

INCOMING

June, 2023

Issue 96



Veterans' Support Group[®]

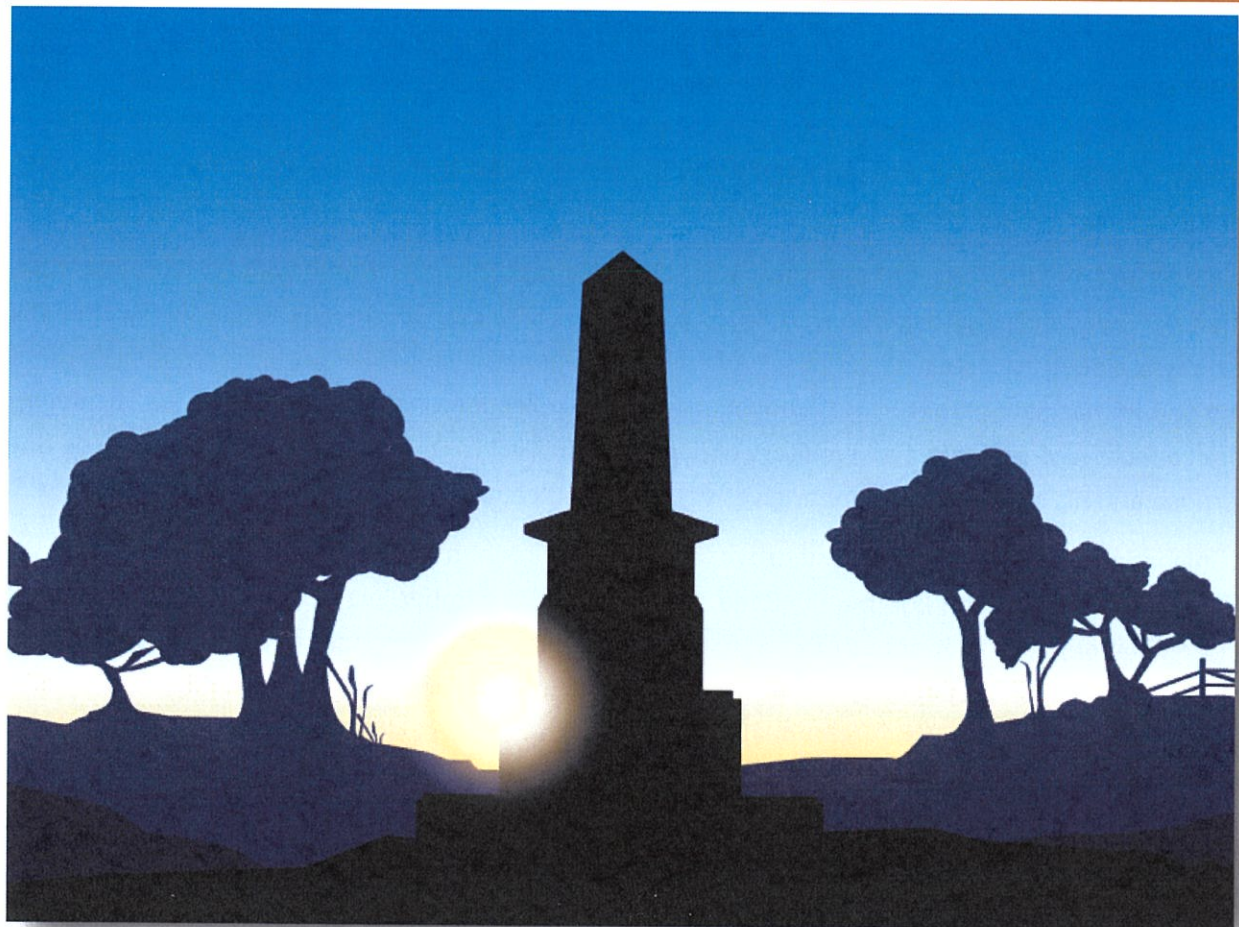
Founded by the
Vietnam Veterans' Federation
Qld Branch Inc.

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VIETNAM VETERANS DAY, 18th AUGUST, 2023

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EDITOR'S REPORT



Hello Everyone,

Do you ever have the feeling of "Wow, how did I get to this point in my life?" Well, I had that very feeling on ANZAC Day at 5.30 am. I was invited to sound The Last Post and Rouse, on my flute, at a private ceremony in Flagstone, just west of Jimboomba. It was the stuff that goosebumps are made of. Eighty eight year old Murray holds a neighbourhood dawn service each year, slightly later than the traditional dawn service, to honour our men and women who gave their time, and sometimes their lives, so that future generations could thrive.

Dawn was just melting the night sky when Murray gave a very moving ceremony in his stunning front garden, followed by tea and coffee with Anzac bikkies and pikelets. Murray joined the Army after WWII and he was a dedicated soldier. He has a wife and family and is living out his retirement in his beautiful home and immaculate garden. I was shown an amazing collection of Military memorabilia, including the entire collection of Teddy Bears in military uniforms from WWI to the present day. Everything he does has a purpose and his quiet gentle manner gives you some indication of the man from another time.

We finished our time in Flagstone and drove to Springbrook Mountain for another 10.30 am Anzac ceremony. The Hinterland Community Band, of which I am a member, played all the traditional songs with a choir singing in front of us. After a bit of wrangling to give us some shelter from the rain our music rang out - between guest speakers and a beautiful school choir - across the mountain. The rain didn't dampen anyone's enthusiasm even though many drove home in wet clothing. Some of the smaller, local, ceremonies had record crowds attending.

Thank you to all who attended a service or held a private function in honour of our brave men and women

Cheers Narelle.

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

President's Report, June 2023

Our financial year is ending, and we have achieved much for our members and our clients. We now have an interactive database '**power diary**' which gives us quick access to our client's DVA claims information and status without having to search through paper files. '**Power diary**' generously gives free access to their systems and technology.

Our new database messages our Advocates when no activity on a client's claim has occurred within a nominated time. Additionally, accurate reports are easily and quickly obtained for next year's funding claims. We can now keep in touch with our current clients more frequently which is important as some claims are taking three years for DVA to process.

We have been advised that our BEST Grant funding for 2023/24 is \$142,751.51 which is a reduction of \$22,879.73 from 2022/23. BEST Grant funding covers most of our costs for the Advocacy service we provide for veterans and their families. We must tighten our belts and we get on with our work.

I am most thankful to our members for your continuing support of fellow veterans needing our services. Other forms of funding are related to membership numbers thus, your continued membership is treasured by us and our clients.

Membership renewal is now due. We want to make your renewal as safe and easy to complete. The quick and easy way is to phone our landline 07 5578 2233 between 9.30 am and 1 pm Tuesdays, Wednesdays & Thursdays and our volunteers will complete your renewal form, process your payment and send your receipt by email or post. If you complete the Renewal form in the newsletter posted to you please send it to Veterans Support Group, PO Box 2817 Nerang, Qld 4211.

The Royal Commission into Defence and Veteran Suicide continues with suicide rates rising. At the recent Vietnam Veterans Federation National Executive Meeting it was pointed out that like our national statistics, male veterans over 70 years of age continue to have the highest recorded suicide rates. Still veteran suicide is well above the average Australian recorded suicide rates in various age groups.

For those of us needing help please phone **OPEN ARMS on 1800 011 046**.

Ageing Veterans need to plan for the various stages of ageing. As discussed at the National Executive meeting referred to above, veterans are strongly advised to plan for independent living, moving into an aged-care home and death. DVA has published 'The Veterans Guide to living independently' and the 'Veterans Guide to moving into an aged-care home'.

I recommend you read these guides and you decide your future and your needs as you age.

Experience tells me that for those who do not consider their options and plan for these stages of life, they will end up with no say at all in this process.

For starters, nursing homes are funded by the Federal Government Health Budget not the DVA Budget. Currently, ADF veterans entering nursing homes are treated no differently to non-veterans. However, there are categories of Australians considered to have special needs and who receive additional services or care.

For example, ADF veterans have been denied the opportunity to bring their mobility scooter into their new nursing home.

I very much recommend that you look at DVA's website and peruse their guides for aged care planning. If you want copies of these booklets, ask DVA to send them to you or phone me and I will have them posted to you. Phone 07 5578 2233 or email president@vfvqld.com

Women in the ADF both currently serving and ex-serving veterans far too often are being told on occasions such as ANZAC Day and other similar occasions that **"lady, you are wearing those medals on the wrong side of your chest"**. One veteran was asked "what would women do in Afghanistan? Oh yes, there is cooking and". Please remember that such questions and comments are debilitating and hurtful. One of our very successful and outstanding veteran advocates has given up her right to wear her ribbons on ANZAC Days. So if you see a woman wearing medals on the left hand side of her chest please say to her "thank you for your service." It just might make her day.

Vietnam Veterans Day, 18 August 2023 is well into its planning stage and I acknowledge and thank Andy Bryson the President of our Sub Branch / Mens Shed and his committee for the time and effort they are putting in to this special day.

If you can make it to our service please do so. Lest we Forget!

Peter Handy
President



"Serves you right - I told you not to wear those to the beach."





Two crows were flying along slowly minding their own business enjoying the scenery, when all of a sudden out of the blue an F/A-18E/F Super Hornet goes screaming past, barely missing the now somersaulting, and wildly flapping crows. "Oh my God!" exclaims one crow in surprise. "He was sure moving!" The other crow replies, "I reckon you would be too if you had two backsides and both of them were on fire!"



FUNNIES AND QUOTES



Sub Branch President's Report



**Vietnam Veterans Federation
Brisbane/Gold Coast Regional Subbranch Inc.
Veterans' Support Group Men's Shed
President's Report - June, 2023**



Hello fellow veterans and members,

As winter approaches, we look back over the last three months of Sub Branch and Men's Shed activity. We were very pleased to see some new members join our group, and they seem keen to get involved in Shed activities. The boat building crew have progressed, and they are hoping for completion by end of June. The inside is now painted, and nearly all internal fittings and fixtures are in place, leaving the external painting and fittings including a Bimini top for shade. Now comes the task of obtaining sponsors for the big-ticket items such as the outboard motor, trailer, Bimini top and anchor etc. To facilitate the attraction of sponsors, we will be making a decorative Sponsor's Shield, with four levels of sponsorship, from Platinum to Gold to Silver to Bronze. These shields will be presented to the sponsor for display in their commercial premises. We have yet to decide on the best way of raising funds with the boat, ranging from outright sale to a raffle.

The repairs to the QLD. Branch building following the termite invasion have now been completed, with the assistance of Frank Bosio as liaison officer. The building now has a clean bill of health and looks very smart with almost all new cladding and a protective termite barrier all round to prevent any future infestation.

Various fund-raising activities continue for the Shed, including a full load of recycled bottles and cans to Containers For Change, an upcoming Bunnings BBQ, and some healthy donations for commissioned projects such as two Honour Boards for the LWC at Canungra.

The staff from LWC Canungra expressed their gratitude for our continuing support by cooking a delicious BBQ for our members recently. The Army contingent was headed by the CO Wendy Say, and included the RSM, Adjutant and Catering officer. The meal was greatly appreciated, and to top it off, the CO Wendy Say was presented with a surprise birthday cake, as it was actually her birthday on that day.

Member safety is always paramount in the shed, and the purchase of a top-quality bench saw by SawStop paid big dividends recently. The safety feature of the SawStop is that if a human skin is detected near the spinning blade, a sacrificial aluminium block is triggered and is lodged instantly into the spinning blade, thus preventing any harm to the said human skin. This mechanism even records that if human skin/and or blood is involved, then SawStop will replace the mechanism free of charge. The member concerned did not follow the correct operational procedures, which he freely admitted, and he will be closely supervised in future operations of the saw. The main point is that he did not lose the finger concerned, but just got a slight nick on the end of his fingernail.

As a break from normal shed routine, a bus trip has been organised to the RAAF air museum at Amberley Air Force base, just west of Brisbane. The excursion should be very interesting, around twenty members have put their name down, and they are looking forward to the experience.

CO Wendy Say with her surprise birthday cake





Veterans Support Group Men's Shed, Nerang.



.Our long serving Secretary/Treasurer Peter Cameron has been on two well deserved breaks, one to western NSW on a Motor Rail adventure, and the latest one a 4WD bus tour from Charleville to Cameron Corner (no relation) to Birdsville, Longreach and home. No doubt he will be chomping at the bit to get back into those BAS statements and Cashflow books. We are now gearing up for the upcoming Long Tan Day celebrations, with invitations to the various Federal, State and Local Government representatives, the LWC Canungra, as well as Vietnam and other Veterans. As our parent organisation is the Vietnam Veterans Federation, this event is the most important one in our year.

Regional Conference

The AMSA Regional Conference called by the AMSA on the 10th May 2023 was hosted by the Pimpama Men's Shed and attended by some 70 shedders, including Frank, Bill, Bob and Andy from our shed. We were warmly greeted with a hot breakfast and treated to music from the folk group "The Offcuts".

The conference was opened with two songs from the Pimpama State School "Vi-Vo Voices Choir and they were very good.

Several subjects were discussed, and a summary is listed below.

SHED WELLBEING PROGRAM - HOLIDAY NOTICE BOARD; WELFARE OFFICER/TEAM; CONTACT DISENGAGED MEMBERS (INJURED/ ILL); FAMILY MEMBER ILLNESS; BIRTHDAY NOTIFICATION; TRIPS OF SPECIAL INTEREST; INDUCTIONS FOR MACHINERY; ALLOCATE DAYS FOR "SOFT" ACTIVITIES; SPECIAL INTEREST TALKS (LEGAL WILLS etc., CHEMIST RE- DRUGS); NEW & OLD MEMBERS TALK ABOUT THEMSELVES – LIFE HISTORY; DOWN TOOLS DAY; REGISTER OVER 65's FOR "MY AGED CARE".

SHED ACTIVITIES – XMAS PARTY; WEEKLY COOKED LUNCHES; SHED PROJECTS; COMPUTER GROUP FUND RAISING – BUNNINGS BBQS; FIREWOOD SALES; CONTAINERS FOR CHANGE; REPAIR/MANUFACTURE FURNITURE TO ORDER; RAFFLES; GRANTS.

SHED FACILITIES- WEBSITE; GARDEN; VEHICLE; LUNCHROOM; WOODWORKING; METALWORK; PAINTING.

Most sheds seemed to have the same concerns, namely – getting and keeping members, fund raising, running costs, member welfare. Overall, an interesting exercise allowing us to observe the operation and concerns of other sheds in the region.

There is always something interesting going on in the Shed, so if you are a member, and even if you are not, come on in and see what is going on and join in the various activities.

Andy Bryson

President

VVF Brisbane/Gold Coast Regional Sub Branch Inc.
Veterans' Support Group Men's Shed.



1. The ute ready to deliver the recycling materials
2. Army barbeque luncheon treat
3. Group visit by LWC Canungra



Veterans' Support Group Men's Shed Nerang



Honour boards for LWC Canungra



↓ Latest progress shots for 4.5 m boat.



Pimpama State School ViVo voices choir



Welcoming hot breakfast for AMSA Conference



↑ AMSA conference attendees. ↓

Off-cuts Folk Music Group



Inside Pimpama Men's Shed

Pimpama Men's Shed



Tony Scroope



Wanted - ANTIQUE MANTEL CLOCKS

Will pay cash

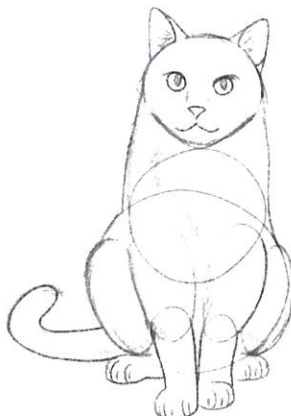
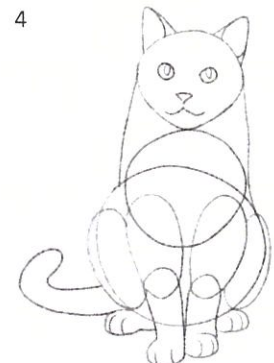
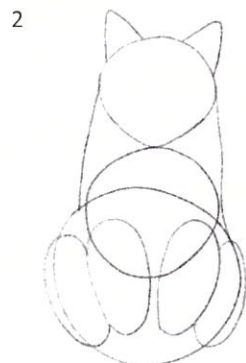
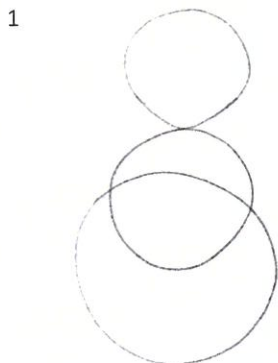
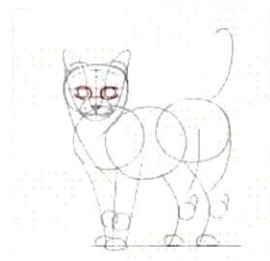
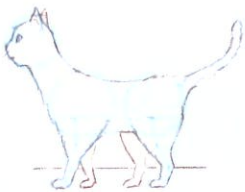
Mobile. 0408768787
ascroope@bigpond.net.au

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

We are always supportive of our members

Stage 2 of our artistic endeavours.

HOW TO DRAW A CAT.



6 Follow these simple drawings and create your own masterpiece.

Try some other poses using the circles and ovals as a base.

Make him fluffier or bushy tailed with fine pencil strokes.

Experiment and have fun.

COMPASSION FATIGUE

Dear friends

I wonder how many of our readers are familiar with compassion fatigue.

Compassion fatigue is a term that describes a physical, emotional, and psychological impact of helping others. Compassion fatigue is often mistaken for burnout, which is a separate issue, and it really is a cumulative sense of fatigue or dissatisfaction.

On our most recent Veterans Care health and well-being programs, we have shared insights and had discussions on compassion fatigue, and not surprisingly the majority of participants indicated that this was very insightful for them and was naming a condition, a situation that they had been facing for some time, which they thought was just another manifestation of their post-traumatic stress.

Obviously, we all care for those in our veteran community that are in need, but there comes a point when our caring for others starts to have an impact upon our own health. There comes a time when the tank of compassion and empathy runs dry of emotional energy. This condition can be exacerbated by people that we are trying to help, being disrespectful to us, or getting angry at us, or making unreasonable demands upon us .

It may be that we have feelings of powerlessness in the face of our friends' suffering. We might be feeling overwhelmed and exhausted by the many demands placed upon us. We might start feeling detached and numb and lose interest in activities that we used to enjoy..

It's important to recognise that we are not inadequate, not a failure, not burnt out, but it might mean that we need to take a step back and refill our tank of compassion and empathy.

Dealing with Veterans in crisis can be really challenging, especially when they won't cooperate in their own healing. But in one sense, we need to realise that we can only be companions on the journey with others and that every individual is responsible for their own lives. Ultimately we can guide and mentor them, but there must come a time when they need to take full responsibility for their own lives.

**So what can we do
to regain the vitality
that we need
not only for our lives,
but to be able to adequately
help others?**



Firstly, we need to ensure that we have a solid plan for self-care in place as part of our daily and weekly routines. We need to have time for exercise, meditation and reflection and having some fun things in our life, like hobbies of playing golf, or cards, or being with some sort of social group. As with so many things, we must have a balance in our life. If we are regularly giving out our energy to others, we need to be regularly refilling our tank with positive energy.

On a longer term basis, we need to be proactively carving out time for deep rest, reflection and relaxation. An annual retreat of at least one week needs to be on the schedule of anyone in the caring space. Also, even in the short-term, we need to make space between appointments to give ourselves time to breathe, reflect and we certainly need to set daily boundaries that limit our caring activity between certain hours and embargo our after-hours time - without being drawn into other peoples' relentless demands.

As a chaplain, I need to keep reminding myself that Jesus said that we should love our neighbour as ourself. Indeed, it's hard to love our neighbour if we haven't loved ourself. It's hard to help anyone if we haven't got the emotional surplus to be able to share with them. Veterans do care, but we also need to care for other carers, and care for ourselves.

God bless you all Gary

--

Kind regards

Gary

Your talent
is God's gift to you.
What you do with it
is your gift to God.

Gary Stone OAM

The Veterans Padre

President Veterans Care Association Inc

Holistic Care for of Body Mind & Soul for Veterans, Families & Carers

P: 0403 270 515

A: 26D Boogard Place, Clagiraba 4211

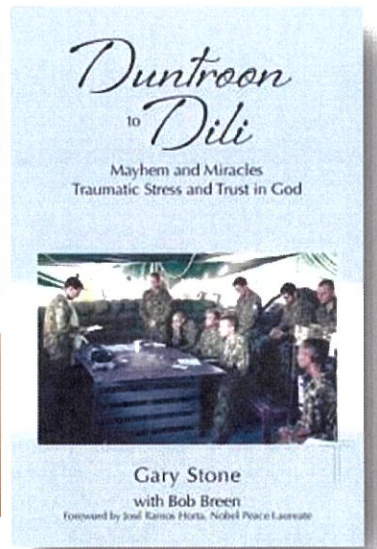
W: www.VeteransCare.com.au

Gary Stone's Book - **Duntroon to Dili**

Available at Thriftbooks Australia

ISBN: **0992530113**

ISBN13: **9780992530112**



ANZAC DAY in Dili
God's Warriors - Michael and Gary Stone



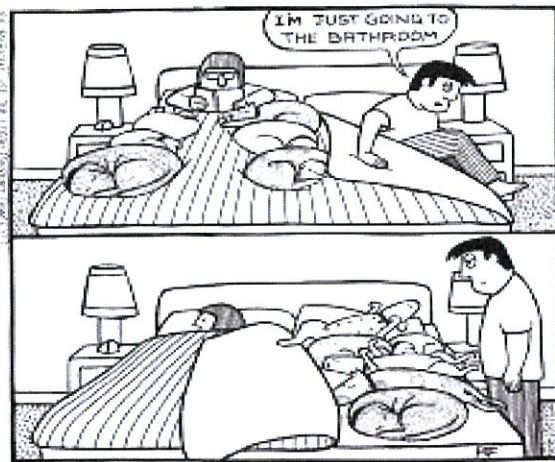
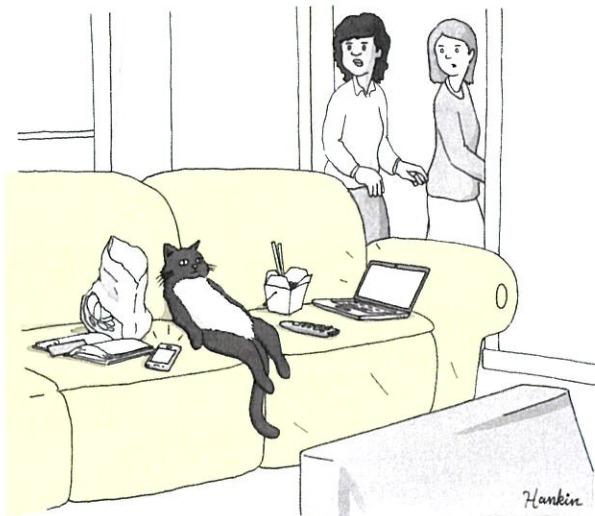


It's a cat's domain

WHEN YOU WANT TO SNUGGLE...



WHEN YOU NEED TO WORK...

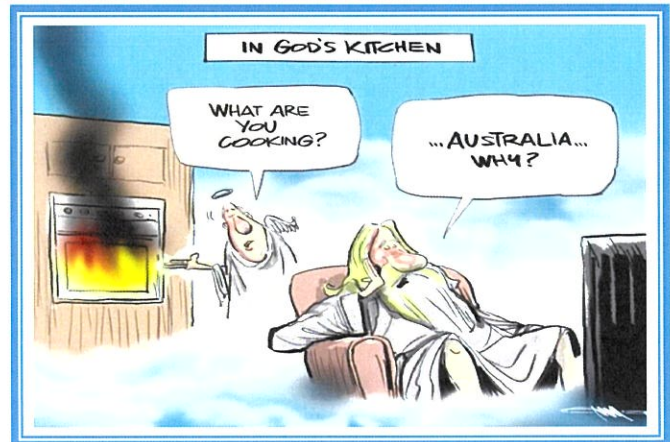


It's a dog's world

CREAMY CHICKEN, BACON & CAULIFLOWER BAKE

Ingredients:

1. 1 tbsp olive oil
2. 10g butter
3. 1 small cauliflower cut into florets
4. 2 rashers bacon chopped
5. 1 bunch English spinach trimmed, chopped
6. 1/2 cup pouring cream
7. 2 teaspoon fresh thyme leaves
8. 2 green shallots, trimmed and sliced
9. 500g chicken thigh, fat trimmed
10. 1/2 cup 3 cheese mix.



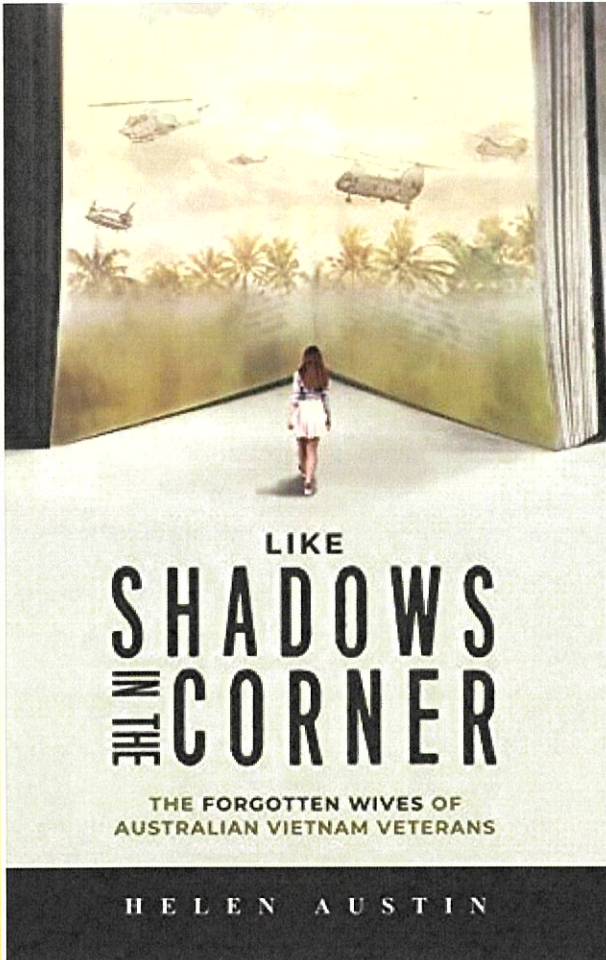
Method:

1. Preheat oven 200c/180c fan forced. Lightly grease a 2L (8 cup) ovenproof baking dish.
2. Heat oil and butter in a large frying pan over medium heat until butter is foaming. Add cauliflower and bacon. Cook, stirring occasionally, for 8-10 minutes until golden.
3. Add spinach to the pan. Cook, stirring, for 2 minutes or until wilted. Remove from heat and add cream, thyme and half the shallot. Stir to combine. Transfer to the prepared dish.
4. Wipe pan clean and spray with oil. Add chicken, cook 2 minutes each side. Place on top of cauliflower mixture.
5. Sprinkle cheese around the chicken. Bake for 20-25 minutes or until golden. Stand for 5 minutes before serving topped with remaining shallot.

I am not a product of my circumstances, I am a product of my decisions.

LIKE SHADOWS IN THE CORNER

The Invisible Wives of Australian Vietnam Veterans



There was an empty space in the literature written about the wives of Australian Vietnam Veterans. Their stories are long overdue, and they have been living “like shadows in the corner” - until now.

When you open this book and read it, you will be taken to a place you never thought you could go.

In this book you read a wonderful, shared pool of memories from the wives of Australian Vietnam Veterans. How privileged we are to be invited into their precious moments - the terrible losses, the good, and the sad. These memories are historical and etched in their minds forever and we now know (through these stories) how it was for wives waiting at home. The writers of the stories you will

read about are now an average age of 70+ years old. For all this time, wives have carried these memories in their hearts and minds. They now share their memories with us, giving an incredible window into their lives by inviting us to be part of their history.

Books can be purchased for \$20 (including postage) via an Electronic Transfer:

St George Bank	BSB 112-879
Account Number	098010781
Account Name	Helen Townsend

helhilt@bigpond.com with your address.
I will pop your book in the post 😊



Helen Townsend-Austin
Author

Think Trailer, Think Swiftco

11 Precision Dr, Molendinar QLD - (07) 5618 8118 - Hours and services may vary

Young vs. Old (Rooster)

A farmer went out one day and bought a brand new stud rooster for his chicken coup, to replace the old rooster who was pretty much in retirement.

The new rooster struts over to the old rooster and says:

"OK, old fart, time for you to retire for good.

You should have been in retirement a long time ago."

The old rooster replies: "Come on, surely you cannot handle all of these chickens. Look what it has done to me.

Can't you just let me have the two old hens and three or four young hens?

This will save you from having to enter retirement before your time."

The young rooster says: "Beat it: You're washed up and I'm taking over.

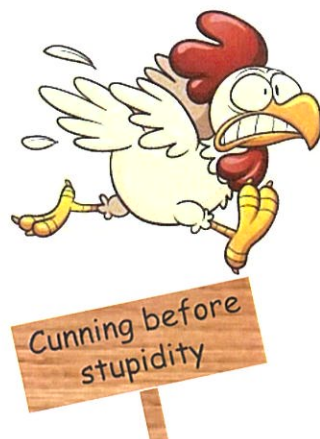
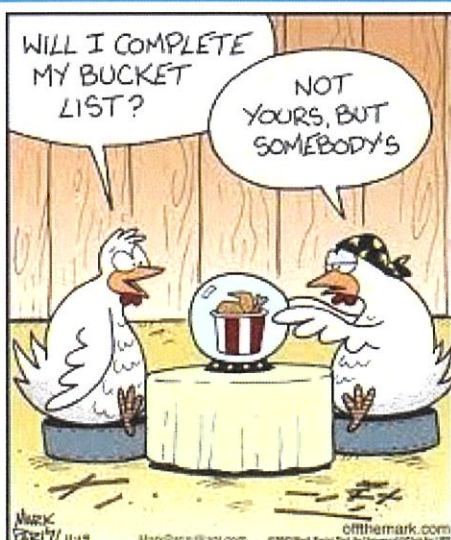
Full retirement will do you good."

The old rooster says: "I tell you what, young stud, I'll race you around the farmhouse. Whoever wins gets the exclusive domain over the entire chicken coop." The old rooster takes off running.

About 15 seconds later the young rooster takes off running after him.

As they round the corner of the house the young rooster has closed the gap and is gaining on the old rooster. The farmer is sitting in his usual spot on the front porch. When he sees the roosters he grabs his shotgun and - BOOM - he blows the young rooster away. The farmer shakes his head and says, "Damn....that's the 3rd gay rooster I bought this month."

The moral of the story? Don't mess with old farts.
Age, skill and treachery always overcome youth and arrogance!



Making a paper poppy

There are lots of ways to make a commemorative poppy. Painted cupcake papers can produce lovely flowers. This craft activity can show your younger family members about red poppies as a symbol of remembrance.

You can download these instructions as part of the Remembrance Day Kitbag.

What you will need

- Cupcake papers (4 per flower)
 - Water-based red and black paints
 - Paintbrush
 - Craft glue
 - Scissors
 - Drying rack (e.g. a cake cooling rack)
- What to do

- Secure a safety pin to the pinched middle of your poppy and attach it to your shirt.
- Wind a green pipe cleaner tightly around the pinched middle to create a stem

1. Lay down some newspaper to protect the surface from paint and glue.
2. Flatten and paint red 3 cupcake papers.
3. Flatten and paint black another cupcake paper.
4. Lay the papers on a rack to dry.
5. Once dry, play around with crumpling and twisting the red papers to create a textured look. You can cut a petal shape from the papers if you wish.
6. Gather the first paper in your hand and pinch the middle.
7. Glue each paper at the centre of your pinch so they stick together in the middle.
8. Cut a piece of the black paper and roll into a ball, then glue it into the centre of the flower.
9. Play around with the papers to create your perfect 'petals'.



Poets' Corner

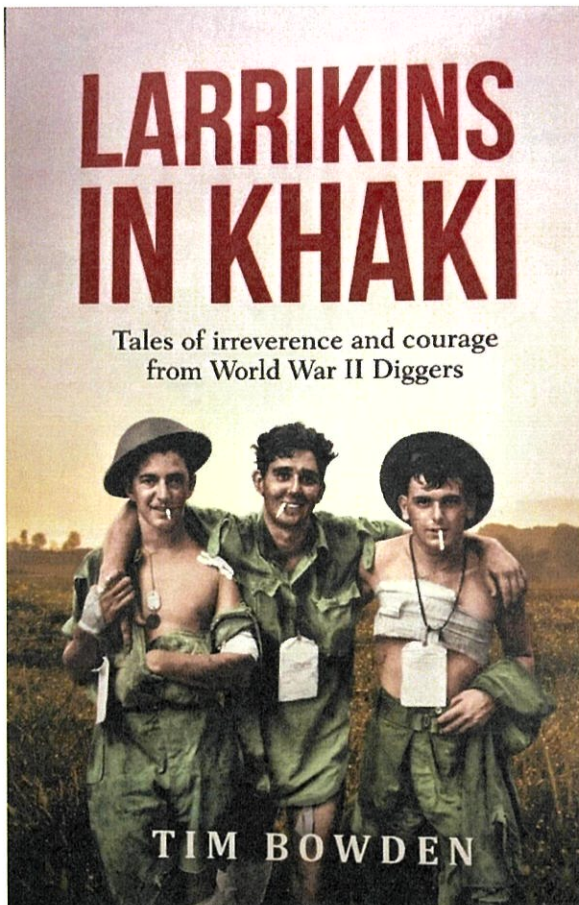
Letting go

He needs my help.....Let him go
She wants me there.....Let her go
I can't be done without.....Let them go
They need me now.....Let them go

My needs are not met.....
Give your love to you
I'm lonely.....
Give your time to you
They aren't listening.....
Listen to yourself
They are being selfish.....
Give to yourself
After all I have done for them.....
Give your love to you.

By Narelle Cupit

Book Review



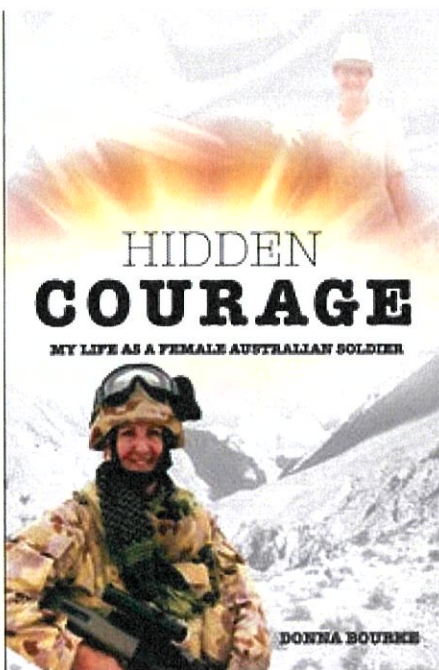
Larrikins in Khaki - by Tim Bowden

With a reputation for being frank, hard to discipline and generous to their comrades and for sticking it up any sign of pomposity, Australian soldiers were a wild and irreverent lot, even in the worst of circumstances during World War II.

In *Larrikins in Khaki*, Tim Bowden has collected compelling and vivid stories of individual soldiers whose memoirs were mostly self-published and who told of their experiences with scant regard for literary pretensions and military niceties. NCOs and officers who were hopeless at their jobs were made aware of it - they laughed their way through the worst of it by taking the mickey out of one another and their superiors.

From recruitment and training to the battlegrounds of Palestine, North Africa, Thailand, New Guinea, Borneo and beyond, here are the highly individual stories of Australia's World War II Diggers told in their own voices - warts and all.

©2019 Tim Bowden (P)2019 Allen & Unwin Pty Limited



Hidden Courage - My life as a female Australian Soldier by Donna Bourke

A timely memoir of a female Australian soldier's thirty-four-year career from WRAAC School in the late 1970s, to numerous deployments including peacekeeping operations in East Timor to supporting the Global War on Terrorism in Afghanistan.

The changing role and ethos of the Australian Defence Force has created ever-expanding opportunities for female service women. This is one woman's personal account of her rise through the ranks from private soldier to corporal in the Royal Australian Corps of Signals, and later to warrant officer in the Australian Intelligence Corps.

It is also the story of the toll that dedicated service can have on soldiers both physically and mentally. Donna Bourke shares her experience of being unexpectedly diagnosed with post-traumatic stress disorder, and how she came to accept that her injuries, and her career in the Australian Defence Force, had significantly altered the direction of her life.

Donna confronts the ignominy of the military mind-set – 'Harden up! Stop being weak! You're better than that! One foot in front of the other!' – with an unwillingness to remain trapped in a quagmire of toxic emotions.

This inspiring story shows how Donna's courage, strength of mind, tenacity and sense of humour helped her embark on her new life as a civilian. She comes to realise she is more than just a soldier. She is a wife, mother, grandmother, friend, daughter and sister.

SHAPE
ADORE

Can you
turn
SHAPE
into
ADORE
in 10
moves

PAINT
BLINK

Can you
turn
PAINT
Into
BLINK
in 10
moves ?

Word ladder
rules.
You can only change
one letter at a time
for each move
down the ladder.
No foreign words.
solution P 28

Important Phone Numbers

<p>Department of Veterans' Affairs 1800 55254 regional 133254 local generalenquiries@dva.gov.au Get started www.dva.gov.au</p>	<p>Open Arms Veterans and Counselling Service. Ph. 1800 011 046 Veterans and Veterans families Counselling Services</p>
<p style="text-align: center;">Defence Service Homes Insurance Scheme 1300 552 662</p>	<p style="text-align: center;">Voluntary Work Scheme www.dva.gov.au Fact sheet MC36</p>
<p style="text-align: center;">VAN Robina</p> <p>Department of Human Services Level 5 Robina Town centre 19-33 Robina Town Centre Dr, Robina. 07 55832023</p>	<p style="text-align: center;">VAN Tweed Heads</p> <p>Department of Human Services 100 Blundell Boulevard Tweed Heads South 07 55697525</p>
<p style="text-align: center;">VAN</p> <p>(Veterans' Access Network) 133 254 www.dva.gov.au Veterans' Home Maintenance Line 1800 80 1945</p>	<p style="text-align: center;">War Widows' Guild of Australia (Qld) Inc. Ph. 32 211391 Toll free : 1800 061945</p>

Ten Years of service to our Veteran Community



Our Veterans Support Group has had many volunteers pass through our doors over the years. We have appreciated every one of them. Sandra, Narelle and Dierdre are three of our admin staff. Dierdre has given us nearly 20 years while Sandra and Narelle have been here for 10 years. They were each given a certificate of appreciation for their dedicated service to the Veterans' community.

Flavia (left with Megan Scanlan) arrived here 10 years ago as well.

Flavia is a valued member of our Advocacy team. She was presented with a special award from Meaghan Scanlon's Women's Week Awards for her outstanding contribution in the Gaven electorate.

Both Dierdre and Sandra have been active members of the War Widows Association for many years. They have come to our centre with the attitude of every veteran is important and needs to be heard. Their phone skills and care for the visiting veterans have been greatly appreciated over the years.

Narelle is the editor of the Incoming Magazine. Starting with little knowledge of computers and a very shaky start on answering the phones, Narelle was thrown in the deep end to become the editor when our previous editor retired. Thank you to all who have come and gone in these past 10 years. Your assistance has been invaluable.

Below is the letter set to Flavia to announce her nomination for the award.

Every year Minister Scanlon celebrates Queensland Women's Week by recognising and celebrating the outstanding contribution women in the Gaven electorate make in our community. To do this, Meaghan recently called for nominations for *Meaghan Scanlon's Women's Week Awards*.

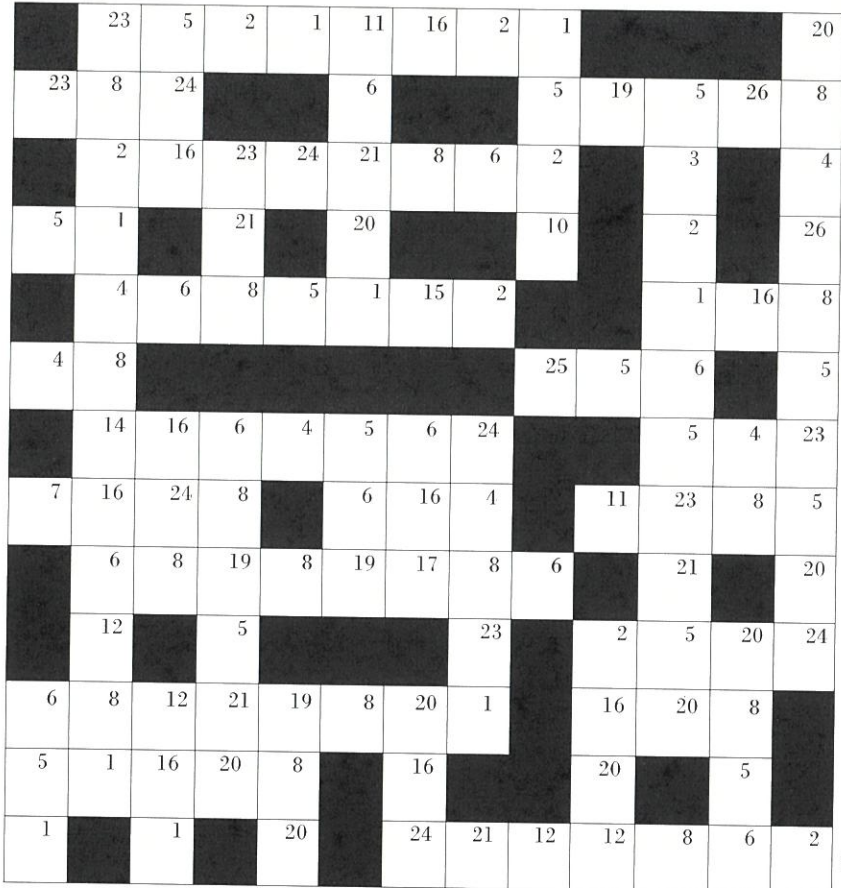
I am pleased to inform you that **you were nominated** for an award this year and Meaghan will be holding a morning tea on Friday 17th March to announce the awards.

While we do not reveal who nominated you, I can share with you the wonderful words they used to explain why you should be nominated.

Flavia works with veterans, supporting them through difficult and complex claims due to their defence service, deployments and age. She also mentors volunteers to help provide support to veterans. She works with a flexible schedule fulltime and with a new baby.

*Judge not each day by the harvest you reap,
judge by the seeds that you plant.*

B
R
A
I
N
-
G
Y
M
-
N
U
M
B
E
R
31



C	D	E	E
R			
O	C	N	S
S			
S	H	O	A

Word Maker :
How many words, 3 letters or more, can you make from these letters.
Word maker:
Army Electronics Engineers

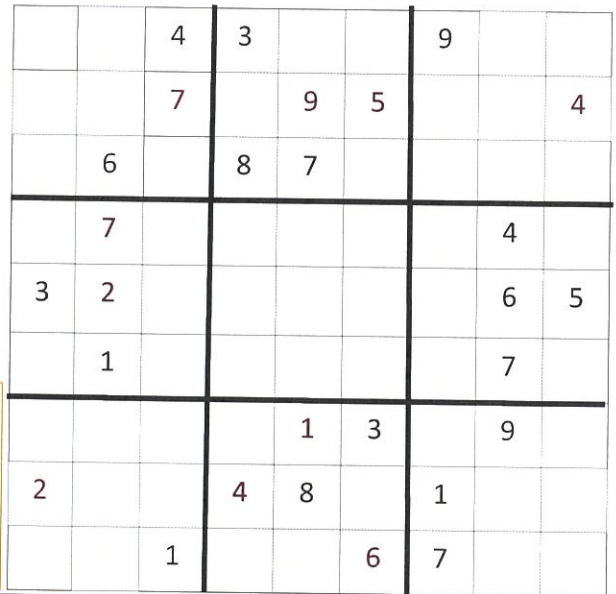
CROSSWORD # 31: extras

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 the Extra clues (3) above right. *Solution P. 28*

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

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

- 18 8 6 21 14 22
- 13 6 5 22
- 9 3 5 22



Sudoku: Complete the grid so that every row and column contains the numbers 1-9.
Solution Page 28



I LOVE YOU, DARLING,
BUT YOU CAN'T TURN
INTO THIS EVERY TIME
THERE'S A FULL MOON.



how cold is it?
My cat keeps bringing
micicles to the front stoop...

our history

Royal Australian Navy Bridging Train Mutinies

On the 13th January, 1916 , 189 men of the Royal Australian Navy Bridging Train (RANBT) mutinied over a lack of pay and refused to work. Then encamped at Mudros on the island of Imbros, the men were placed under arrest and an enquiry was held.

At the time, the unit was under the temporary command of the brave but taciturn second-in-command Lieutenant Thomas Arthur Bond, DSO, RANR who had distinguished himself in German New Guinea in 1014. The unfortunate incident was quickly labelled a mutiny, a serious offence under naval law, and those involved were disarmed and placed under close arrest.

The RANBT had previously seen service at Gallipoli and the unit had recently been reconstituted in Imbros. During that time there was considerable unrest among its men. The weather at Imbros was cold with driving wind and rain and many men did not take well to carrying out route marches, rifle exercises and company drill in light of their recent service on the front line. Compounding this general unrest was an administrative oversight, of which few were aware, that resulted in the men not being paid for over five weeks.

Eventually the situation was resolved, due largely to the intervention and diplomacy of Admiral Rosslyn Wemyss, RN, who after carefully considering the charge of mutiny, concluded it was a "wash-out". The pay issues were investigated and resolved after which the admiral addressed the men on the matter of discipline before complimenting them on their excellent work at Suvla Bay.

Although the first mutiny concerning the RAN, it was by no means the last - in 1919 HMAS Australia's crew mutinied and in 1943 HMAS Pirie suffered the same fate.

Image: Lieutenant Commander Bracegirdle posed with those members of the 1st RANBT who had landed at Gallipoli the previous year.



AUSSIE TRIVIA



- * 1. Australia is as wide as the distance between London to Moscow.
2. The biggest property in Australia is bigger than Belgium.
3. More than 85% of Australians live within 50km of the coast
- 4. In 1880, Melbourne was the richest city in the world.**
5. Gina Rinehart, Australia's richest woman, earns \$1 million every half hour, or \$598 every second.
6. In 1892, a group of 200 Australians unhappy with the government tried to start an offshoot colony in Paraguay to be called 'New Australia'.
7. The first photos from the 1969 moon landing were beamed to the rest of the world from Honeysuckle Tracking Station, near Canberra.
8. Australia was the second country in the world to allow women to vote (New Zealand was first)
- 9. Each week, 70 tourists overstay their visas.**
10. In 1856, stonemasons took action to ensure a standard of 8-hour working days, which then became recognised worldwide.
11. Former Prime Minister Bob Hawke set a world record for sculling 2.5 pints of beer in 11 seconds. Hawke later suggested that this was the reason for his great political success.
12. The world's oldest fossil, which is about 3.4 billion years old, was found in Australia.
13. Australia is very sparsely populated: The UK has 248.25 persons per square kilometre, while Australia has only 2.66 persons per square kilometre.
- 14. Australia's first police force was made up of the most well-behaved convicts.**
15. Australia has the highest electricity prices in the world. Due to the iniquitous carbon tax.
16. There were over one million feral camels in outback Australia, until the government launched the \$19m Feral Camel Management Program, which aims to keep the pest problem under control.
17. Saudi Arabia imports camels from Australia (mostly for meat production).
18. Qantas once powered an interstate flight with cooking oil.
- 19. Per capita, Australians spend more money on gambling than any other nation.**
20. In 1832, 300 female convicts mooned the governor of Tasmania.
It was said that in a "rare moment of collusion with the Convict women, the ladies in the Governor's party could not control their laughter."

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, incorporating 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



Opportunities don't happen, they are created by YOU!



WORD SEARCH : Military terms

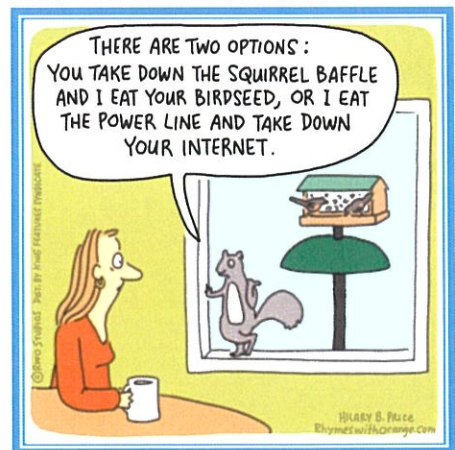


This one will get your brain boxes working. Read all the instructions below.

A	I	F	A	M	O	C	N	A	R	F	F	F	I	B	I	M	B	L	E
G	Y	O	C	T	O	R	T	X	O	F	O	V	A	R	B	T	A	B	Y
A	A	K	D	O	F	G	A	R	R	E	I	S	A	T	L	E	D	R	T
B	M	N	E	R	D	O	R	S	T	T	I	H	C	F	F	I	B	Y	N
C	R	E	K	E	A	E	B	C	F	Y	C	B	E	N	N	Y	E	L	U
O	R	E	N	E	P	Z	A	R	W	E	P	X	Y	A	N	M	K	C	L
D	S	G	W	W	D	A	I	T	T	B	E	M	R	T	I	P	A	R	B
I	Y	G	D	S	A	S	S	L	H	T	A	E	U	L	T	E	L	E	U
T	R	B	O	O	B	L	E	R	R	T	L	G	S	S	L	U	F	E	N
F	I	A	P	E	R	V	L	O	A	W	E	N	A	A	O	A	N	M	N
I	A	N	E	A	A	I	V	A	O	I	E	C	D	C	B	Y	R	B	Y
V	F	J	T	R	R	N	S	B	H	E	T	R	H	U	K	N	O	O	S
E	G	O	G	A	I	A	E	C	R	U	I	R	M	N	G	A	C	Y	U
P	N	A	A	M	G	L	R	G	O	A	N	J	A	R	I	A	C	S	1
L	A	F	D	E	T	A	B	L	U	E	J	O	B	C	A	C	S	K	T
O	F	A	T	H	S	I	F	U	L	L	S	C	R	E	W	I	H	S	
N	E	A	A	R	S	W	O	C	D	E	R	O	M	R	A	R	S	A	E
K	K	B	W	E	R	D	N	A	N	N	I	E	L	A	U	R	I	E	N
S	Q	H	R	G	A	R	A	T	R	O	O	P	E	R	Y	F	F	A	T
I	B	O	G	A	D	M	I	R	A	L	S	E	I	G	H	T	H	A	T



- | | | | |
|-----------------|------------------|--------------|-------------|
| ACK ACK | BIMBLES | DOPE | GOBI |
| ADMIN VORTEX | BLUE JOB | DORIS | GRAVEL TECH |
| ADMIRALS EIGHTH | BRAVO FOXTROT | EGG BANJO | GREEN SLIME |
| AIRDALE | BREWS | FANG FAIRY | GROW BAG |
| AMEN WALLAH | BRYLCREEM BOYS | FISH | HAT |
| ANDREW | BUNNY SUIT | FIVE PLONKS | LIZARD |
| ANNIE LAURIE | CODE | FOB | NUTTY |
| ARCHIE | CORNFLAKE | FRANCO MAFIA | OUTCAST |
| ARSA PEEK | COY | FRISBEE | PARA |
| ARMORED COW | DAG | FULL SCREW | RAAF |
| BATTLE BOWLER | DEATH TECHNICIAN | GANKED | RHQ |
| BENNY BIFF | DELTA SIERRA | GASH | SENT |
| BIFF CHITT | DIT | GAT | SKATE |
| BUMF | DOC | GARA TROOPER | SUITS |
| | | | SUMPY |
| | | | TAB |
| | | | TAFFY |
| | | | TRACER |
| | | | YOYO |



1. What was Beethoven's favourite fruit?
Ba-na-na-NAAA
2. A perfect summer's day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

1. 13 letters left over - "Issued cutlery on day 1"
2. One letter is replaced by a number.
Answer Page 28



Holiday Centres

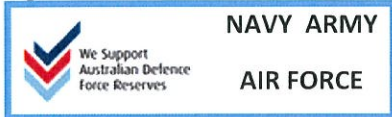
*Holidays for Veterans
at a reasonable price*

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

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

SECRET WORDS/TERMS: CROSSWORD PUZZLE PAGE 21

1. VERIFY; 2. X-RAY; 3. QUAY

Solution to Sudoku puzzle Page 21

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

Word search

Military slang

1. SCRAN
SPANNERS
 2. 1 INSTEAD
OF I
- 20 A. AND 14 D.

SHAPE	PAINT
SHALE	PAINS
STALE	GAINS
STATE	GRINS
STOLE	GRIND
STORE	BRAND
SCORE	GRAND
ACORN	BLAND
ADORN	BLANK
ADORE	BLINK

Word Ladder solutions from p19.

Word Maker Solution P 21:

How many words of 3 letters or more that you may find is anyone's guess. ACE, ACED, ASCEND, ASH, ASHEN, CAD, CANE, CANED, CASE, CASED, CASH, CEASE, CEASED, CEDE, CHOSE, COD, CODE, CON, CONE, **CONEHEADS**, COS, DAN, DANCE, DASH, DEAN, DEN, DENSE, DON, DONE, DOSE, EACH, EASE, EASED, END, ENCODE, HAD, HADES, HAND, HEAD, HEED, HEN, HENCE, HOD, HOED, HONE, HONED, HOSE, HOSED, OCEAN, ONE, NEE, NEED, NOD, NODE, NOSE, NOSED, SACHE, SAD, SAND, SCAN, SCONE, SEED, SEND, SHADE, SHE, SHED, SHEEN, SHOD, SHONE, SOD, SODA, SON.

I found 72 words - how many more are there?



"I'm telling you - that's Carl! But that vacant stare and the stupid grin on his face . . . those bastards domesticated him!"

Australia has the world's 9th largest road network with 356,000km of paved road and over 466,000km of unpaved road. Highway 1 is a network of roads which runs around the coastline of Australia, at 14,500km it is the world's longest national highway.





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.

**If you help
someone when
they're in
trouble - they
will remember
you when
they're in
trouble again.**

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.

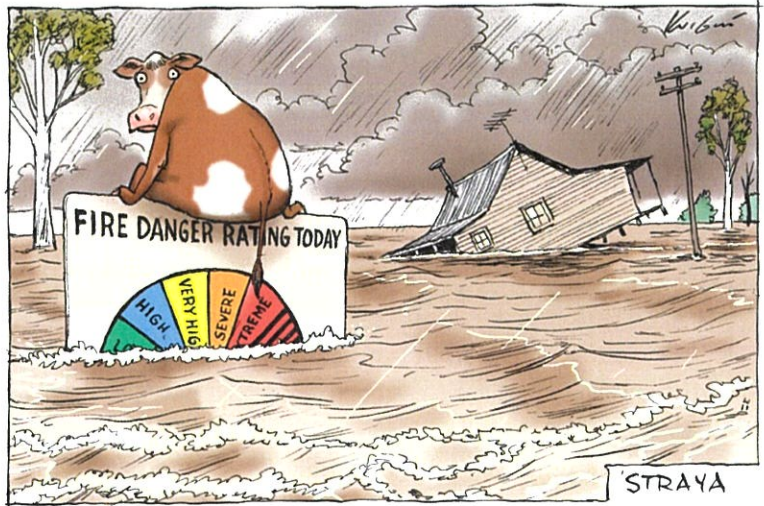
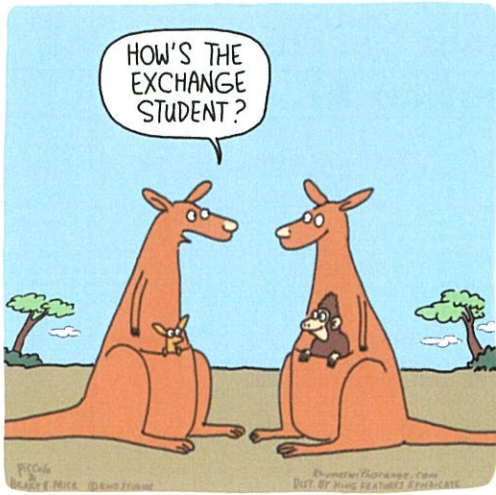
Objective 2 – Recreational Amenities and Welfare Activities.

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.

raaholidays.com.au/about/charter



Only in Australia !!!!

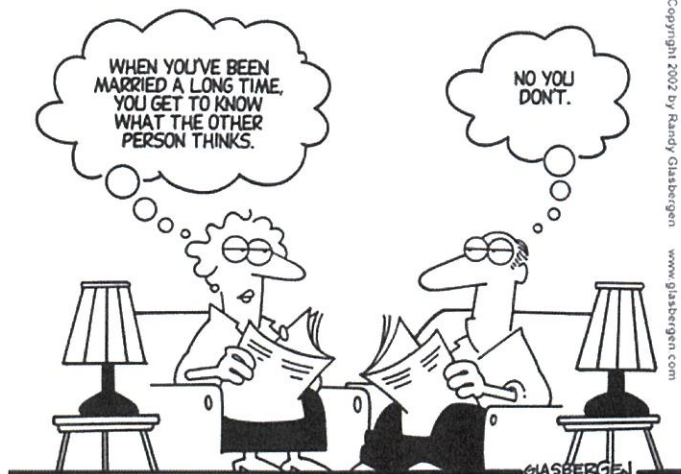


If you only had eucalyptus leaves to eat, you'd sleep all day too.

In 1932, Australia deployed WWI soldiers armed with machine guns against 20,000 emus



Never forget December was the end of the great Emu war where Emus liberated Australia and formed the modern democracy.



Copyright 2002 by Randy Glasbergen www.glasbergen.com

1. Ever wondered why wombat poo is cubed? It's so that the poo doesn't fall off rocks but stays on top which aids in communication between wombats.



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"

Paying:	Membership Fees of \$.....	Donation of \$.....	Total \$.....
---------	----------------------------	---------------------	---------------

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@vvfqld.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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