

# INCOMING

December, 2021

Number 91



## Veterans' Support Group<sup>®</sup>

Founded by the  
Vietnam Veterans' Federation  
Qld Branch Inc.

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*Wishing you a safe and joyful Holiday Season*

MERRY CHRISTMAS TO ALL OUR VETERANS AND THEIR FAMILIES.

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# EDITOR'S REPORT



Hello Everyone,

Another year older, and where have we been? What have we done with this topsy turvy year? Emotionally it’s been a doozy for most of us, with separation from loved ones and our freedom to travel - even interstate - curtailed. Overseas seemed to be a distant dream of times past. How things can change in an instant.

As I write this, our mask mandate is lifting and the borders will be almost open by the time you read this - we hope. Many of us have had challenges that we never thought we would face in this day and age. Our freedom was a “given.” The ability to make up our own mind where and when we left home/worked ..... wasn’t even questioned.

Over this turbulent time, however, we have been given the opportunity to “go within” and see who **we** really are. Did you like yourself, or your situation, when you had the time to think about it? Were you happy in your skin or did you look in the mirror and see a stranger? This can be very confronting, especially if you have ignored YOU for a long time.

Guess what!!!! You are the most important person in your life. If you don’t look after yourself others may not see your need. We tend to put our own lives on the back-burner. That’s O.K. for a while, however, eventually we have to face reality. When you find yourself in hospital after a breakdown or any number of health issues that we all have to deal with at some stage in our lives, it makes you realise that some things “have to go” in your life. Be honest with yourself and see where the stress is coming from. As painful as it may be for others, sometimes we have to make decisions for our own good, not other people’s often selfish demands.

My latest motto: “By all means help others in need, however if they are capable of doing it, show them how they can help themselves.”

Cheers Narelle



Farewell to our wonderful friend and office manager Jan Wiley. After 10 years of faithful and dedicated service to our Veterans Support Group Jan is hanging up her office phone for the last time. Thank you so much. We all appreciate every minute of your service to our Veterans and their families. Good luck in your future endeavours.

Love from all of us at VVFQLD.

**DISCLAIMER:** The material contained in this publication is in the nature of enlightenment for the members. Contributions are acknowledged, with thanks, from Service and Civil publications. The editor expressly disclaims all and any liability to any person, whether an association member or not. Views expressed may not necessarily be those held by the Executive or the members.

# *PRESIDENT'S REPORT*

Our team here at the Queensland Branch consists of very generous and caring people. When all is said and done, their time is a precious commodity. Time wasted can never be recovered. Therefore, time freely given to help others is special and from the heart.

Jan Wiley, our former office manager has just retired after more than ten years of helping veterans whilst volunteering at our Queensland Branch Office. Jan is looking forward to spending more time with her family members and other friends. Deirdre Breakwell is currently in hospital following a knee replacement that went terribly wrong. Whilst Deirdre has proven to be a strong person, our support and prayers for a speedy and full recovery would not be out of place. Sandra Small is also a volunteer with many years of service and Sandra too is most worthy of our recognition and support whilst facing new health issues. Jan, Deirdre and Sandra have all volunteered their time for more than 10 years. Thank you.

Stan Churchyard is another who has had health issues and had to cease his volunteering work many months ago. Stan was the editor of our newsletter 'The Incoming' and then he assisted us with administrative duties. We are not sure if Stan will return to volunteering with us. We thank Stan for his ten plus years of volunteering and wish him a full recovery.

We have three more administration volunteers who are also vital to our services for all veterans. Rae Mills works Mondays, Wednesdays and Thursdays as our receptionist and believe me I truly need Rae's knowledge and skills constantly. Narelle Cupit is our editor for our newsletter 'The Incoming'. Narelle's work speaks for itself and together with Narelle's abilities to befriend others and her caring nature, Narelle is a vital link in our operations. Taina Silen is also a long-serving volunteer of our administration team. Volunteering Wednesdays and Thursdays. Taina also was a member of our Management Committee last year. With many years of service for us Taina is well skilled and capable of any administrative role in our office. I thank all our volunteer administration staff.

We would not be here if we did not have a strong and successful Advocacy team led by Flavia Senter. Their continuing success ignites their growing reputation and an ever-increasing demand for their services. To Flavia Senter, Brad Rauchle, Kerry Bridges and Michelle Cardwell, we proudly use you as our assistance to all veterans to ensure that veterans receive their full entitlements in accordance with all relevant legislation. Currently, Brad is also in hospital and our thoughts and prayers are with him for a speedy and full recovery.

On behalf of our Management Committee of Peter Cameron OAM, Ken Bridges, Barrie Jones, Tony Scroope, Brad Rauchle, Deirdre Breakwell and myself, I thank all administrative volunteers and all our advocates for their professionalism and outstanding service.

Our services are only possible because veterans are willing to help fellow veterans in need of help. Only veterans understand, through experience, the needs, and problems of fellow veterans. **Thank you for your continued membership.** I wish you, your family, service mates and your friends a very Merry Christmas and a healthy and prosperous 2022. Most of us are acutely aware that continuing good health is more important than gold and close and supporting family relationships are our greatest treasures. May you be blessed with the best of health, good friends, and a loving family.

Peter Handy JP (Qual)  
President  
December 2021

# *Sub Branch President's Report* – September, 2021

Vietnam Veterans Federation Brisbane/Gold Coast Regional Sub Branch Inc.

## President's Report – December 2021.



Hello fellow veterans and members,

As 2021 draws to a close, we find ourselves planning the Christmas party, scheduled for **December 8**, and contemplating where the year has gone. This last quarter has seen us still coping with COVID-19, and

with the predicted opening of the border on December 17, we can expect to see infection numbers climb as they did in the southern states. Queensland has been very lucky to date, but perhaps that is about to change, and some lockdowns would seem to be inevitable.

The Men's Shed has been busy as usual, and some exciting events have occurred. Thanks to the persistent and diligent efforts of our Secretary/Treasurer Peter Cameron, we were finally successful in gaining a grant from the GCBF of \$33,804.00 for a new shed utility. The publicity cheque was presented to the shed by the state member for Gaven, Meghan Scanlon, and was gratefully accepted by the sub branch executive committee on October 20. The funds will enable us to replace our ageing Great Wall ute, with a new Mitsubishi Triton 4WD, complete with dash cams, reversing camera, ladder racks, front nudge bar and a 10 year warranty.

The sign on the front of the shed was looking shabby, and the name had changed, so a new sign was commissioned and made by our long-term supporter SS Signs. The shed name now reads "Vietnam Veterans Support Group Men's Shed Nerang", and was installed by a dedicated crew (Wozza, Kevin, Frank, Roger, Jamie and Andy) on a Friday, normally our "day off".

As some fascia boarding also needed to be replaced on the northern end of the Qld. Branch building, scaffolding was hired to facilitate the safe completion of both projects on the same day.



October 26 saw the successful and brief AGM, resulting in the old committee positions being vacated as per the constitution, and new members elected. The new Sub Branch committee is – President, Andy Bryson; Vice-President, Kevin Roberts; Sec/Treas., Peter Cameron; Committee members, Ken Bridges, Roger May, Warren Street, Frank Bosio, Jamie Greenlees.



The new committee looks forward to continue managing and guiding the Sub Branch and Men’s Shed in a professional and efficient manner for the coming year.

A recent talk on the signs and effects of strokes, arranged by our welfare officer Kevin Roberts, was very well received by shed members on November 2. Clare Briers from the Stroke Foundation presented the half hour session in the shed lunch room on the new large screen TV. It was emphasised that we all need to recognise the signs of stroke, and to act in the quickest possible time to get help for the person showing the signs. Talks and information sessions such as this are yet another way we demonstrate our support for veterans and members.

November 11 saw a small and informal Remembrance Day ceremony, presided over by Andy Bryson, President, with the usual wreath laying and tribute to our fallen. With all that is going on around us in our daily lives, it can be easy to forget important dates such as November 11.

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Background vector created by freepik - [www.freepik.com](http://www.freepik.com)



I take this opportunity to wish all our veterans and members and their families a safe, healthy and happy Christmas, and encourage you all to continue to partake of our facilities and support in the coming year.

Andy Bryson  
President,  
VVF Brisbane/Gold Coast Regional Sub Branch Inc.  
Vietnam Veterans Support Group Men’s Shed, Nerang.



# veterans, Volunteers & Friends Workshop

## Join our Activities

Mixed Firewood \$15 bag  
Woodworking  
Woodturning  
Metalwork  
Leatherwork  
Private Projects  
Produce Gardening  
Organised Projects  
Spray painting room



## Join our friendly & Sociable Environment

**Open** Mon, Tues,  
Wed & Thurs.  
8am - 3pm

Drop in and see us at:

**18 Leagues Club Drive,  
Nerang.**

**Phone/Fax:55022836**

**Peter 0408276044**

The Veterans Support Group Men's Shed project to build a table for the Commander of the Land Warfare Centre at Kokoda Barracks Canungra was first discussed earlier this year as a result of a connection between the LWC and Padre Gary Stone at a mutual event.

After ascertaining that the Shed had the know how and talent to build the table, plans were firmed up, and work commenced in late September with a delivery deadline of 19<sup>th</sup> November 2021. Then followed many hours of gluing, cutting, sanding, more sanding and many coats of clear gloss by Wozza, with many inputs and opinions from various shed members, some solicited, but most not. On Thursday 18<sup>th</sup> November, the table was declared finished, the army notified, and subsequently the table was picked up for delivery to the LWC. The Commanding officer, Colonel Diane Grey, knew "a table" was being built, but did not know any details. A special morning tea was arranged for the presentation of the table at Kokoda Barracks to Colonel Grey on Friday 19<sup>th</sup>, and Wozza, Kevin and Andy were invited to attend the ceremony on behalf of the Veterans Support Group Men's Shed. With everyone gathered around, the table was revealed by removing a ubiquitous army blanket covering, to the delight of not only Colonel Grey but all who were in attendance. The table's craftsmanship was admired by all, but the Commander seemed particularly pleased, both with the table and the sentiment. The timber for the table was donated by the LWC, having come from a tree felled on the LWC grounds some time ago. A small plaque, detailing the history of the timber and the subsequent build, together with the LWC insignia, has been inset into the centre of the table as a permanent reminder of its origins. Colonel Grey's speech at the presentation ceremony commented on the collaboration between the LWC and the Veterans Support Group, and expressed her wish that more such projects and interchanges would be forthcoming in the future –the feeling and wishes being shared by both parties.



# Christmas Photos



*Wishing you all a Merry  
and safe Christmas*



Our Christmas Party photos. Thank you to all who contributed to the generous raffle prizes.

# Christmas Photos



*Also wishing you all a Happy,  
prosperous and healthy 2022*



Thank you to all who helped on the day, and throughout the year.  
Your time and effort is very much appreciated.

# Tony Scroope



## **Wanted** - ANTIQUE MANTEL CLOCKS

**Will pay cash**

Mobile. 0408768787

ascroope@bigpond.net.au

PO Box 462, Harbour Town, Qld. 4216 Australia.

Tony Scroope is a long-standing member of our Organisation.

We are always supportive of our members

### **Why does Scrooge love reindeer so much?**

*Because every single buck is dear to him!*

### **How is Christmas exactly like your job?**

*You do all the work and some fat guy in a suit gets all the credit*

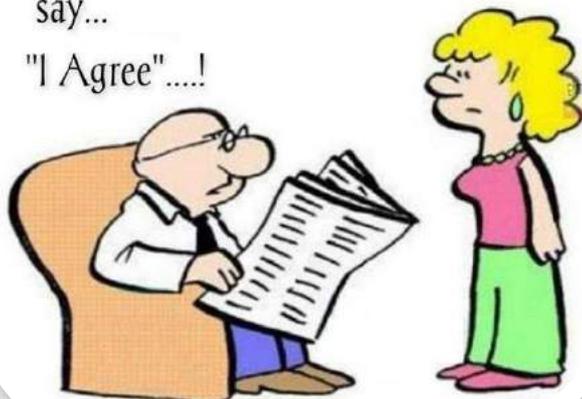


### **Golf** -

1. The adult version of an easter hunt.
2. The worst day of golf beats the best day of work.
3. If it goes right it's a slice, and if it goes to the left, it's a hook. It goes straight, it's a miracle.
4. I'm hitting the woods just great, but I'm having a terrible time getting out of them.
5. It takes a lot of balls to golf the way I do.

Listening to wife is like reading the terms & conditions of website. you understand nothing, still you say...

"I Agree"....!



Singing in the shower is all fun and games, until you get shampoo in your mouth.

**Then it just becomes a soap opera!**

# Padre Gary's 2021 Christmas message

Narelle has invited me to share a Christmas message with you all. I've been trying to get around to it for some time but have really struggled due to an extraordinary workload with people in crisis, people sick and dying, preparing submissions for the Royal Commission and trying to plan programs for the future, despite all the uncertainties that Covid continues to threaten us with.

It calls to mind another dark and difficult period in my life in 1989 when I was to spend Christmas on the border between Iran and Iraq, where I was commanding a peacekeeping force trying to implement a ceasefire in what had been a very savage war. People had been dying every day and we felt under incredible stress, but I managed to be able to get to a Christmas midnight mass in Tehran that was celebrated by the Papal Nuncio and attended by a number of our troops and a few brave Iranians who manage to still embrace their Christian faith in the midst of a fundamentalist Islamic regime.

We travelled through darkness to the only Christian church the government would allow. Despite a horde of menacing Revolutionary guards with AK-47s that were outside the church we went inside, into a church lit bright with candles and celebrated a joyful mass calling to mind that the light of Christ had come into the world to dispel darkness and bring true peace to troubled peoples. In the following 24 hours we did not have a single ceasefire violation or death or injury on the border.

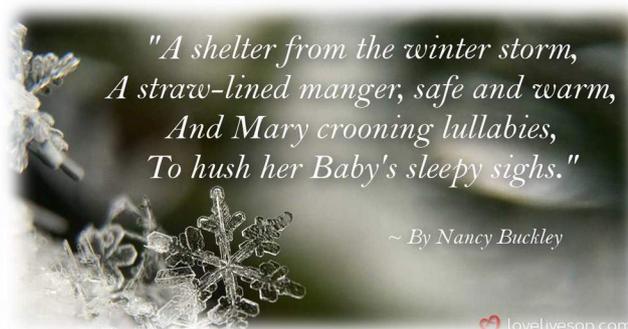
Several months later a peace settlement was reached between the two countries at war and rather amazingly, on my last day in the mission, one of the secret police that had been monitoring us presented me with a Christian cross, thanking me for helping bring peace to his country and acknowledging that though they had thought we were infidels, we were truly people of God and he was happy to call us his brothers!

I share that reflection because I know that there are many people struggling with problems and uncertainties at this time, and some people feel hopeless. To anyone feeling that way can I encourage you to believe that you can have hope, despite whatever circumstances you're going through. The wonderful message of Christmas is that God continues to bring light and love and hope into our lives. More than that, God wants that light to shine in us to be people of light who bring hope and joy and love to others, through simple acts of kindness and care. That spiritual desire to love, care and share is at the core of our military tradition of mateship.

May you all have a happy Christmas, full of love and joy and good cheer, and may you bring light and hope and joy to everyone you meet.

Kind regards

Gary Stone OAM  
The Veterans Padre



## President Veterans Care Association Inc

Holistic Care for of Body Mind & Soul  
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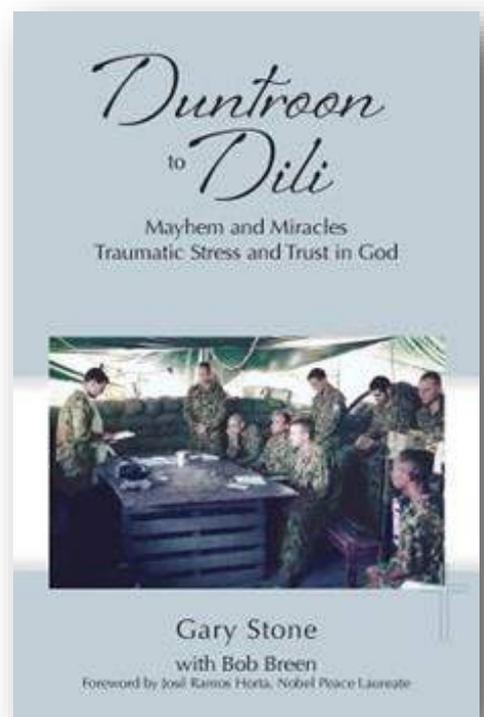
Gary Stone's Book

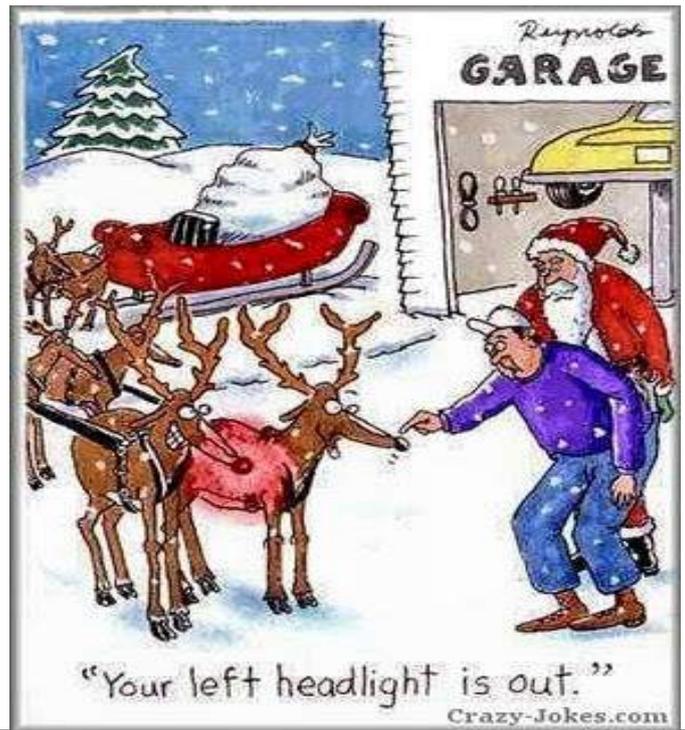
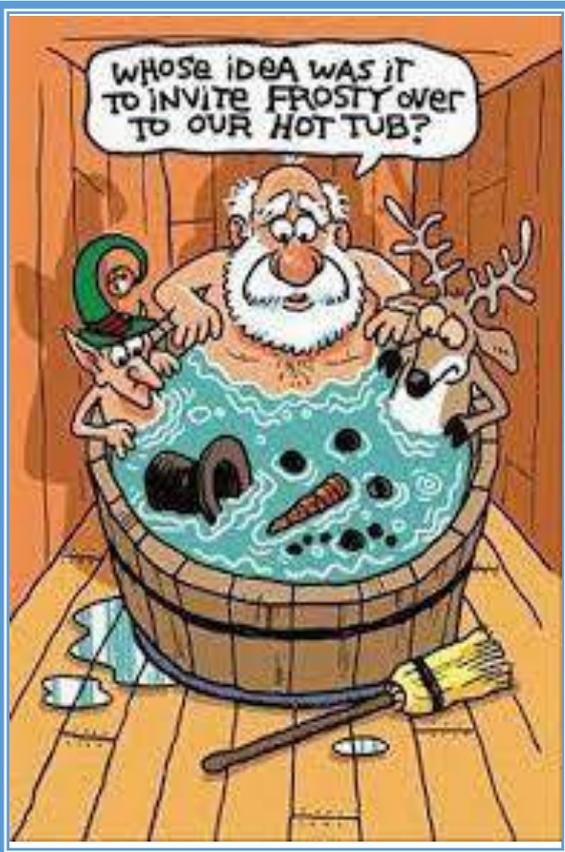
Duntroon to Dili

Available at Thriftbooks Australia

ISBN: **0992530113**

ISBN13: **9780992530112**





# FUNNIES AND QUOTES



- Q. Why does Santa surround himself with elves?
- A. He has mental elf problems.
- Q. Why did the turkey join the band.
- A. He had the drumsticks.
- Q. What do you get when you cross a snowman with a vampire?
- A. Frostbite



# HYDRATE WITH WATER

by Dr. Arnaldo Liechtenstein, Physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's".

I answer again: No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it is not. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they do not feel like drinking water, because their internal balance mechanisms do not work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

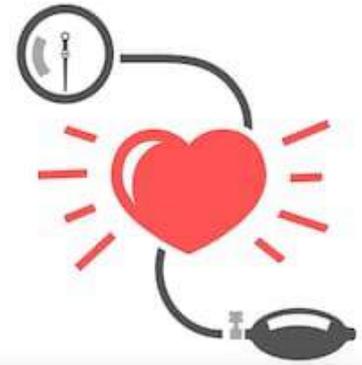
1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, mandarins, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that every two hours, you must drink some liquid. **Remember this!**

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now?? Send this information out to others! **DO IT NOW!** Your friends and family need to know for themselves and help you to be healthier and happier.

***It is good to share! \*For people over 60\****



# SALTED CARAMEL AND CHOCOLATE TRIFLE

Ingredients:

## Salted Caramel Sauce

- 3 cups sugar
- 2/3cup water
- 2 cups thickened cream
- 340g softened butter
- 1 teaspoon salt flakes
- 1 tablespoon vanilla extract

## Trifle

- 1.5 litres Thickened Cream
- 2x20cm store-bought chocolate cakes
- 400g fresh berries or fruit of choice

## Method

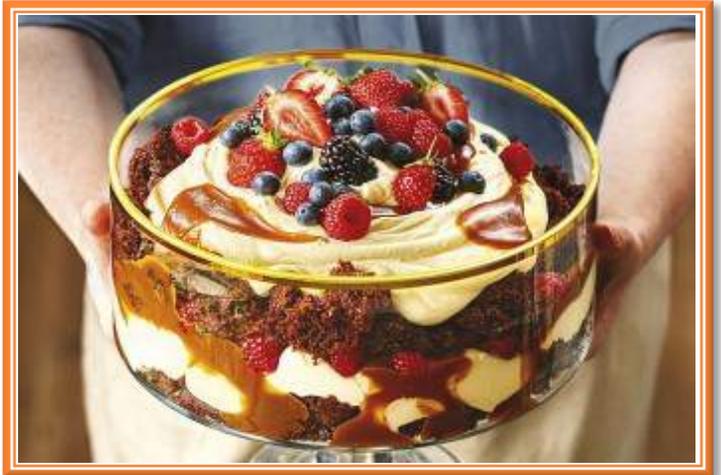
**Sauce:** Step 1: Place the sugar and water into a saucepan over medium high heat. Swirl the saucepan to moisten the sugar. Using a pastry brush dipped in water, brush any granules of sugar off the sides of the pan.

Step 2: Cook the sugar until a dark amber colour is achieved, remove the pot from heat and very carefully add the cream. Whisk in the cream followed by the butter and return the pot to the stove over medium heat and cook for a further 5 mins, whisking occasionally. Remove from heat and whisk in the vanilla and salt. Transfer to a heatproof bowl and refrigerate for at least 3 hours.

**Trifle** Step 1: Place the cream into a bowl of an electric mixer and whip until soft peaks form.

Step 2: To assemble, break the chocolate cakes into pieces. Place half of the cake pieces into a trifle dish, top with one third of the caramel, half of the cream and 100g of berries. Repeat this process once more.

Step 3: Garnish the top of the trifle with the remaining caramel and fresh berries.



## Tips and Hints:

- ◆ Try using other fruits instead of berries such as peaches or cherries.
- ◆ Try adding a flavour to the cream such as orange zest or vanilla

# SWIFTCO TRAILERS

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*Life is not a journey to the grave with the intention  
of arriving safely in a pretty and well preserved body,  
but rather to skid in broadside thoroughly used up,  
totally worn out, and loudly proclaiming,  
WOW! WHAT A RIDE!-*

### A rugged out-door woman, they do exist

They do exist, as do some really rugged men as well !!

During her physical examination, a doctor asked a retired woman about her physical activity level.

The woman said she spent 3 days a week, every week outdoors.

"Well, yesterday afternoon was typical;

I took a five hour walk about 7 miles through some pretty rough terrain.

I waded along the edge of a lake.

I pushed my way through 2 miles of brambles.

I got sand in my shoes and my eyes.

I barely avoided stepping on a snake.

I climbed several rocky hills.

I went to the bathroom behind some big trees.

The mental stress of it all left me shattered.

At the end of it all I drank a scotch and three glasses of wine."

Amazed by the story, the doctor said, "You must be one hell of an outdoor woman!"

"No," the woman replied, "I'm just a really shitty golfer!!"

# Poets' Corner

## Do It Anyway

People are often unreasonable,  
illogical and self-centered;  
Forgive them anyway.

If you are kind,  
people may accuse you of selfish ulterior  
motives;  
Be kind anyway.

If you are successful,  
you will win some false friends and true enemies;  
Succeed anyway.

If you are honest and frank,  
people may cheat you;  
Be honest anyway.

What you spend years building,  
someone could destroy overnight;  
Build anyway.

If you find serenity and happiness,  
they may be jealous;  
Be happy anyway.

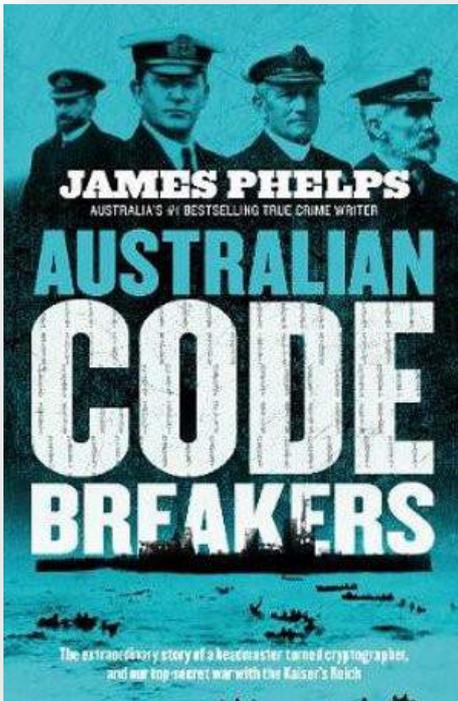
The good you do today,  
people will often forget tomorrow;  
Do good anyway.

Give the world the best you have,  
and it may never be enough;  
Give the world the best you've got anyway.

You see, in the final analysis,  
it is between you and God;  
It was never between you and them anyway.

— Mother Teresa

# Book Review

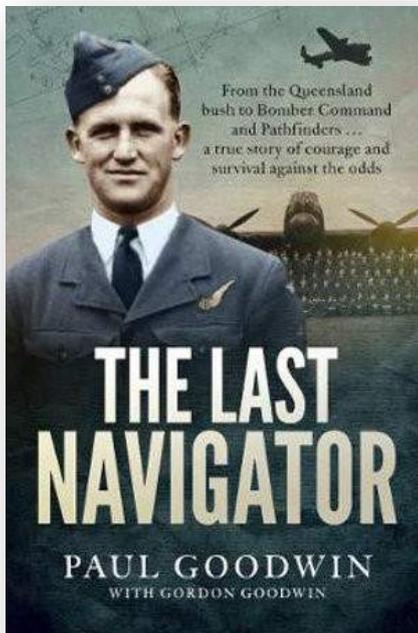


**The extraordinary story of a headmaster turned cryptographer, and our top-secret war with the Kaiser's Reich.**

On 11 August 1914, just days after war had been declared, Australian Captain J.T. Richardson boarded a German merchant vessel fleeing Melbourne's Port Phillip and audaciously seized a top-secret naval codebook. The fledgling Australian Navy had an opportunity to immediately change the course of the war. But what exactly had they found? Enter the Australian code breakers ...

Recruited by savvy top brass, maths whizz and German speaker Frederick Wheatley worked night and day to fathom the basic principles of the code and start tracking the German Navy's powerful East Asia Squadron, led by the brilliant Maximilian von Spee. Soon Melbourne was a hub of International Allied Intelligence.

This is the untold story of how a former Australian headmaster and his mostly female team cracked one of Germany's most complex codes, paving the way for the greatest Allied naval victory of World War I.



**An extraordinary first-person story of a boy from the Queensland bush who survived the dangers of Bomber Command to become Qantas' last navigator.**

*The choking, chest-tightening feeling of being trapped in a burning Lancaster, enduring the uncertainty, you count down the requisite 60 seconds for the tanks to blow. Your skip has thrown off the fighters with yet another brilliant corkscrew manoeuvre but will you get your badly wounded bomber home?*

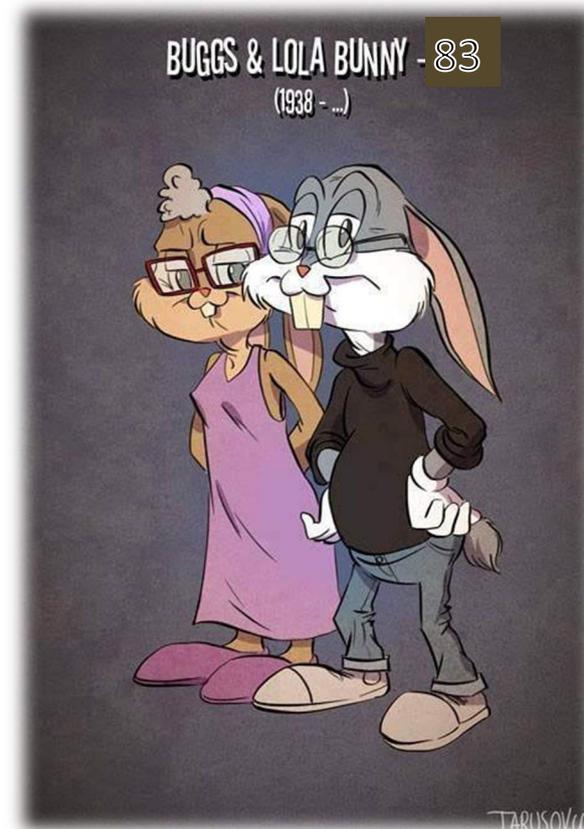
Gordon Goodwin was a decorated airman and an inspired leader. During World War II he served in probably the most dangerous occupation of all, flying with the Pathfinders as they led bombing raids into Germany. He undertook 32 Pathfinder missions, including nine over Berlin, and 65 missions over enemy territory with Bomber Command. But to survive his

childhood was perhaps a greater achievement. Raised in harsh and loveless circumstances outside Brisbane during the Depression, his accomplishments were remarkable.

This is the powerful first-hand account of Gordon's dangerous and brave war experiences as recalled for his son Paul. 'My father told me that to survive you had to surrender all hope.' That extraordinary formula followed by the men of Bomber Command allowed Gordon to not only come through the war, but to find a successful career with Qantas, finishing as its chief, and possibly last, navigator. *The Last Navigator* is an illuminating, compelling and ultimately uplifting insight into a time that should not be forgotten.



And you thought we were getting old



Kind'a makes you feel young again, hey?

# PREVENTING VETERAN SUICIDE

Over the coming months no doubt the workings of the Royal Commission into veterans suicide will attract attention and reflection. Indeed, in writing this reflection, I have just completed a response to a subpoena calling me to give evidence to, and appear in person, before the Royal Commission. Lets hope and pray that this can be a positively growth-filled experience for all involved., and guide us into ways that can prevent veteran suicide. However, all of us have been touched/ distressed / bewildered by the experience of friends or workmates taking their own lives. The RC will involve revisiting some painful memories.

Recently one of my Duntroon classmates circulated some newspaper clippings about one of our class - Rod - who took his life after being medically discharged some years ago. Rod had been a conscientious and courageous soldier in the 4 years we served together in the same company at RMC. He was passionate about integrity and justice, and physically tough. Following graduation and service in an infantry battalion he attempted the SASR selection course but was not selected. He felt shame and rejection, and this was compounded by serious bullying back in his unit. He felt betrayed, unjustly treated, and bewildered. He had a breakdown and was quickly medically discharged with few transition supports in place, and no plan or hopes for the future. He took his own life by a legal drug overdose when a range of medical interventions were unsuccessful. He was being treated with Psychotropic drugs, but unbeknown to us, his initial problems stemmed from what we now know as Moral Injury and a different approach is now needed.

Certainly I cried and cried and cried, the night we heard of Rods death. It affected me greatly. At the time, we cared for him, .....but didn't know really how to care for him. We didn't understand what was going on for him. His behaviour was severely impacted by the excessive cocktail of drugs he was being administered, electric shock treatments, and institutional experiences that further marginalised him. If only I knew then what I know now about moral injury. But we, and the medical system just didn't know. Perhaps when we were younger, we couldn't have been expected to know how to deal with his situation differently. We can but hold Rod and so many others in loving memory until we meet them again.

With any death we must grieve for a period, but we should not ruminate indefinitely on our grief. Today we can help others, because we now have greater insight. For the past 7 years our team of peer mentors in the Veterans Care Association have been meeting veterans with suicidal ideation {SI} almost every week. They invariably have common symptomology - hopelessness, shame or guilt, loss of identity and dignity. We have found ways for almost every one of them - hundreds of them - find hope, healing, identity, purpose and new life. Our best results have come from engaging them in a residential 9-11 day education experience with other veterans and partners we call Timor Awakening. [wwwtimorawakening.com.au](http://www.timorawakening.com.au).

We inspire them to get healthy so they can help others too.

In case anyone reading this, have friends or family, struggling with suicidal situations, can I offer some of my summary comments to The Royal Commission that might be of assistance. It is veterans who emerge from the dark pits that have developed what is offered below. They tell us that the bottom line is that Unconditional Love, Acceptance, Belonging and Forgiveness were by far the best medicines. May we lovingly remember Rod and all those you hold dear. Perhaps we needed to feel their pain to develop the passion to improve things. Part of their legacy can be to inspire us to inspire others to work in this space with HOPE.



## ***Executive summary of VCA submission to the Royal Commission (RC)***

**Overview:** Suicides of both serving and ex-serving members have deeply affected everyone connected with them. The underlying causes are invariably complex and unique to each individual, and appropriate interventions can be perplexing to implement. Nevertheless, early intervention through active listening, understanding and fraternal/Peer support, leading to holistic health education can save the lives of many with suicidal ideation (SI).

**Causes:** Whilst various surface issues may be apparent – e.g. frustration with the Defence/DVA systems; relationship breakdown etc, empathetic dialogue with those at risk of suicide will invariably reveal deep underlying “soul” issues - moral injuries - of hopelessness, shame or guilt, loss of identity and dignity. A disproportionate number have experienced childhood abandonment, and physical or sexual abuse that has been kept a secret. When other stressors are added, the person finds death a serious option to escape their pain. Many veterans with SI have Moral Injury trauma rather than PTSD, (while some have both). But the MI of veterans generally is not being dealt with within the treatment protocols used by many clinicians. MI is not actually a mental health issue - it’s a soul issue. Fascinatingly, medication is now proven to have no positive impact on those with MI - indeed it can compound a persons problems. A person with suicidal ideation (SI) invariably focusses on what is wrong with their life, and ruminates on the past, seeing no hope for a future. The RC hopefully will find that shining light on MI can prove to be the greatest strategic innovation to reducing SI.

**Response:** A broad strategic response to help people to choose to live, will need to gently guide those with SI towards embracing a holistic health regime, equipping people to nurture their body, mind, souls and relationships and help them develop a future life purpose. In particular they need to identify the possibility of healing. Such a strategy will help them get in a better “headspace” to see things differently, let go of past issues, embrace forgiveness and reconciliation, and find Hope. VCA can demonstrate through 7 years of evidence based programs, that this response can be more effectively initiated by Veteran Peers, than through clinicians. Broader information on this therapeutic model is available in our VCA website:

[www.veteranscare.com.au](http://www.veteranscare.com.au)

Sensitive empathetic, non judgemental engagement is vital. The veteran with SI needs to feel listened to, understood and respected. Realistically, small steps to get the veteran to the next day and meeting with a peer mentor or a clinical practitioner will do better than laying out an overwhelming comprehensive plan. Ongoing peer support should be synthesised with clinical intervention for any morbid conditions like depression or anxiety. Treatments for people by exclusive use of medical or psychological practitioners are rarely holistic and invariably do not address the moral/soul injury dimensions that some service people struggle with. The person with SI may need daily support for a period - much more than what clinicians have capacity to provide. The veteran community has massive capacity to be involved in this space. Trained Peer mentors can assist in affirming the need for forgiveness, love, acceptance and hope, can make the difference between life and death choices. Empowerment and encouragement should be provided for those with SI to develop the self-responsibility necessary for later life. Listening empathetically is key. In asking solution oriented questions, people reflecting on their story can quite often find the solution they need.

We at VCA are bringing veterans back from Suicidal ideation to new life hope and purpose. We implore the RC to explore this approach. I would invite those veterans who would like to contribute to reducing veteran suicide, to explore more deeply what I’ve reflected on above. Google “Moral injury” and become more aware that this is something that you can help with.



May God bless you all , Padre Gary Stone OAM --

WIDER	Word	GROWS	Word	<b>Word ladder rules.</b> You can only change one letter at a time for each move down the ladder. No foreign words. solution P 27
	Ladder -		Ladder -	
	Can you		Can you	
	turn		turn	
	WIDER to		GROWS to	
	DUNKS in		CLOCK in	
	7 moves ?		7 moves ?	
DUNKS		CLOCK		

## Important Phone Numbers

Department of Veterans' Affairs 1800 555254 regional 133254 local <a href="mailto:generalenquiries@dva.gov.au">generalenquiries@dva.gov.au</a> Get started <a href="http://www.dva.gov.au">www.dva.gov.au</a>	Open Arms Veterans and Counselling Service. Ph. 1800 011 046 Veterans and Veterans families Counselling Services
<b>Defence Service</b> <b>Homes Insurance Scheme</b> 1300 552 662	<b>Voluntary Work Scheme</b> <a href="http://www.dva.gov.au">www.dva.gov.au</a> Fact sheet MC36
<b>VAN Robina</b> Department of Human Services Level 5 Robina Town centre 19-33 Robina Town Centre Dr, Robina. 07 55832023	<b>VAN Tweed Heads</b> Department of Human Services 100 Blundell Boulevard Tweed Heads South 07 55697525
<b>VAN</b> (Veterans' Access Network) 133 254 <a href="http://www.dva.gov.au">www.dva.gov.au</a> Veterans' Home Maintenance Line 1800 80 1945	<b>War Widows' Guild          of Australia (Qld) Inc.</b> Ph. 32 211391 <b>Toll free : 1800 061945</b>

# Christmas Special

B  
R  
A  
I  
N  
-  
G  
Y  
M  
-  
N  
U  
M  
B  
E  
R  
27

16	3	1	15	3	17	7		23	22	1	1	20
25		22				22	17		12			22
17		2	25	17	16	15	22	26	22	15	15	13
16	19	19	13	22		25	10	22	13			24
22		25		13	3	10	18	13		11	25	22
1	22	10	21	24		25		24		3		1
26		22		15	19	19	18	25	17	16		7
1			11	25		21		22		22		3
22		18	25	17	16	13		13	11	3		20
3	11	25	17	16					19	17	22	
7	25	13	18				26	15	19	24	24	19
	22	13	13	22	17	24	25	3	15	13		5
21	13				19	3	24	4	13			26

C  
R  
O  
S  
S  
W  
O  
R  
D

I	L	P
A	F	E
E	C	R

**Word Maker :**  
How many words, 3 letters or more, can you make from these letters.  
*Term for:*  
SOMETHING TO KEEP YOU WARM IN WINTER



The letters have been replaced by numbers. Each number represents a different letter. I have given you 2 letters to get you started. Think about the most used letters and how many of any one number there is in the grid. Have fun. When you have solved the main puzzle see what the Extra clue is, (1)above right. *Solution P. 27*

1.

4	3	11	11	20	
8	3	23	25	15	20
6	21	25	9	9	

1. This might happen on Christmas day.

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	N <sup>17</sup>	18	O <sup>19</sup>	20	21	22	23	24	25	26

A	B	C	D	E	F	G	H	I	J	K	L	M
<del>N</del>	<del>O</del>	P	Q	R	S	T	U	V	W	X	Y	Z

**Sudoku:**  
Complete the grid so that every row and column contains the numbers 1-9.  
*Solution Page 27* →

8				9				
5			8				2	7
	2			3		8		
	6	1	4					3
	5		7	1	2		8	
9					6	1	4	
		3		7			6	
7	9				4			5
			1					4

## Riddles:

1. A plane crashed between the border of France and Belgium. Where were the survivors buried?
2. Poor people have it. Rich people need it. If you eat it you die. What is it?
3. Spelled forwards I'm what you do every day, spelled backward I'm something you hate. What am I?
4. The person who makes it has no need of it; the person who buys it has no use for it. The person who uses it can neither see nor feel it. What is it?



# our history

## The Potsdam Giants



Armies have always sought to bring the biggest and strongest soldiers into their ranks, but King Frederick William I of Prussia turned it into an obsession. In the early 18th century, the military-loving monarch tried to assemble the tallest troops in Europe into an elite regiment nicknamed the “Potsdam Giants.” Though they never saw combat, these enormous grenadiers grew to become the most impressive collection of big men this side of a pro basketball team. Several members were

seven-footers, and one Swedish recruit was said to stand eight and a half feet tall.

King Frederick was constantly on the lookout for potential Potsdam Giants, and he was willing to beg, borrow and steal to get them. He spent a fortune hiring outsized mercenaries and buying tall soldiers off other militaries, and instructed his agents to shanghai exceptionally tall civilians and conscript them into the unit. In a bizarre attempt to breed future recruits, he even compelled his largest troops to marry and have children with tall women. King Frederick derived great joy from the giants—he was known to have them march through his bedroom to cheer him up when he was ill—but they were also a significant drain on royal coffers. After he died in 1740, his son disbanded the unit and used the savings to fund four additional regiments of normal-sized soldiers.

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## The Ghost Army

In the summer of 1944, the U.S. Army gathered a select group of artists, designers and sound

effects experts for a particularly unusual task: building a phantom army. Inspired by a trick originally pulled by British forces in North Africa, the 23rd Headquarters Special Troops—better known as the “Ghost Army”—used inflatable rubber tanks and jeeps, sound effects and other subterfuge to deceive the Germans about the actual size and location of Allied forces. The unit took part in more than 20 missions, many of which employed artistry and illusion on a scale that rivaled a Hollywood movie. Painters and



illustrators designed fake uniforms and dummy vehicles; sound engineers broadcasted phony radio traffic and blasted sound effects that mimicked the racket of an army on the move; and actors spread misinformation in the hope it would be picked up by Nazi spies. When the ruse worked, the unit was able to give the impression that U.S. forces were larger and more mobile than was actually the case. During one mission, the Ghost Army even plugged a hole in General George Patton’s lines for several days without being discovered. The Ghost Army’s actions were kept under wraps for several decades after the end of World War II, and it wasn’t until 1996 that its unusual contribution to the war effort finally became public knowledge. By then, many of its members had gone on to distinguished careers in the art and design industries. Among others, fashion designer Bill Blass and artists Ellsworth Kelly and Arthur Singer were all veterans of the unit.

# 42 for 42

In 2016, four Afghanistan combat veterans founded the non-profit organization 42 for 42 to raise funds to build a memorial garden in Brisbane that would honour their fallen mates and educate the public about why the war occurred.

17th February, 2021

An important aspect was to represent the unknown soldiers who were losing their battle back home and falling victim to suicide.

Having had struggles returning home themselves, this was and is an issue that is close to their hearts. Every deployment sent to Afghanistan faced different circumstances and had different outcomes. It's important that we don't forget that this was Australia's longest war and a war on terror, which has shaken the world. The Afghanistan War Memorial Garden will be built as a storyline around each deployment, incorporation our fallen soldiers and our Victoria Cross winners.

After WWI, Australian soldiers came together and built the Great Ocean Road in Victoria. This was a source of inspiration when establishing a plan for The Afghanistan War Memorial Garden, in Brisbane. It has always been the main project of the 42 for 42, and has been a collaboration of many veterans, their families and proud Australians coming together to do their bit. It will continue to serve as a place to remember and honour all the deployments to Afghanistan and educate the next generations to come.

42 for 42 began with a 42-hour challenge, in which Afghanistan veteran Sean Mulqueen walked the concourse and stairs of Suncorp Stadium for 42 hours straight carrying 42 kilos in a military pack. As each hour passed, a kilo was removed from the pack by members of the 42 - families of the fallen, veterans and supporters of the 42. It represented lightening the load for soldiers.

This led to the annual 42 hour challenge at Suncorp Stadium every November for anyone to participate in. 42 represents the 41 soldiers Australia lost in Afghanistan, with the 42nd being the soldiers we have lost to suicide and those who are still struggling with their wounds and injuries post-war.

The team quickly expanded as the 42 for 42 are dedicated to supporting the families of fallen Afghanistan soldiers as well as combat veterans who have returned from active duty in Afghanistan, and their families. The 42 for 42 members have worked hard to maintain a positive environment, where veterans and families can join, participate and contribute to the organization as they wish. It supports the Afghanistan veteran community by helping acknowledge, establish, and increase awareness of events, groups, support programs, job help and financial assistance when required.

Please feel free to contact the 42 for 42 through their website:

<https://www.42for42.org.au/>

or follow them on social media and watch how the memorial will come to life.

*By Sean Mulqueen, co-founder and President*





# WORD SEARCH : military words



This one will get your brain boxes working. Read all the instructions below.

L	I	F	E	R	C	R	U	D	C	C	A	S	U	B	B	I	E	N	D
I	E	N	B	F	H	O	T	B	I	H	R	Y	L	B	U	S	H	I	E
D	O	A	O	O	A	P	U	S	O	D	O	U	A	U	R	W	M	W	P
J	K	R	G	B	I	P	R	I	F	N	D	O	M	R	G	A	U	D	O
M	E	D	G	B	R	E	P	G	I	O	E	L	F	P	D	T	P	O	L
A	E	T	Y	I	F	R	S	F	S	B	B	D	Y	E	I	I	P	O	L
C	C	T	P	T	O	S	K	R	S	I	L	A	I	B	R	N	E	R	A
C	C	L	A	A	R	A	N	O	B	N	A	B	S	N	O	F	T	K	R
A	C	A	A	R	C	T	U	Z	Y	K	C	U	U	H	B	P	A	I	D
S	I	O	B	C	E	K	C	Z	E	S	K	B	O	S	A	R	R	C	R
B	H	R	C	A	K	P	K	O	S	T	H	B	N	E	Y	A	M	K	E
O	V	O	I	K	N	E	P	P	P	I	A	A	T	B	O	C	S	E	R
M	B	A	O	E	R	A	R	O	R	C	N	H	H	B	A	K	A	R	E
B	A	U	G	K	F	O	B	N	O	K	D	E	E	G	A	L	L	L	C
S	S	S	A	U	I	A	A	O	G	F	E	B	P	A	A	G	D	A	C
C	E	C	T	E	E	N	I	C	Y	A	R	B	E	G	D	B	U	E	E
R	R	A	A	R	C	U	P	R	H	S	S	A	G	U	K	S	E	S	N
A	A	M	E	X	T	R	A	S	I	T	I	S	G	C	E	G	H	H	T
N	T	N	G	P	I	R	A	T	E	E	E	B	O	C	P	A	U	E	T
A	B	L	U	E	S	U	I	T	E	R	S	Y	B	I	I	Z	T	N	D

AIRIE FAIRIES  
ARC UP  
ATM  
AUSCAM  
BAGUS  
BALDER  
BASBY  
BASH  
BASE RAT  
BAYO  
B.D.E.  
BEE  
BINK STICK  
BLACK HANDERS  
BLUE SUITER  
BOGGY  
BOND  
BONED IN  
BUBBA

BUSHIE  
BUSY  
CABANA BOYS  
CENT  
CHAIR FORCE  
CHOOFER FACE  
CLACKER  
COCKROACH  
CRUMP IN  
DIDDLY BOP  
DOOR KICKER  
EAT  
E.K.O  
EXTRAS  
FISSBY  
FOBBIT  
FROZZO  
GAT  
GAZ

GOB  
GUCCI  
GUN  
HEAD SHED  
HOOK IN  
INK STICK  
JET PACK  
KEPI  
KNUCK  
LID  
LIFER  
MACCAS BOMB  
MUPPET ARMS  
NARD  
ON THE PEG  
OPPERATE  
PIRATE  
POLLARD  
POOF RAG

RACK  
RECCE  
REG  
ROPPERS  
SAC  
SCAM  
SCRAN  
SEAL  
SIG  
SLUG  
SPROG  
SUBBIE  
SWAT  
TEA  
THE BAG  
TURPS  
VAGUE  
YARDIE

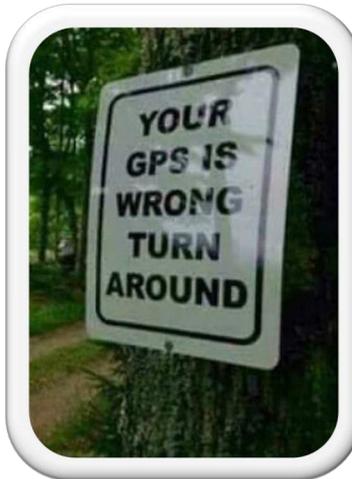


- ONE NORMAL WORD IS MIS-SPELLED IN THE LIST ON THE LEFT
- 22 LETTERS LEFT OVER TO MAKE A PHRASE MEANING:  
**WASHING UP POTS AND PANS**  
ANSWERS PAGE 27

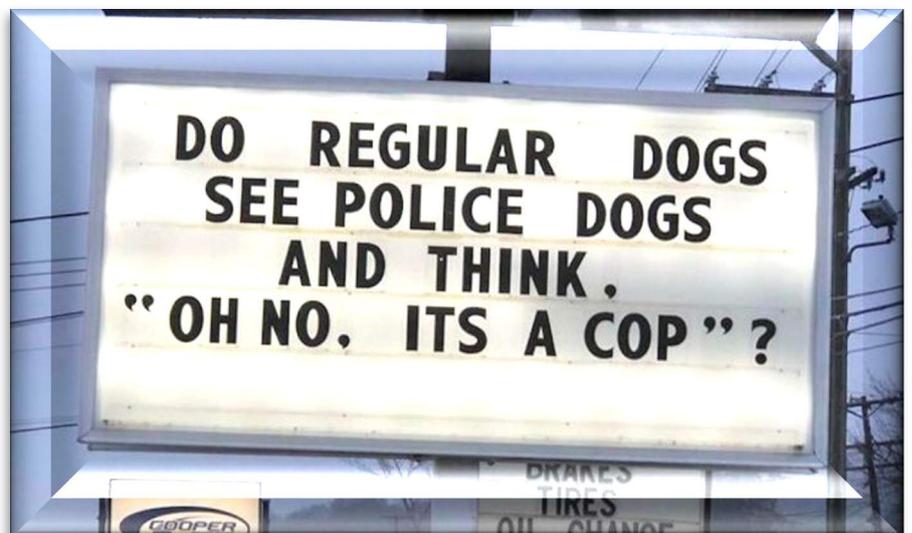
The person who makes it has no need of it; the person who buys it has no use for it; the person who uses it can neither see nor feel it.  
What is it? Answer Page 27



What do you call  
a sad cup of  
coffee?  
**DEPRESSO**



What do you call a  
line of rabbits  
marching  
backwards?  
**A receding hareline**





# Holiday Centres

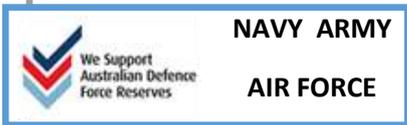
*Holidays for Veterans  
at a reasonable price*

Navy Canteens operates holiday centres across Australia with great discounts for Navy members. Destinations include Amblin Holiday Park (WA), BIG4 Bungalow Park on Burrill Lake (NSW), Forster Holiday Village (NSW) and Pandanus Pocket Villa (NSW). A great range of discounted holiday options across Australia and overseas are also available to all Australian Navy, Army, Air Force and Defence APS personnel.

## WELCOME TO ST GEORGE'S DEFENCE HOLIDAY SUITES

St George's Defence Holiday Suites at The Garland are for Service and ex Service Personnel, their Spouse and dependent school age children. St George's Defence Holiday Suites are operated by the Service Personnel Anglican Help Society Inc, an independent and charitable organisation. Prior to accepting a

booking we require a copy of your Service ID or Discharge Certificate to verify your eligibility to stay at St George's.



**St George's is for Only Military people - Exclusive for Military.**

**Website: [stgeorges.net.au](http://stgeorges.net.au)**

The Garland Building incorporating St George's Defence Holiday Suites opened in December 2016. The holiday Suites are located on the first 3 Levels with a BBQ and large Community area located on the 1st Level.

The Garland Apartments are located 4th floor and above and are for all holiday families and is not part of the St George's Defence Holiday Suites and doesn't offer the St Georges discounted rates for Defence Families. Situated in Coolangatta Qld.



St George's Defence Holiday Suites incorporating The Garland Luxury Apartments

192 Marine Parade,  
Rainbow Bay,  
Coolangatta,  
Gold Coast Area  
Queensland 4225

# Puzzle solutions

## Number Crossword Puzzle Solution :

Page 18 - 1=R; 2=J; 3=A; 4=H; 5=W; 6=Q; 7=D; 8=F;  
 9=Z; 10=C; 11=P; 12=V; 13=S; 14=X; 15=L; 16=G;  
 17=N; 18=K; 19=O; 20=Y; 21=U; 22=E; 23=M; 24=T;  
 25=I; 26=B

SECRET WORDS/TERMS: CROSSWORD PUZZLE PAGE 22

### 1. HAPPY FAMILY QUIZZ

Solution to Sudoku puzzle Page 22

8	1	7	2	4	9	5	3	6
5	3	9	8	6	1	4	2	7
4	2	6	5	3	7	8	9	1
2	6	1	4	9	8	7	5	3
3	5	4	7	1	2	6	8	9
9	7	8	3	5	6	1	4	2
1	4	3	9	7	5	2	6	8
7	9	2	6	8	4	3	1	5
6	8	5	1	2	3	9	7	4

### Riddles solution: P22

1. *Nowhere - they aren't dead if they are survivors.*
2. *Nothing*
3. *Coffin.*

WIDER	GROWS
RIDER	GROWN
RIDES	CROWN
SIDES	CROON
SINES	CROOK
DINES	CROAK
DUNES	CLOAK
DUNKS	CLOCK

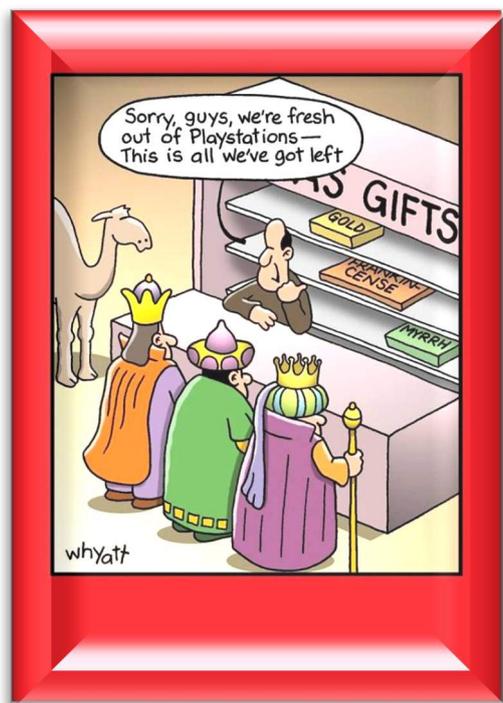
Word Ladder solutions from p21.

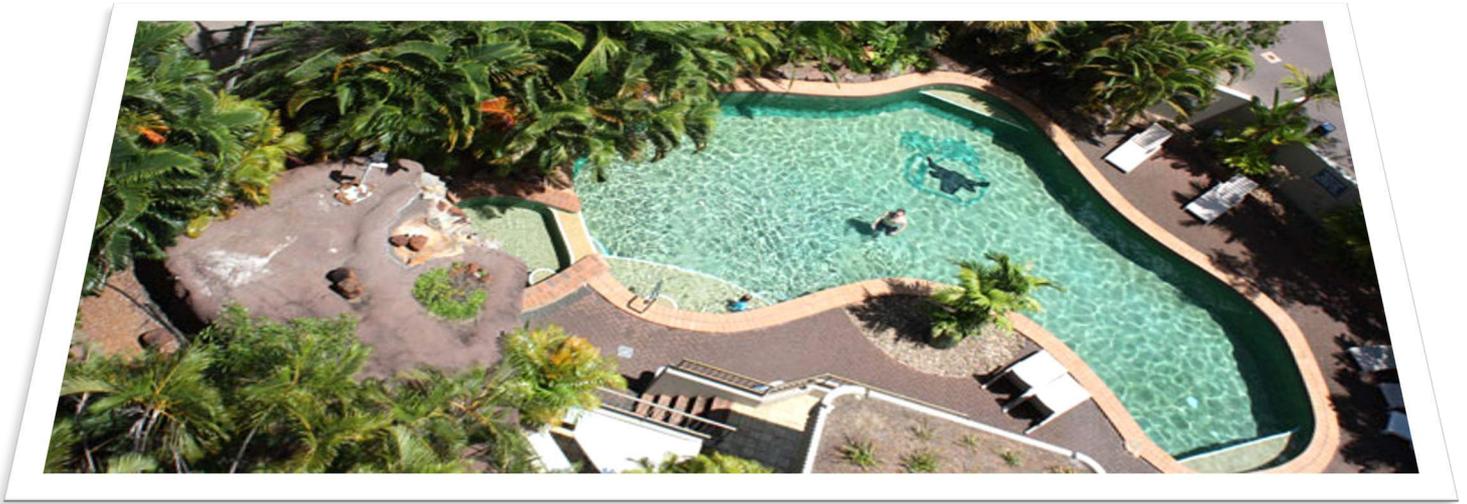
### Solution to Word Search— page 25

1. The miss-spelt word is **OPPERATE**. It should be **OPERATE**.
2. The Military slang term for "Washing up pots and pans" is:  
**UNDERWATER PANEL BEATING**

**Word Maker Solution P 22:** ace, air, arc, are, alp, cap, cape, care, clap, clear, clip, ear, éclair, elf, face, fail, far, farce, fear, feel, fierce, file, fir, fire, FIREPLACE, flea, flee, flier, frail, free, ire, lace, lap, lea, leaf, leap, lee, leer, liar, lice, life, pace, pail, pale, par, pare, pea, peace, peal, pear, pearl, peel, pie, pile, pier, pierce, place, plea, race, rail, rap, real, reef, reel, replace, rice, rife, rifle, rife, rile, rip.

*How many more words you can find is anyone's guess.*





The RAAF Welfare Recreation Company Charter is articulate through its Aim, Mission and Corporate Goals:  
**Aim**

To provide access to discounted recreational accommodation and to manage and promote RWRC owned recreational facilities for RAAF members, their families and other eligible persons, and to provide financial support to, and assist in the provision of, recreational amenities and services to RAAF members.

## Mission

To manage the activities of the RCWTF as a sustainable entity through a strategy of diversification and with broad long term vision in order to optimise the benefits to eligible persons in the provision of discounted recreational accommodation and welfare recreational amenities.

## Corporate Goals

### Objective 1 – Recreational Facilities

To provide access to discounted high quality recreational accommodation and facilities for members of the RAAF, their families, and other eligible persons through the provision of the RCWTF owned or leased holiday apartments, joint commercial ventures with other corporate bodies or promoting the use of other Service owned facilities. The recreational facilities may be owned solely by the Trust, owned by virtue of a joint venture, or by economically viable short or long term leasing arrangements.



### Objective 2 – Recreational Amenities and Welfare Activities.

To provide financial assistance via loans and grants in the provision of recreational amenities and Service recognised welfare activities.

### Objective 3 – Mutual Cooperation and Marketing.

To foster relations with the providers of Navy, Army and other Allied nations in order that RAAF personnel and other eligible persons can access their similar amenity benefits. To promote, in accordance with the RWRC marketing plan, RCWTF holiday facilities, other affiliated recreational accommodation, and other welfare amenity benefits available to eligible persons.

[raafholidays.com.au/about/charter](http://raafholidays.com.au/about/charter)

## You can only meet people where they are.



The donkey told the tiger, “The grass is blue.” The tiger replied, “No, the grass is green.”

The discussion became heated, and the two decided to submit the issue to arbitration, so they approached the lion. As they approached the lion on his throne, the donkey started screaming: “Your Highness, isn’t it true that the grass is blue?” The lion replied: “If you believe it is true, the grass is blue.”

The donkey rushed forward and continued: “The tiger disagrees with me, contradicts me and annoys me. Please punish him.”

The king then declared: “The tiger will be punished with 3 days of silence.” The donkey jumped with joy and went on his way, content and repeating “The grass is blue....”

The lion replied: “You’ve known and seen the grass is green.”

The tiger asked, “So why do you punish me?”

The lion replied, “That has nothing to do with the question of whether the grass is blue or green. The punishment is because it is degrading for a brave, intelligent creature like you to waste time arguing with an ass, and on top of that, you came and bothered me with that question just to validate something you already knew was true!”

The biggest waste of time is arguing with the fool and fanatic who doesn’t care about truth or reality, but only the victory of his beliefs and illusions. Never waste time on discussions that make no sense. There are people who, for all the evidence presented to them, do not have the ability to understand. Others who are blinded by ego, hatred and resentment, and the only thing that they want is to be right even if they aren’t.

WHEN **IGNORANCE SCREAMS**, INTELLIGENCE MOVES ON.



# Veterans Support Group® - (Advocacy Services)

Founded by the **Vietnam Veterans Federation Australia Queensland Br. Inc.**

## MEMBERSHIPS - New Applications (Section A)

Surname: ..... Given Names: .....

Address: .....

Email: (only if you use email) ..... Phone: .....

Partners can join as full members at \$30 also: Please complete partner's details on next line if required.

### Partner's Details

Surname: ..... Given Names: .....

Email: (only if you use email) ..... Phone: .....

### Service details:

(A) Service No. .... (B) Navy / RAAF / Army (C) Other .....

(D) Service No. .... (E) Navy / RAAF / Army (F) Other .....

Please use (D), (E) and (F) above for the Partner if you and your partner have both served in the Australian Defence Force.

## MEMBERSHIPS - Renewals (Section B)

### Your Details

Surname: ..... Given Names: .....

Address: .....

Email: (only if you use email) ..... Phone: .....

Partners can join as full members at \$30 each (\$60 total): Please complete partner's details on next line if required.

### Partner's Details

Surname: ..... Given Names: .....

**Thank you for your support** Our Advocacy team of Flavia, Brad, Kerry, and Michelle are achieving results for all veterans. That team is supported by a further 9 admin volunteers. All Membership subscriptions are allocated to our Advocacy Service. The more members, the better chance we have to receive the funding Grants needed to meet our expenses. In 2020/21 we received Government Funding of \$105,680.20 towards our Advocacy Services. We needed to raise over \$63,000 to cover our actual costs. **Every single membership is important and we thank the many members who add a donation when paying their membership fees.**

**Membership Fees: \$30 per annum per member (1 July to 30 June).** Half fees apply for new members only:- 1st January to 30th June at \$15.00. All renewals fall due on 1st July yearly. All membership Applications can be completed online "veteransupportgroup.org.au"

<b>Pay- ing:</b>	Membership Fees of \$.....Donation of \$.....Total \$.....
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Pay by direct deposit into our bank account BSB 124065 A/c No. 20454340 and use your name as the Payee Reference OR send online, OR by email to [admin@vfvqld.com](mailto:admin@vfvqld.com), OR post "Veterans Support Group, PO Box 2817 Nerang Qld 4211, OR bring your Membership Application to our office. We process your payment by phone: 07 5578 2233. Office hours: - 9.30am to 2.30pm Mondays to Thursdays (incl.).

Our Quarterly Newsletters are available by (A) Email Hyperlink (B) Post or (C) Not required. Please circle your choice A, B, or C. Our National Newsletter is only available by post or on website. Do you require the National Newsletter posted to you? Yes / No (please circle your option)

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