS SHUT DOWN

JANUARY 2022

MONDAY 3RD - VSC RE OPENING



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.				

CHRISTMAS IN JULY LUNCHEON

On Sunday 11th July we celebrated our Christmas in July luncheon. This function was held at the Raiders Club in Belconnen. The lunch consisted of a 12 hour tarragon turkey breast, Maple and cinnamon glazed ham with steamed seasonal vegetables and rocket, parmesan and cranberry salad, followed by desserts of Christmas pudding - Classic plum pudding, house made brandy custard and fresh cream and Eton mess – Crushed meringue, fresh berries, Chantilly cream and vanilla ice-cream. The food was very delicious.

Amy, Julie and Kira carried out the usual VSC raffle where fun was had by all. The day was filled with fun, laughter, good food, cold drinks and great company. Thank you again to everyone who brought in donations for the prizes. All of the quilts and blankets that were made for the function were all very appreciated and loved.

In following the previous luncheon, Julie, Amy and Kira carried out a trivia quiz, there were clear winners at the end comprising of Carrissa Ibbott, Peter, Don Bertram, Stephen Rowley, Chris Rowley, Dallas Stow and Damaris Wilson, who all enjoyed their gold medal, trophies and prizes.

Thank you to our MC, Ward Gainey, hosting the function as Jack Aaron (our usual MC) was away, and to Julie, Kira and Amy for the organisation of prizes and entertainment on the day.







VIETNAM VETERANS DAY 2021

Unfortunately, due to the Delta strand of the Corona Virus being identified in the ACT, the week before Vietnam Veterans Day, this event had to be cancelled at the last minute. We want to acknowledge the hard work that Cheryl Camp put into organising this event—well done Cheryl!!! Hopefully we can use some of the resources for next year.

Also a big thank you to Wendy Burton who made our wreaths in time for the event, despite it being cancelled. We will be able to use these wreaths next year.



TINY'S CAR CHALLENGE—NO2

With the ACT being thrown into lockdown from the Delta Strain of Covid-19, Tiny's Car Challenge is unable to proceed as planned.

Prior to lockdown, Carrissa Ibbott began the process to support the VSC to raise money for the VSC through Tiny's Car Challenge event. Through Carrissa's ongoing support to fundraise and the generosity of our members and friends, Carrissa has been able to raise \$15,708 which is an amazing effort from all involved.

Unfortunately, due to the current Covid restrictions, the challenge that Tiny created, placing your hand on the car for the longest length of time, will not be going ahead. The VSC are extremely grateful to Tiny, Carrissa and everyone who donated in this charity.



AGM 2021

TUESDAY 28TH SEPTEMBER @ 11.00AM

The Annual General Meeting of the Vietnam Veterans and Veterans Federation ACT Inc Branch will be held on Tuesday 28th September 2021 at 11.00am. This will be held at the registered premises of the Federation: 9 Burkitt Street, Page ACT 2614.

There are a number of motions this year to be voted on. If you are unable to attend and wish to vote please email your vote to amy.lee@vscact.org.au or Julie.broomby@vscact.org.au or ring the office on **(02) 6255 1599**

Any apologies for the meeting are asked to be made by Friday 24th September @ 4.00pm, so they can be added to the minutes. These apologies can be advised by phone or email as above.

On page 20 of this newsletter, is the Committee Nominations for 2021 / 2022. At the time of printing the Newsletter, there are two open positions, one for Senior Vice President and one for Secretary. There is also one for a committee members. If you are interested in helping your Federation by standing for these vacant positions on the Committee, you can do this on the day. For more information please call the office on **(02) 6255 1599**.

Notice of Motions

Amendment to the Constitution

The following are proposed amendments to the VVF & VFACT Constitution 2020

Notice of Motions

Clause 7 – Funds

- b) The committee shall authorise the elected treasurer and the assistant treasurer or their representative/s to conduct any financial business of the VV&VFACT INC. All payments are to be made through internet banking or the use of the organisations debit card. Any transaction shown in the treasury report can be, if requested, scrutinised by any committee member. All transactions are to be transparent and beneficial to the organisation. The treasury is to present an income & expenditure report for each committee meeting.

Moved by: Lyall Camp

Seconded: Sidney Gainey

NOTICES OF MOTION

• Clause 5 - *Alteration of Objectives or this Constitution*

The statement of objectives and this Constitution may be altered, rescinded or added to only at an Annual General Meeting of the VV&VFACT or any Extra Ordinary General Meeting called for that purpose, with no less than a quorum (as defined in Clause 18(d)) of current financial members (for that calendar year) present and voting, including postal or electronic vote, supporting those alterations, rescissions or additions. Twenty-one days' notice (written or electronic) must be given to all members, particularising the alterations or objections so proposed.

• Clause 8 - *Accounts*

- o i) For non-routine expenses, if the total cost of the single or collective expense for a project will exceed \$1000 then - unless there is a lack of alternate providers available - three (3) quotes for provision of the goods / services is to be provided to the Treasurer. The existence of a prior relationship with the VV&VFACT is not, by itself, sufficient grounds for competitive quotes to be obtained unless
- j) The Treasurer can propose at the first Committee meeting following an AGM the use of an organisation as a sole-source provider for anticipated goods or services; any such approval by the Committee is only.

• Clause 13 - *Subscriptions*

- o a) All ordinary and associate members of the VV&VFACT are encouraged to pay directly or through sub-branches an annual subscription.
 - ✦ i. Subscriptions are for a calendar year (i.e. 1 Jan - 31 Dec)
 - ✦ ii. members who have paid a subscription for a particular calendar year (or who are life-members) are referred to as 'financial members' while all others are 'non-financial members'
 - ✦ iii. membership status will be recorded or updated on receipt of a new or renewal membership form
 - ✦ iv. financial members will become non-financial members after 01 Jan YY until or unless the subscription is paid
 - v. non-financial members will become financial members on receipt of subscription payment

- **Clause 14 - Register of Members**

- The **Office Manager** of the VV&VFACT shall arrange for the establishment and maintenance of a register **of current and historic members of the VV&VFACT. As a minimum, this register is to:**

- o **a. specify member personal information (name and contact details)**
- o **b. specify membership type (financial, non-financial)**
- c. specify date of membership commencement, cessation and/or change to membership status**

- **Clause 15 - Cessation and suspension of *membership***

- o a). all **members** of the VV&VFACT **have the authority to cease their membership at any time** by giving notice **(written or verbal)** to that effect to the Office or sub-branch
- o b). No person by reason of them having ceased to be a **member is released** from any liability **of any money or other items owed** to the VV&VFACT
- o c). Any person who ceases to be a **member** shall cease to have an interest in any of the property of assets of the VV&VFACT whatsoever
- o d). If any **member** shall be guilty of conduct putting in jeopardy the objectives of the VV&VFACT, or failure to uphold its reputation, or wilfully infringes these Clauses or by the by-laws made pursuant thereto, the VV&VFACT may resolve to **permanently cease** or suspend the member from membership for such period as it thinks fit subject in either case to the provisions herein after contained in this Clause. Such action shall be recommended by the Committee and that recommendation endorsed or rejected at the earliest Annual General Meeting or extra ordinary General Meeting convened for that purpose where the member **against which action is proposed** shall be invited to defend the conduct which is the cause of the Committee's recommendation. No member shall have their membership permanently ceased or suspended for simply disagreeing with VV&VFACT policy **or for actions undertaken in good faith. There is no tolerance for malicious, threatening, or objectionable behaviour expressed by any member to any other member or any staff of the VV&VFACT; such behaviour is to result in consideration of membership cessation or suspension by the Committee at the first available opportunity.**
- f). The Secretary of the VV&VFACT shall conform to the ACT Government Model for **Incorporated Associations**. In the case of grievances, the President, Senior Vice President and Secretary will arrange a meeting between those members who have grievance or complaints. **If the matter involves any of these members, then a third party will be nominated at the agreement of those involved in the dispute to investigate and mediate the matter.** If the matter is unable to be resolved **through mediation**, the Committee **shall be informed at the next opportunity and the Committee will make a decision on the appropriate action to be taken.**

- **Clause 18 - Annual General Meeting**

a) A meeting of the VV&VFACT shall be held at least annually and shall be called the ANNUAL GENERAL MEETING (AGM). The AGM is to be held within three (3) months of the end of the Financial Year. Members are to be given at least twenty one (21) days notice by **electronic or postal means**, plus three (3) days allowing for any letters to be sent by ordinary post to the member's **address as recorded on the membership register**. Accidental admission to give notice shall not invalidate the meeting in accordance with Clause 23. **Notice of the AGM must specify** the place, day and the hour of the meeting and, in the case of special business, the general nature of that business shall be given to such persons as are entitled to receive notice from the VV&VFACT.

- **Clause 19 - Voting**

i). No member shall be entitled to vote at any General meeting unless **they are a financial member, with subscription and all other sums payable to them having been made prior to the commencement of the AGM.**

- **Clause 20 - Extra Ordinary General Meeting**

a). The Committee shall on the requestion by electronic mail or in writing of not less than **a quorum** of the total number of financial members convene an Extra Ordinary Meeting of the VV&VFACT.

- **Clause 21 - The Committee**

o a). At each AGM, a Committee comprising the following shall be elected from amongst the financial members:

- ✦ i. Executive Committee incorporating:

- ✦ a. President

- ✦ b. Senior Vice President

- ✦ c. Vice President

- ✦ d. Secretary

- ✦ e. Treasurer

- ✦ f. Assistant Treasurer

- ✦ ii. Grants Officer

- ✦ iii. **Public Officer**

iv. a committee of not less than three (3) and not more than ten (10) ordinary members

- **Clause 21 - The Committee (continued)**

- o n) If both Vice Presidents should vacate their office for any reason, the Committee shall elect one of its number as acting Vice President. They shall hold office as acting Vice President with full powers and responsibilities of that office until the next AGM or extra-ordinary General Meeting convened for the purpose of an election.
- o o). If the Secretary or Treasurer or Grants Officer should vacate their office for any reason, the Committee shall elect a replacement from one of their number, or should a suitable member not be available on the Committee to hold office in an acting capacity, the Committee shall elect the Officer Manager to hold office in an acting capacity. The acting officer shall hold office until the next AGM or extra-ordinary General Meeting convened for the purpose of an election.
- o p). If any ordinary member of the Committee should vacate their office for any reason, the Committee can choose to elect a replacement from one of their number or the position will remain vacant until the next AGM or extra-ordinary General Meeting convened for the purpose of an election.
- o r). If any member of the Committee is deemed to not be conducting the duties of the office held to the standard deemed appropriate by the Committee, consideration will be given to the removal of that member from their office. Such consideration requires a clear case to be presented to the Committee by any financial member as to the specific failings of the office bearer.
- s). All Committee members, and all employees of the VV&VFACT are not to make decisions or take actions that would knowingly lead to the VV&VFACT being involved in unlawful or unethical actions or behaviours.

- **Clause 22 - Election of Committee Members (or Executive)**

- o a). Nominations of candidates for election as office bearers of the VV&VFACT or as ordinary committee members:
 - i. shall be made in writing, signed by two (2) financial members of the VV&VFACT and accompanied by the written consent of the candidate (which may be endorsed on the nomination form); and
 - ii. shall be delivered to the Public Officer not less than twenty eight (28) days before the date fixed for the AGM at which the election is to take place.
- e). The Committee shall hold office until the next AGM of the VV&VFACT unless removed from office in whole or in part by an extra-ordinary General meeting convened by the Committee or by an extra-ordinary General meeting requisitioned by members in accordance with Clause 20 a) to e)
- g). A person is not eligible to hold the same position on the Committee for a period in excess of two (2) consecutive years, unless expressly requested in writing, by the retiring person concerned and approved by majority of existing Committee members prior to the AGM.

- **Clause 23 - Notices**

- o a). Notices may be given to any member by the VV&VFACT:

- i. in person
- ii. by electronic mail
- iii. by social media platforms such as the VV&VFACT website or Facebook site
- iv. by ordinary post to their place of address maintained on the membership register; where a notice is sent by ordinary post, service of the notice shall be deemed to be effected by properly addressing and posting a letter containing the notice and to have been effective three clear working days after its posting

b). Notices of Motions should be presented to the **Public Officer** or the Secretary of the VV&VFACT twenty eight (28) days prior to an AGM

Further to the above:

- 'the Committee' is occasionally written (refer Clause 21 (c)) as 'the committee' which needs to be corrected for consistency

'Extra-Ordinary General Meeting' is written no less than three separate ways in the Constition (extraordinary, Extra-ordinary, etc.) which needs to be corrected for consistency

Moved by: Carrissa Ibbott

Seconded: Dean Brook-Rerecich



Committee Nominations for 2021/2022

	Position	Nominator	Second
Sidney Gainey	President	Carrissa Ibbott	Christopher Flynn
VACANT	Senior Vice President		
Dean Brook-Rerecich	Vice President	Sidney Gainey	Barry Prewett
VACANT	Secretary		
Lyall Camp	Treasurer	Arthur Gale	Sidney Gainey
Christopher Flynn	Assistant Treasurer	John Leate	Jenny Goodhew
Cheryl Camp	Committee Public Officer	Carrissa Ibbott	Sidney Gainey
Arthur Gale	Committee OHS Officer	Anthony Carthy	Peter Kercher
Robert Jones	Committee M/Ship Officer	Barry Prewett	Carrissa Ibbott
Trevor Goodhew	Committee Grants Officer	Lyall Camp	John Leate
John Leate	Committee	Trevor Goodhew	Cheryl Camp
Brian Agnew	Committee	Lyall Camp	Tony Carthy
Larry Iliffe	Committee	Barry Prewett	Peter Kercher
Robert West	Committee	Peter Kercher	Jenny Goodhew
VACANT	Committee		
VACANT	Committee		

ARTICLES SENT IN BY MEMBERS

Annual dates

January

Date	Year	Title
1/31	1969	Australian military commitment to Vietnam peaks at 8,300 personnel.
5	1945	HMAS Australia damaged by Kamikaze aircraft.
8	1958	Last Australian servicemen return from Korea.
10	1940	Second AIF sails for the Middle East.
11	1973	Cessation of hostilities in Vietnam by Australian forces.
16	1952	HMAS Sydney [III] begins its seventh and final patrol in Korean waters.
17	1991	Gulf war I starts
18/22	1942	Lt Colonel C. G. W. Anderson awarded VC at Muar River, Malaya.
22	1941	Tobruk surrenders to Australian 6th Division.
26	1945	Beginning of Sandakan death march, Borneo.
27	1945	UN International Holocaust Day. Liberation of Auschwitz by Russians.
30	1968	Tet offensive begins in Vietnam.

Story of Sandakan

February

Date	Year	Title
5	1917	Captain H. W. Murray VC at Stormy Trench
12	1900	7 Australians killed and 22 wounded at Pink Hill, South Africa
13	1946	Main Australian contingent of BCOF sailed for Japan from Morotoi
14	1900	Relief of the Kimberley included 500 Australians
14	1942	The Vyner Brooke was sunk
15	1942	Over 15,000 Australians prisoners of the Japanese in Singapore
16	1942	Banka Island massacre
19	1942	First of 64 bombing raids on Darwin
23	1967	Major P. J. Badcoe VC in Vietnam
28	1991	Conclusion of Gulf War I

This Month in Australian Military History

September

Date	Year	Title
3	1939	Britain, France, Australia, and New Zealand declare war
9	1950	Wing Commander L Spence killed over Angang-ni, Korea



Lou Spence being strapped in, 77SQN, July 1950

Two months after No 77 Squadron was committed to operations in Korea, the unit's Commanding Officer, Wing Commander Lou Spence, was killed in action on this day. He led four Mustangs in an attack on storage facilities at An'gang-ni, north of Pusan in South Korea, which had been recently captured by Communist forces. His aircraft failed to pull out of a steep dive at low altitude and was seen to crash into the centre of the town, exploding on impact. His death came two weeks after Lieutenant General George Stratemeyer, commander of the (American) Far East Air Forces, made a surprise visit to the squadron base at Iwakuni, Japan, to present him with the medal of the American Legion of Merit (see *22 August*); he was posthumously awarded a Bar to the Distinguished Flying Cross he had received in 1942 for service in the Western Desert.

12 September 1968 - 9SQN supported Operation HAWKESBURY



Three 9SQN Iroquois approaching a Landing Zone during Operation HAWKESBURY

Following intelligence that a consignment of rockets was being moved by the Viet Cong (VC), 4 Bn RAR -- supported by 1Bn RAR -- commenced Operation HAWKESBURY, a reconnaissance-in-force carried out in three stages, on this day. Conducted 12 miles to the northwest of Nui Dat, No 9 Squadron Iroquois helicopters from Vung Tau, supported the 13- day operation. The aircraft inserted and extracted troops from various AOs and MEDEVACed wounded diggers. On 13 September, 7 Platoon, C Coy, came into heavy contact with the Viet Cong (VC) in enemy in bunkers, suffering two KIA, one soldier who died of wounds, and seven wounded - including the platoon commander and the platoon sergeant. Towards the end of HAWKESBURY, two US F-100 Super Sabres bombed a ridge near the C Company position. By error, they then strafed the enemy bunkers while C Company was still in the camp; fourteen men were wounded and speedily MEDEVACed without loss of life. Detailed maps of all VC major installations throughout South Vietnam, were captured during the operation. No 9 Squadron recovered the battalion to Nui Dat on September 24.

October

Date	Year	Title
3	1992	Dedication, Australian Vietnam Veterans' National Memorial

3 October 1967 - First CGM awarded since WW II



Painting by Rex Bramleigh (1973)

Corporal John Coughlan became the first RAAF member awarded the Conspicuous Gallantry Medal (CGM), the highest flying award for non-commissioned ranks (other than the Victoria Cross), since WW II. While a crewman with No 9 Squadron in Vietnam, he went to the assistance of personnel from an American gunship helicopter which crashed on this day into dense jungle inside enemy-held territory eight kilometres from the Australian Task Force base at Nui Dat. Although the downed aircraft was burning fiercely, its ammunition and rockets exploding dangerously, he volunteered to be winched to the rescue of the badly injured crew. He successfully accomplished this, though frequently forced to take cover from shrapnel. Three months later he performed a similar feat in aid of another downed US helicopter. Awarded the CGM in 1968, he was only the tenth member of the RAAF to receive the medal since it was instituted in 1943.

John passed away on 20 April 2013.

16 1967 Royal Australian Navy helicopters deploy to Vietnam

18 October 1966 - 9SQN crewman awarded George Medal



Buttriss (r) with LAC Tom Farr, Vung Tau, Nov 66

On this day, No 9 Squadron Iroquois A2-1018 departed Vung Tau with a crew of four, two engineer soldiers and five boxes of TNT on an Operation QUEANBEYAN sortie. Approaching a C Company 5th Battalion (5 RAR) position, the crew decided the landing pad was too small, commenced an overshoot but the helicopter crashed into the jungle seconds later.

Crewman Sergeant Gordon Buttriss rescued the starboard gunner, the two Army passengers and, with assistance, the Iroquois copilot. When all occupants had been recovered the aircraft ammunition started to explode and the burning TNT caused an intense fire which destroyed the aircraft forward of the engine. The Iroquois remains were destroyed using 70lbs of TNT later that day. For his acts of bravery, Sergeant Buttriss was awarded the George Medal. The recommendation stated *"Buttriss was the crew member of a helicopter which crashed and caught fire on an operational flight. Although he knew that the aircraft contained explosives, Sergeant Buttriss re-entered the wreckage several times to rescue four personnel who had been injured and were unable to escape alone."* The award was gazetted on 28 February 1967.

November

Date	Year	Title
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4 November 1942	-	20SQN Catalina crew executed by Japanese
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On 4 May 1942, Port Moresby-based No 20 Squadron Catalina A24-18 was conducting a daylight reconnaissance mission over the Solomon Islands (between Tulagi and Shortland) during the preliminaries to the Battle of the Coral Sea. The Catalina reported that it was under attack south of Bougainville; the aircraft ditched and the crew of nine -- Flying Officer Allan Norman 407006 (captain), Flying Officer Frederick Diercks 407708 (2nd pilot), Pilot Officer Francis Anderson 403118 (Navigator), Corporal Alfred Lanagan 6853 (1st Engineer), Corporal Alfred Hocking 18005 (2nd Engineer), Leading Aircraftman (LAC) William Parker 20343 (1st Wireless Op), LAC Vernon Hardwick 17635 (2nd Wireless Op), LAC John Burns

19574 (Rigger) and LAC Ernest McDonald 10253 (Armourer) -- were captured by a Japanese warship and transferred to Rabaul. On this day, six months later, the entire crew was executed by the Japanese on Matupi Island and buried in a mass grave. In June 1950, the remains of the crew were located, recovered, identified and re-interred at Rabaul's Bita Paka War Cemetery on 18 July 1950.

6	1971	HMAS Sydney [III] embarks the final Australian army units from Vietnam.
19	1941	HMAS Sydney [II] sunk.

19 November 1941 - 9SQN detachment lost in HMAS *Sydney*

Late in the afternoon of 19

November 1941, the RAN's light cruiser *Sydney* (II) clashed with the German commerce raider *Kormoran* 250 kilometres off Geraldton, WA, resulting in the sinking of both vessels. After sighting and giving chase to the unidentified ship (the German was disguised as a Dutch freighter), the captain of *Sydney* apparently prepared to launch his Walrus amphibian A2-L2177 in anticipation of possible combat. This aircraft, operated by a six-man detachment drawn from the RAAF's No 9 Squadron, was, however, observed to be still sitting on its catapult platform with its engine running as the distance between the ships closed to barely 1500 metres. As soon as the two ships engaged each other at 1730, the aircraft was quickly destroyed by a direct hit from the German guns. The RAAF men were among the 645 personnel lost when *Sydney* sank early on 20 November.

28/29 1942 Flight Sergeant R.H. Middleton awarded VC after a raid on Turin.



BATTLE OF AUSTRALIA DAY

On 7 September each year, we commemorate the Battle Of Australia Day. On 7 September 2016, CMDR Rebecca Jeffcoat, RAN, the then CO HMAS Kuttabul presented the following to those assembled in Sydney:

"Distinguished Guests, Ladies and Gentlemen. First I would like to acknowledge the Gadigal people, the Traditional Custodians of this Land on which we are gathered, and I pay my respects to their elders past and present. I am honoured to be invited to address you on this national day of remembrance. It is a privilege to be able to remember with you today, the events of 1942 and early 1943; the period of time when Australians and our allies fought to defeat Japan's plan to force Australia's surrender. November and December of 1941 were dark months for Australia. HMAS Sydney, and all 645 crew, was lost to the German raider Kormoran. In the Far East the British capital ships Prince of Wales and Repulse were sunk. Hong Kong fell on Christmas day 1941. Malaya was invaded in December and, despite a fighting withdrawal, by 15 February 1942 Singapore was surrendered. This resulted in the imprisonment of 100,000 British, Indian and Australian troops. This series of catastrophic events led to the Australian Prime Minister, John Curtin declaring on 16th February 1942: "The fall of Singapore can only be described as Australia's Dunkirk... The Fall of Dunkirk initiated the Battle for Britain. The fall of Singapore opens the Battle for Australia." He foresaw the impending massive struggle to defend Australia against Japanese military aggression; that in the weeks and months and years ahead this 'Battle for Australia' would be fought over land and at sea – challenging Australia's territorial integrity. Today I would like to tell the story of Australia's Corvettes; their service goes hand in hand with the Battle for Australia. It is a story of courage over adversity, of Australian ingenuity, and of the incredible efforts of the home front to build 60 Australian designed ships in dockyards around the country. When war looked imminent in 1938, the Royal Australian Navy realised it urgently needed a fleet of escort ships to guard convoys and keep the sea lanes open. The result was a ship designed by Australians who had never designed warships before, built by Australians who had never built ships before and manned by Australians most of whom had never been to sea before. The keel of the first was laid down in February 1940. She was launched in August and commissioned in December as HMAS Bathurst. Corvettes were soon sliding down the slipways of eight shipyards and being commissioned at the rate of one every 26 days. They served in every theatre of the war, they escorted convoys, sank submarines, shot at - and sometimes shot down - planes, swept mines, ferried troops, bombarded enemy shore guns, surveyed uncharted waters, towed damaged ships to safety, and even landed spies. They steamed a total of 11 million kilometres, nearly all of it in dangerous waters, and often behind enemy lines. In 1942, seven corvettes fought in the Malayan campaign in the waters around Singapore.

They were the last Allied ships to leave Singapore when it fell, then the last to leave Java when it, too, fell. At the same time, others were tackling the Japanese across northern Australia. HMAS Deloraine, which had been commissioned only eight weeks earlier, took on a Japanese submarine, the I-124, 80 kilometres west of Darwin and sank it. Only a few short days later, on 19 Feb, she was in Darwin harbour when Japanese aircraft attacked. By mid 1942, there were 24 corvettes convoying merchant ships around the Australian coast where Japanese submarines were operating. Two corvettes, Geelong and Whyalla, were in harbour the night war came to Sydney, when three Japanese mini submarines entered harbour, attacked with their torpedoes, and sunk the depot ship Kuttatubul (my ship's namesake). At the end of 1942 into early 1943, Corvettes escorted the convoys bringing vast quantities of military stores and equipment to the front line troops fighting in New Guinea through the Owen Stanley ranges and on the northern coast. Through all of their extensive service, two corvettes were lost in collisions at sea, one was sunk by a mine, and only one, HMAS Armidale, was sunk by enemy action. She went down on 1 December, 1942, off Timor, while taking supplies and reinforcements to the commandos fighting ashore. Under attack by enemy torpedo[1]bombers and fighters, Armidale was hit by two torpedoes as a near-miss bomb blew a hole in her side. The Captain, LCDR David Richards, gave the order to abandon ship, but one man stayed - Ordinary Seaman Teddy Sheean. He struggled back to the after gun, strapped himself in and fired at the planes which were strafing his shipmates in the water. He poured a stream of shells at the planes and sent one cartwheeling into the sea. Despite wounds from enemy fire he continued firing as he disappeared beneath the waves. Ten crew and 37 soldiers had been killed in the action. 102 men were in the water. Of those, 52 left on two separate missions to seek help in the ship's motor-boat and their patched up whaler, they were eventually rescued by the corvette Kalgoorlie, 4 and 9 days later respectively. The men left behind on the rafts, were sighted by a RAAF Catalina flying boat 8 days after the sinking, however it could not land as the sea was too rough. Food and water was dropped, but despite subsequent searches they were never seen again. HMAS Sheean, a Collins class submarine, and the first of the new patrol boats, HMAS Armidale, were named in recognition of the courage and ingenuity that characterised the Australian corvettes in the Battle for Australia. Although focusing on the service of the Corvettes, I cannot finish today without recalling the events of this period which rightly hold a place of honour within the Australian Psyche. Those key actions that eventually turned the tide on Japan's plans; we remember: · the Battles of the Coral Sea, the Java Sea, of Sunda Strait, of Milne Bay and of the Bismark Sea, · the actions in New Guinea in the Kokoda Campaign and the beach heads at Gona, Buna and San-an-anda, and · the Guadalcanal Campaign. In 1943 Japan's unconditional surrender was still far off - but the certainty that victory would come had replaced the deep fears of early 1942. John Curtin's worst concerns after Singapore fell had not been realized. Japan had been first checked and then defeated, by land, sea and air, north of Australia.

What do we owe to this heroic generation of young Australians, and our allies, who died defending this country in 1942 and who are now passing into history? We honour the courage and tenacity of those who died fighting in the jungles of New Guinea. We remember with gratitude the loyalty and skill of the Papuan men who played a vital role in supporting the troops, especially the sick and wounded. We remember those in the ships sunk off our shores and the faithful sailors who stuck to their guns and died fighting; like Teddy Sheean. We remember the brave airman who fought in the skies of the Pacific. We remember the lonely Coastwatchers across the South West Pacific who kept up a vigil for months and years and tapped out their vital warnings of Japanese activity. We remember the allied Merchant Navies; who “brought the troops their lifeblood, and paid for it with their own”. And, we remember and honour the women and men who made their contribution on the home front, remaining strong and steadfast, despite hardship, the loss of life, and the threat of invasion. We owe them all our remembrance and gratitude on this day and every day. Their legacy to us is our life long liberty, prosperity and peace. Today’s Last Post bugle sounds for them all. Lest we forget"



NOTICE BOARD

FEDERATION WORK SHOPS - (Closed until after lockdown)

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 - (Postponed until after lockdown)

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— (Closed until after lockdown)

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 — (Postponed until after lockdown)

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 - (Postponed until after lockdown)

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 — (Postponed until after lockdown)

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 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 an inventory borrowing check list. If you would like to borrow tools from the workshops please see the appropriate people in charge or see the office for more information.

VSC WALKING GROUP — Postponed until after lockdown

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

DAY	DATE	TIME	MEET AT
Tuesday	31 August	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	7 September	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	14 September	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	21 September	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	28 September	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	5 October	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	12 October	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	19 October	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	26 October	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.

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

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)

COVID-19 ASSISTANCE IN THE ACT

There are a number of Government Financial and other supports available to those who have been affected by Covid-19. These include:

- Pandemic Leave Disaster Payment
- COVID—19 Disaster Payment
- The COVID 19 Test Hardship Isolation payment

More information about these payments are available on the Services Australia Website at www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19

There are a number of community groups that are also offering free meals or delivery of food items for those in quarantine or isolation, or those who need assistance. To access this assistance please contact:

- VolunteeringACT on [1800 43 11 33](tel:1800431133) who can organise delivery of groceries
- Asian Noodle House—contact through Facebook
- Garry Malhotra—Ken Behrens Helping Hands—contact through Facebook or phone [0433 441 885](tel:0433441885)

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)

Selkirk

ANTIQUE RESTORATIONS

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Electrician

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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
SEPTEMBER	Issue 88	SEPTEMBER 3RD 2021
DECEMBER	Issue 89	NOVEMBER 28TH 2021

Circulation is approximately 550 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

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Belconnen RSL	(02) 9161 7690
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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
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XL Plumbing P/L	0418 437 429

