

HUNTERIA

• PROVIDING NEWS, ADVICE & COUNSELLING TO CURRENT & FORMER DEFENCE PERSONNEL •

• THE OFFICIAL PUBLICATION OF THE NEWCASTLE & HUNTER REGION VIETNAM VETERANS PEACEKEEPERS & PEACEMAKERS INC •

EDITION: March - April 2020

ANZAC SATURDAY 25TH APRIL DAY

Lest we forget

2020 ANZAC Day Service Program > PAGE 10

Members' Hunteria Survey Results > PAGE 12 - 13

The Newcastle Beacon: Supporting Veterans and their families > PAGE 16 - 18

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Allan Crumpton

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Monday and Thursday 0900 - 1300

FacebookNewcastle-Hunter-region-Vietnam
Veterans-Peacemakers-and Peacekeepers**OUR GOLDEN RULE...**

We are a welfare organisation and do not enter into controversial or political matters or discussions; unless these matters or discussions have a direct bearing on the welfare of current and former defence personnel or their families.



Save the date

**APRIL 2020**

20th Committee Meeting

25th Anzac Day

26th Market Day

MAY 2020

18th Committee Meeting

31st Market Day

JUNE 2020

15th Committee Meeting

28th Market Day

JULY 2020

20th Committee Meeting

26th Market Day

AUGUST 2020

17th Committee Meeting

15th Vietnam Vets Memorial Service and Dinner

30th Market Day

SEPTEMBER 2020

21st Committee Meeting

27th Market Day

OCTOBER 2020

19th Committee Meeting

25th Market Day

NOVEMBER 2020

11th Armistice Day

16th Committee Meeting

29th Market Day

DECEMBER 2020

12th Christmas Dinner

14th Christmas BBQ

14th Office closed

JANUARY 2021

14th Office Reopens

18th Committee Meeting

31st Market Day

FEBRUARY 2021

15th Committee & AGM

28th Market Day

MARCH 2021

15th Committee Meeting

28th Market Day

Support the organisation that supports you...



President's Chat

BY PRESIDENT Geoff Linwood

I am very happy to report that the Markets during 2019 were prosperous and there was only one day we were a little short on workers. The markets are our bread and butter for purchasing much needed items around the office.

We are now working towards putting up a new sign outside the front of the office. There will be a new sign and the old sign refurbished. Quotes are now being processed and we then have to seek approval from Council and Diggers before final installation.

The Federal government has slashed funding in many areas, but our areas have

not been touched which affects Veterans and their families. We are submitting a Best Grant application for 2020.

We have become more and more reliant on financial assistance from our major sponsors and we are very grateful to Wallsend Diggers and Newcastle RSL Sub Branch. We owe them a big thank you for their continued support. We will now be picking up work from Cardiff RSL Sub Branch.

Upgrade of our furniture has been completed. The new chairs and desks will eliminate any problems we had with old chairs and desks.

This year (2020) is our elections year and the new committee as elected will get on with

the running of the association.

THE Pension Officers have been busy in 2019, see graph below,

VFA	SCRA	MCRS	SP	MED	IN
48	7	6		6	6
36	9	35	2	8	9
105	39	37	1	14	9
11		4			3
200	55	82	3	28	27

The Transport Card (\$250) for travel etc is for Old Age Pensioners not Service Pensioners. DVA is trying to negotiate with the Federal Government for Service pensioners to receive it as well.

Thank you all,

Geoff

WELFARE REPORT ➤



WITH Allan Crumpton,
Welfare Officer

Recently a friend of mine had a fall coming out of a coffee shop for a change, but the question arose. "Do you need rails in the shower?" or the toilet or for that matter anywhere in the home. His response was how do you go about getting them?

Firstly you should go to your GP and have

him fill out a D904, in other words a referral to the Occupational Therapist. The OT will visit your home and check that all areas are safe, that may cause a fall or create a problem.

After discussion with you and your partner if applicable can have a tradesman come and do the work for you.

The things that a therapist can get to assist you and your partner to enjoy a

more comfortable lifestyle is unbelievable. Apart from the rails there are a number of household items that can be provided, eg. Computer chairs, walkers, wheel chairs, non-slip mats, tin openers and jar openers to assist those with arthritis are just a few of the items that the Occupational Therapist can recommend and have supplied to you. The first step is up to you, so visit your GP and request help.



Keep enjoying the lifestyle you deserve



A moving ceremony to help Lake Macquarie community observe ANZAC Day

A beautiful and moving ANZAC Day Service will take place from 9am on 25th April, 2020 at Lake Macquarie Memorial Park in memory of the Australian and New Zealand service men and women who have served and died in wars, conflicts and peacekeeping operations.

On the day, people in Lake Macquarie are encouraged to join well-wishers as members of the Toronto RSL Sub-Branch and 217 Army Cadet Unit (ACU) Lake Macquarie acknowledge those who have served in Australia's military.

The ceremony will provide a moment for remembrance, gratitude and thankfulness to these Australian heroes says Garry Bellenger Family Services Manager at Lake Macquarie Memorial Park: "ANZAC Day

provides a chance to collectively give thanks for the opportunity to live in this amazing country and for the people who have served it. We hope that the local community will join us to pay respects to these service men and women and continue to honour their legacy. It will be a time for reverence, but also a celebration of our country's most valiant heroes."

ANZAC Day was created to remember the Australian and New Zealand Army Corps, known as the ANZACs who participated in the Gallipoli campaign, the first Australian engagement World War One. Since then it has gone on to encompass all Australians and New Zealanders who have served their country and become a part of our cultural identities.

The ANZAC Day Service was devised by the team at Lake Macquarie Memorial Park to give the community a place to gather and pay respects. Held in collaboration with Ron Mitcheson President Toronto RSL Sub Branch the event will also include a pastoral address by Reverend Julie Turnbull, the beautiful harmonies of "The Librans" and light refreshments after the ceremony at the Remembrance Garden situated in the grounds of the picturesque Lake Macquarie Memorial Park.

"ANZAC Day is far more than another public holiday; at its core it's about celebrating what's great about Australia and being Australian, which we owe largely to the men and women who bravely served their country at Gallipoli and right up to the current day," concludes Garry Bellenger.



Immunisation, ask Piggotts!

BY Anthony Piggott
of Piggott's Pharmacies
Blackbutt, Branxton,
Hamilton, Lambton &
Merewether.

Immunisation strengthens the body's immune system. The immune system fights infection in the body. Immunisation is a simple, safe and effective way to protect children (and adults) from some life-threatening infections.

Vaccines are injections or oral doses of live but weakened viruses, dead bacteria or viruses, parts of bacteria or weakened bacterial toxins. Immunisation with a vaccine (vaccination) strengthens the body's immune system against a bacteria or virus, before the body comes into contact with that bacteria or virus.

Immunisation increases a person's protection against infection caused by that bacteria or virus, reducing the risk of illness. Some infections that immunisation can prevent

- **Chicken pox (varicella)** – a viral infection that causes an itchy, blistering skin rash. It can also cause serious problems. It may re-appear later in life as shingles.

- **Diphtheria** – a bacterial infection that makes it hard to breathe. It can also cause heart and nerve damage and can lead to death.
- **Haemophilus influenzae type B (Hib)** – a bacterial infection that can affect the brain, throat, lungs, joints or skin, and can lead to death. It occurs mostly in children under 2 years.
- **Hepatitis B** – a viral infection that affects the liver and can lead to liver failure or cancer.
- **Measles** – a viral infection that causes fever, rash, runny nose, cough and conjunctivitis (eye infection). It can lead to ear, lung and brain infections and death.
- **Meningococcal disease type C** – a bacterial infection that can affect the blood or brain and can lead to death. It can develop very quickly.
- **Mumps** – a viral infection that causes swollen salivary glands (glands that produce saliva). It can also cause serious problems.
- **Pertussis (whooping cough)** – a bacterial infection that can cause a severe cough, lung infection, brain damage and death.

- **Pneumococcal disease** – a bacterial infection that can affect the brain, blood or lungs, and can lead to death.
- **Rotavirus** – a viral infection that can cause severe diarrhoea and vomiting in babies and young children which can lead to death.
- **Rubella (German measles)** – a viral infection that causes swollen glands, joint pain and a rash. If a woman gets rubella during the first 20 weeks of pregnancy, the rubella can damage the baby.

Piggott's Pharmacists and many others are now accredited to supply and administer the following vaccinations: INFLUENCA (FLU) - WHOOPING COUGH - MEASLES, MUMPS & RUBELLA

ADVERSE EFFECTS OF IMMUNISATION

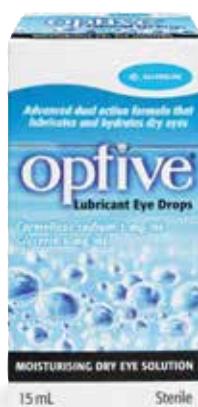
The benefits of immunisation far outweigh the risks of serious side effects. Common side effects of immunisation are swelling, redness and pain at the injection site and mild fever. Most side effects only last a short time and the child recovers without any problems. Ask your local Piggott's Pharmacist, a Doctor or immunisation clinic about side effects of immunisation.



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With over 25 years experience, Rex has become well known in the region for his clinical practice across a range of areas including: Department of Veteran's Affairs' Patients, Psychiatry, General Surgical Care, Occupational Rehabilitation CTP and Workers Compensation.

Rex is committed to the care and advocacy of his patients. His practice is based on the belief that independent living and meaningful occupation should be optimised to achieve and maintain the best possible quality of life for everyone!



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- Advise on DVA Services and other Government Services such as Home Care Packages
- Advise on DVA Homecare and respite Services
- Falls prevention assessment and education
- Pressure care needs such as bed overlays and Roho cushion
- Mobility and aids such as walkers and walking stick
- Access options such as ramp and possibly a stairlift
- Incontinence Needs
- Scooter assessments for those eligible DVA clients
- Activities of daily living assessment
- Minor modifications such as rails in the shower, W.C and at stairs and hand held shower
- Bathroom, dressing and bedroom equipment
- Recommendations for appropriate equipment according to need, such as following eg. spinal surgery, total knee or Hip replacement
- Personal response systems
- Lymphedema management
- Seating options such as dining and lounge room chairs with arms and possibly an electric operated recliner chair if eligible
- Wheelchairs, walkers and bed sticks
- Kitchen and cooking equipment such as electric operated jar and bottle openers
- Lighting needs such as outdoor sensor lights & indoor lights
- Retractable garden hose
- Back care education

NB: Equipment, modifications and services are prescribed and supplied only according to clinical need per DVA Guidelines.

PHONE 4946 2088 • EMAIL: admin@otaps.com.au • PO BOX 27, WARNERS BAY 2282

Locating and Accessing a will

For a will to be effective after preparation, it must be kept safe in a place able to be located once the willmaker passes away.

WHERE TO STORE A WILL

There is no public registry of wills in NSW, although there are a number of private providers offering will registration facilities. The NSW Trustee & Guardian offers a secure storage service for wills, power of attorney and enduring guardianship documents. A member of the public may make an enquiry to determine whether the NSW Trustee & Guardian holds the will of a deceased person.

While the Registrar of Probate in the Supreme Court of NSW has a facility for lodgement of a will in the testator's lifetime, this is rarely used.

As it is not uncommon for a person to update their will via a codicil adding to or amending part of the document, or a new will that completely revokes the previous document, the problem with will registration is that it offers no certainty of proof that the document registered is actually the most recent document.

For this reason, it is recommended not to have wills made at various times and stored with different firms or organisations. When making a new will with your solicitor, a person ought to have any previous documents transferred to the solicitor who made the new will so that all of the documents may be stored together for safe keeping.

INSPECTING THE WILL OF A DECEASED PERSON

There are limits on who is able to obtain a copy of the document following the death of the willmaker.

Section 54 of the Succession Act 2006 (NSW) provides that the person, who has possession or control of the Will of a deceased person must allow certain people to inspect it, or be given copies of it, at the expense of the requesting person.

The people who are entitled to view and/or obtain a copy of the Will under s 54 are:

- a person named in the latest will;
- a person named as a beneficiary in an earlier will;
- the surviving spouse, de facto or issue (child, grandchild etc) of the deceased person;
- a parent or guardian of the deceased person;
- a person who would be entitled under intestacy (if the deceased person had no Will);
- any parent or guardian of a minor named in the will or entitled under intestacy;
- any person (including a creditor) who may have a claim against the estate of the deceased;
- the manager of the person's estate immediately prior to their death, appointed under the NSW Trustee and Guardian Act 2009 (NSW); and
- any attorney under an enduring power of attorney made by the deceased person.

The Probate and Administration Act 1898 (NSW) provides that the Will of the deceased, once admitted to probate, is a public document and that anybody is entitled to apply for a copy of it from the Supreme Court of NSW, provided that they pay the relevant fee. The Court does advise that it is generally best however, to contact the person in possession of the document for a copy, before approaching the Court.

NO ACCESS TO PERSON GRANTED POWER OF ATTORNEY

A Power of attorney is a very useful document which allows decision making for property rights, but does not provide the same powers for personal rights such as access to the last will and testament of a living person, which is considered a private document.

Without the authority of the willmaker, a solicitor is not at liberty to provide the attorney with a copy of the will of a living person.

In NSW the only person entitled as of right to view the will of a living, incapable person is the NSW Trustee and Guardian.

We recommend that the original will be stored in safe custody with the willmaker's solicitor, with documentation kept with the willmaker's personal papers confirming the location of the original document.

For further advice on accessing, storing or preparing a will, please contact Baker Love Lawyers. 

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Lakeside Clinic at Warners Bay Private Hospital

'Staying Well' program

Lakeside Clinic at Warners Bay Private Hospital is running the 'Staying well' program. The program is a group program that runs for 20 weeks from 9am to 12.30pm every Thursday.

The program is run for seniors and assists with:

- Managing anxiety
- Relationships
- Managing depression
- Grief and loss
- Coping with medical issues

The 'Staying well' program incorporates mindfulness training and age appropriate exercise. Being a group program it enables attending seniors to gain social support from other group members.

The program's aim is to increase emotional flexibility and spontaneity thereby creating the possibility for change.

Members of the community with a DVA Card that feel that the 'Staying well' program could benefit them can contact Lakeside Clinic and Clinic staff can seek approval for care on the applicant's behalf from the Department of Veterans' Affairs.

Please note: Enrolment in the program is subject to approval from the Department of Veterans' Affairs.

Access to this service requires a GP referral or a referral from the senior's treating psychiatrist.

Lakeside Clinic phone: 02 4941 3709

Lakeside Clinic fax: 02 4935 3883



Warners Bay Private Hospital

Fairfax Road
Warners Bay NSW 2282

Ph: 02 4958 4288
warnersbayprivate.com.au



**Warners Bay
Private Hospital**
Part of Ramsay Health Care

Mudgee visit

In October the Vietnam Veteran Caravaners and Cabiners paid another visit to the Riverside Caravan Park at Mudgee. To my knowledge this is the third official visit we have had to the area and as usual another excellent week was held enjoying the company of each other in outstanding surroundings.

As usual the girls found plenty of coffee shops to enjoy their morning cuppa, the Bakehouse seemed to be on the menu fairly regularly I don't know if it was the good

coffee or the cream cakes and custard tarts that were the attraction.

The camp kitchen was shared on a regular basis with a group of Rotarians who were in town for the District Governor's Changeover, quite a few of these people were also from the Newcastle Area.

The dress-up evening was an outstanding success but as can be seen from the photographs Catherine, Cheryl and Irene won hands down they took the part extremely well.



Evening meals were enjoyed at two separate hotels and the RSL Club and we also managed to have a Sunday Lunch at a Hotel. As you can guess we managed to spend quite a few dollars in the town which was good as the effects of the drought could be seen both in the town and the surrounding countryside. We are always happy to welcome anyone else who would like to come along on our trips which are held in March and October.

You don't have to own a Caravan you can stay in cabins like a few of us do and enjoy the company of friends

I am sorry you are too late for our March trip we have been to Forster and you can read about it in the next issue of *Hunteria*. 



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2020 ANZAC Service Program



EVENT 1

Christ Church Cathedral
Church Service

This event coincides with the annual
War Widows Field of Remembrance

Wednesday 22nd April
Commencing at 11:00am

Wreath / tribute laying by
special invitation only

EVENT 3

Candle light vigil Memorial Grove
(Civic Park)

Friday 24th April

Commencing at 5:00pm

Main contact for this event is Gerry Baily on
0414 615 676 / gezzab@southernphone.com.au

If you wish to lay a wreath / tribute
please contact Gerry

EVENT 5

ANZAC City March Newcastle CBD
Route to be determined

Saturday 25th April

Commencing at 9:15am March off

No wreath / tribute laying at this service

EVENT 2

Commemorative Walk Service
(Strzelecki lookout)

Friday 24th April
Commence at 5:30pm

No wreath / tribute laying at this service

EVENT 4

ANZAC DAY Dawn service (Nobbys Beach)

Saturday 25th April

Commencing 4:45am

Wreaths / tributes are welcome
please RSVP the invitation

EVENT 6

Commemorative Service Civic Park

Saturday 25th April

Commencing at 10:00am

Wreaths / tributes are welcome
please RSVP the invitation

FOR FURTHER INFORMATION CONTACT stephen@newcastlersl.org.au

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A busy start for 2020



BY Sonia Horney MP,
State Member for Wallsend

2020 has had a busy start in the Wallsend Electorate. I have continued to advocate for our community, asking questions on Notice of Ministers, presenting Notices of Motion to the Legislative Assembly and speaking on a range of topics, including the need for stronger public housing and paying tribute to the volunteers from around the Electorate who travelled all over the state to fight bushfires.

I'd like to take this opportunity to once again highlight the bravery of our local fireies and the generosity of people from all over the Wallsend Electorate, donating much-needed cash and essentials to the victims of these



Sonia with Win and Steve at the Newcastle & Hunter Region Vietnam Veterans 2019 Christmas Party.

horrific fires. It is heartening to see that community spirit is alive and well here.

One issue that is being raised a lot with my office is the decision by Transurban to change the classification of vehicles on the M2 and M7 motorways. This change has tripled the tolls for cars pulling caravans and boats. Working with caravan clubs around the state, I've been collecting signatures on a petition to Make Road Tolls Fair Again. If you are interested in helping collect signatures, please get in touch with my office.

Crime is still a major issue in the local area. I'm still fighting for better local

police resources, and if you see antisocial behaviour or illegal activity, I urge you to contact the Police Assistance Line on 13 14 44. The more reports are made, the more resources will be allocated to our area.

If you are part of a community group, contact my office to be added to the list for grant opportunities.

Keep in mind that my office also has Justice of the Peace services and can assist you with congratulatory messages for events like 50th Wedding Anniversaries. We are always looking for new ideas for Questions, Notices of Motion or Community Recognition Statements – short speeches submitted to the Parliament which highlight individuals or organisations who have achieved something of note in the local area.

I have a lot planned for 2020, so make sure you keep up to date with my social media and newsletters to stay informed.

If you have an issue with a State Government Department, get in touch and we'll see what we can do to help. If there is anything you feel needs to be brought to my attention, contact my office on 4950 0955 or by email at wallsend@parliament.nsw.gov.au.

You can also reach me on Facebook at www.facebook.com/SoniaHorney/.



Chris Minns MP, Shadow Minister for Transport meeting with local residents.

HUNTERIA MEMBERS'

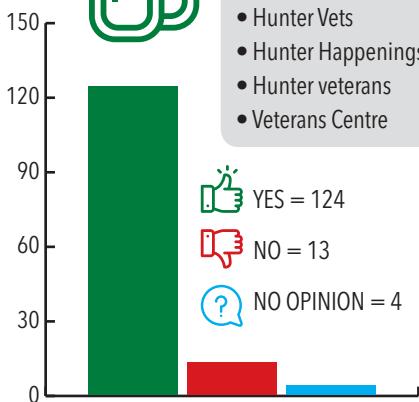
Following our November issue of *Hunteria*. We received an excellent response from members who took the time to complete our survey. The information that we received will enable your Executive and Committee to plan for the Newcastle and Hunter Vietnam Veterans' future direction.

1 Is the name *Hunteria* appropriate?



MEMBERS' SUGGESTIONS

- Hunter Diggers
- Hunter Vets
- Hunter Happenings
- Hunter veterans
- Veterans Centre

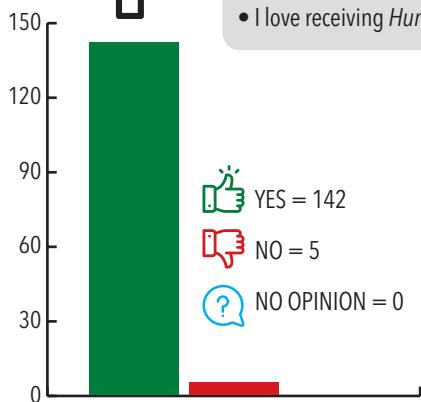


2 Do you wish to receive *Hunteria* by post?

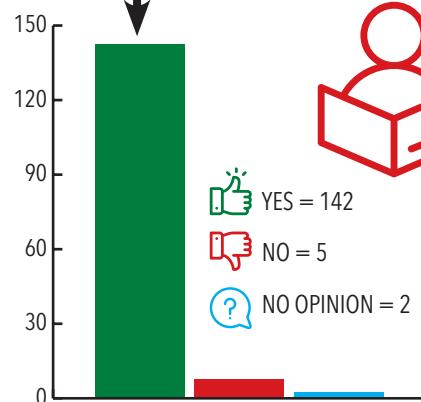


MEMBERS' COMMENTS

- Keep up the good work!
- I love receiving *Hunteria*



3 Do you read *Hunteria* or just store it away, due to poor eyesight or just not interested?



4 Do you have a current email address?

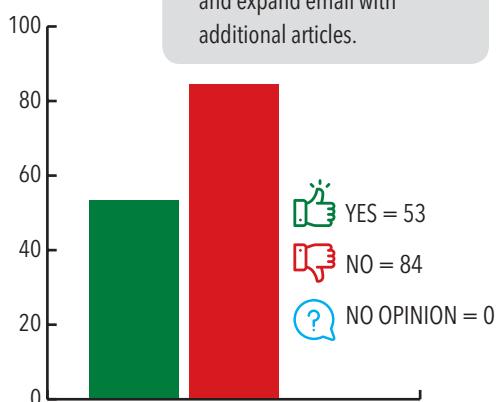


5 Would you prefer to receive *Hunteria* by email?



MEMBERS' COMMENTS

- Limit hard copy to minimum and expand email with additional articles.

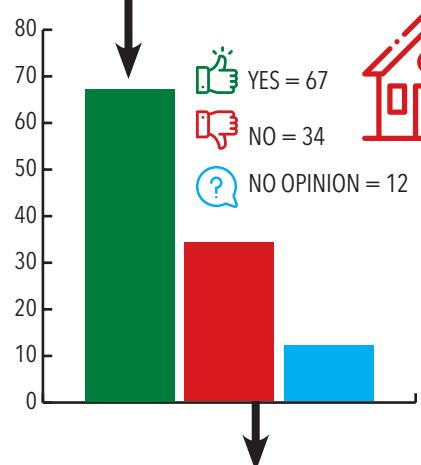


6 If you prefer to receive *Hunteria* posted to your home, why?



MEMBERS' COMMENTS

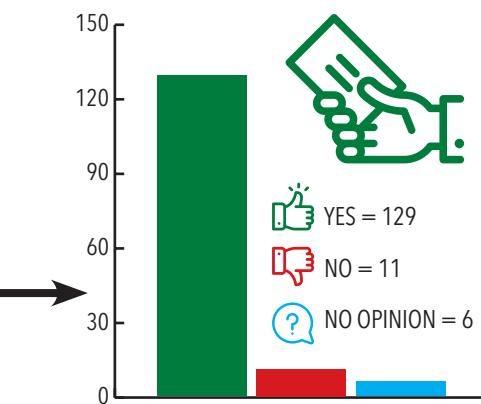
- Member is email illiterate!
- NO
- NO OPINION



7 To improve our image and attract eligible veterans, would you consider placing your copy of *Hunteria* in a location so others could read it?

MEMBERS' COMMENTS

- Already do this!
- Libraries
- We drop them into caravan parks while we're away
- Email to RSL and other Vet groups



- Member is email illiterate!
- I am a Veterans Advocate and I frequently use it for reference purposes.
- I'm a dinosaur and prefer to read a book hard copy.
- After reading *Hunteria*, I take it to my Doctors' office.
- It's more convenient and easier to read.
- I share the information with other war widows.
- Because I read it over the weekend.
- Don't change something that's not broken!
- Carers need to keep up with changes to the DVA.
- I don't always read my emails.

SURVEY RESULTS

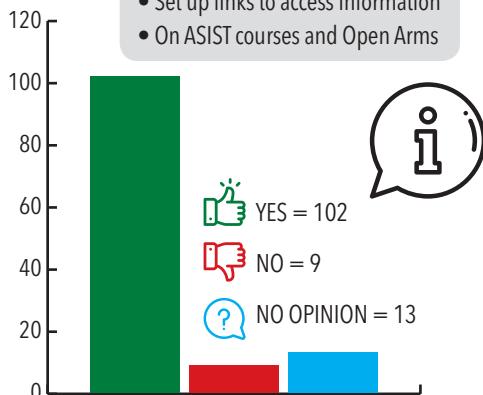


8

Would you like to see more information on the following issues: Veterans health, aged care, suicide prevention and counselling, retirement villages?

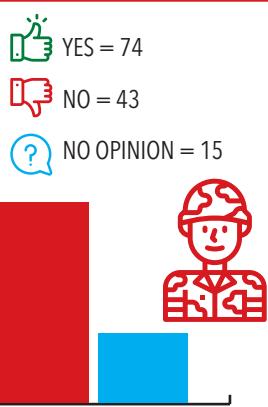
MEMBERS' COMMENTS

- Set up links to access information
- On ASIST courses and Open Arms



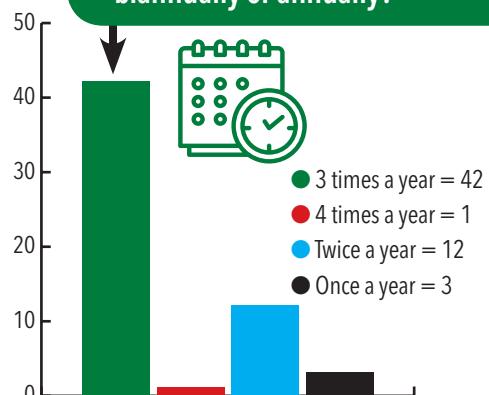
9

Would you like updates on recent changes in the Defence Forces such as: reorganisations, overseas deployments or current exercises?



10

What is your preferred frequency of receiving *Hunteria*: triannual, quarterly, biannually or annually?

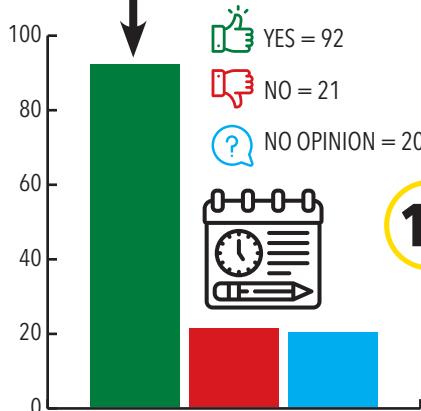


11

Would you like the current "save the date" calendar in *Hunteria* expanded to include more information?

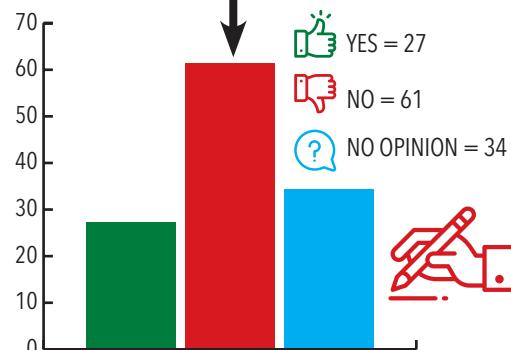
MEMBERS' COMMENTS

- Yes, because not all subjects are covered in Sub Branch magazines or the DVA paper
- Yes, only if no extra cost.
- Maybe in diary form?
- Include Newcastle Sub Branch bus trips



12

Would you submit your own articles on topics such as, your service, history on your unit or both military and civilian topics?



MEMBERS' COMMENTS

- I could dictate stories on 2 RAR
- I have done, but it hasn't been printed yet
- History and battles of different units in South Vietnam 1962-75

14

Would you suggest fellow veterans who'd be willing to assist other veterans with computer tuition or minor computer problems?

MEMBER'S SUGGESTION

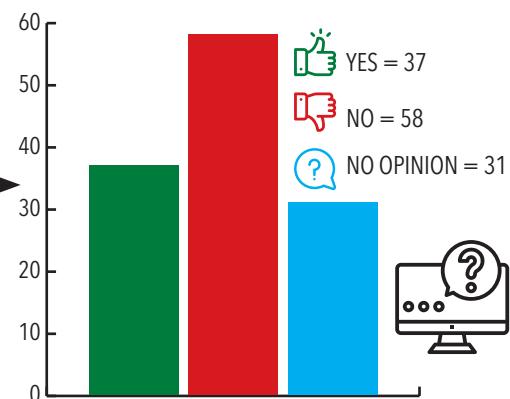
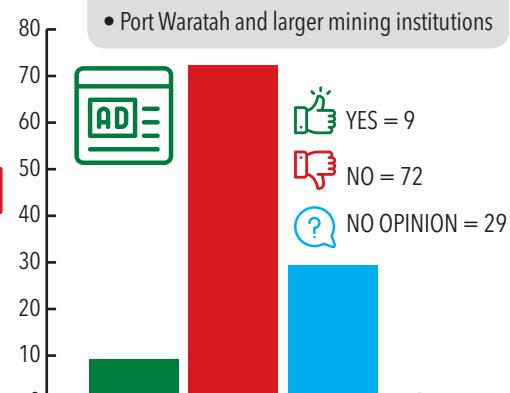
- Hire a professional for tuition

13

To offset the cost of printing and distribution of *Hunteria*, we seek paid advertisement. Do you have any suggestions of a business, not currently advertising, we could approach?

MEMBERS' SUGGESTIONS

- Funeral homes and chemists
- Port Waratah and larger mining institutions



Whilst your Executive and Committee is here to manage the association's affairs on your behalf, it is you, the members, that we are here to support with pension and advocacy support. Don't forget, if you're around Wallsend, the office is open on Monday and Thursday between 9am and 1pm. Drop in, you will be made most welcome.

News from Canberra

Veterans' Suicide Commissioner

I welcome news that there will be a new *National Commissioner for Defence and Veteran Suicide Prevention*, who will be tasked with shining a light on why so many of our veterans are taking their own lives, and what strategies and actions are needed to stop these tragic deaths.

Labor is very supportive of the creation of this role, but the devil will be in the detail. We have long argued of the need for a full, open and transparent Royal Commission to investigate this problem.

Now, we want to ensure that the proposed body will have the same powers as a Royal Commission - including the ability to launch investigations, compel evidence, summon witnesses, and conduct public and private hearings.

We are currently waiting to see the draft legislation that will establish the position. I will keep you updated as details are released.

2021 Census update

For the first time, the 2021 Census will now include a question on service in the ADF.

We've known that this was going to be a vital addition to the Census ever since the Minister admitted that they did not know how many veterans there are in Australia.

The resulting data will go a long way to identifying where veterans are living to ensure that they and their families have access to the services and support they need in areas such as employment, health and mental health, and housing.

Allied health changes

Thank you so much to everyone who contacted me with information about how the allied health changes are affecting you.

I have written to the Minister to raise your concerns directly with him and I will continue advocate on your behalf.

Congratulatory messages

Do you have a special occasion coming up?

Did you know I can organise personal congratulations for significant birthdays and wedding anniversaries?

You may be eligible for messages from the Prime-Minister, Governor-General and / or the Queen, depending on the specific anniversary or birthday.

Just get in touch with my office at least six weeks before the big day and we'll organise everything for you.

Sharon Claydon MP

How can I help **you**?

I'm here to help you with any issues you have with Federal agencies.

I can provide advice and assistance with:

- Department of Veterans' Affairs
- Centrelink
- Aged care
- National Disability Insurance Agency
- Australian Taxation Office
- Medicare
- Immigration
- Child Support



Address: 427 Hunter Street, Newcastle, 2300 **Phone:** (02) 4926 1555

Web: www.sharonclaydon.com **Email:** Sharon.Claydon.MP@aph.gov.au



People caring for people.

Warners Bay Private Hospital provides modern expertise and caring professionalism in a welcoming and relaxing environment.

Warners Bay Private Hospital offers residents of Newcastle and beyond a comprehensive range of specialist surgical, rehabilitation and mental health services. We also provide medical care including end stage palliative care. Our mental health unit, Lakeside Clinic, is the largest private mental health facility in the region. Both our mental health and rehabilitation units offer overnight stay and day programs.

The busy day surgery unit at Warners Bay Private has recently been fully renovated.

T: 02 4958 4288
warnersbayprivate.com.au



**Warners Bay
Private Hospital**
Part of Ramsay Health Care



My father: Michael Waldron



BY Wendy Waldron
Chair
The Newcastle Beacon Ltd

I am writing to respectfully request your support for The Newcastle Beacon Ltd, a not-for-profit organisation that has been established to support those who have served, current serving and their families. I grew up in a military family and I'm extremely proud of my father's and his mates service. I've attended many events over the years hosted by different Ex Service Organisations and as I chatted to people that worked for these ESO's a theme emerged and the theme was this; **"we have spent decades building this organisation so that it can support veterans and their families however we are all ageing and we need to know that the work will continue".**

I'm talking about Vietnam era veterans who have worked hard to make sure that future veterans and families have access to support that didn't exist when they served. My own father built a website for the 1RAR Association of which he was the NSW president and treasurer of for many years, described to me what it was like to build something for the next generation whilst not being sure how to hand it over to them. In 2016, I decided to go back to University and study my masters in social work so that I could work with the veteran community



My family: Billy, Lily & Jasmyn

Calling out to all members

and play a role in the evolution of care and service provision. This is my way of honouring my parents. I began to reach out to many different ESO's, meeting with them to find out what service they provided, how things were going and what they would like to see happen. Here's what I learned;

1. There are many wonderful organisations that are well established, funded, set up and ready and able to provide access to programs and support for the veteran community.
2. These organisations are having major difficulty reaching their target demographic, which is any veteran younger than Vietnam Veteran era. They are wanting to reach these younger veterans not only to offer support to them but importantly to recruit younger members for their associations so that their work, their legacy, can be carried on. The thought that their associations may die with them and not be picked up by the next generation has created a sense of urgency that is felt in RSL sub-branch and Vietnam Veteran era ESO meetings around the country.
3. Everyone I talked to agreed that there is an enormous amount of confusion out there around who does what, how to access support and where to go for

help. Everyone is concerned about the suicide rate for veterans. All agreed that what is needed was a unified approach to supporting our veteran community and a one stop shop, a regional drop-in centre to provide a simplified, more efficient pathway to support. ESO's such as the Newcastle and Hunter Region Vietnam Veterans Association, the TPI Association and several RSL sub-branches had been discussing the idea of establishing a drop-in centre in our region for quite a while. On June 7th 2018, we called a meeting for interested parties to discuss the idea. Over 60 organisations and individuals turned up to that meeting and many more support services and professionals have come on board since, all offering their services at no cost to those who have served and their families.

A tremendous amount of work has gone into establishing the Newcastle Beacon and by mid-year we will be fully operational, providing wrap around practical support and connecting older veterans with younger ones in meaningful ways.

What we need now is some seed funding so that we can get our insurances and other start up organisational expenses covered. Once this is accomplished, we will be able to accept funding from private industry in line with a sustainable 5 year funding model.

We are asking you the members of the local RSL sub-branches and ESO's to attend your Sub-Branche meeting and move that your Sub-Branche makes a contribution so that we can move forward with the final stage of establishing this much needed service.

This is a community project and it's an important aspect of the project that the target demographic understand that their community cares about them and have gone beyond talking about how they should be supported, to taking responsibility and acting to improve the well-being of those who serve. The Newcastle Beacon has been established as a direct response to the identified need for a unified approach to providing support to those who have served. The Beacon operates on the premise that as a community we can take responsibility and work together to look after the people who put their own well-being on the line to serve us through defence force roles and their families who serve right alongside them. The Beacon will respectfully honour those who have served every moment of every day that it operates, but we need your help to bring this home now.

Anyone can make a contribution, to do this you can:

1. Direct Deposit

Account name:

The Newcastle Beacon Ltd

BSB: 650-000

Account: 538341704

Reference: Your ABN or organisation name

Email: waldronwl@bigpond.com with details of amount and organisation

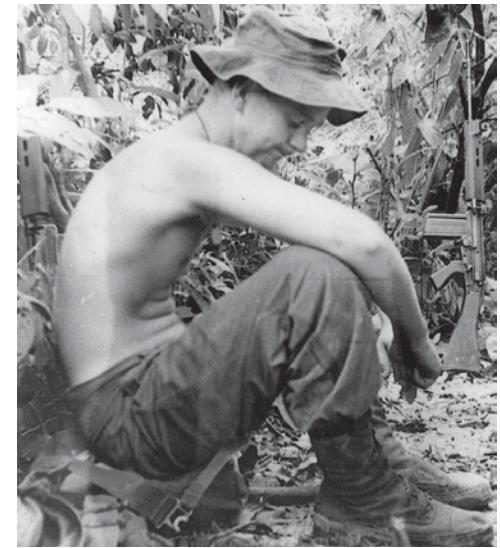
2. Send a Cheque made out to:

The Newcastle Beacon Ltd

Post to:

The Secretary, Newcastle Beacon,
PO BOX 134,
Wangi Wangi NSW 2267

We are stronger when we work together. I look forward to seeing you all in the future as we show the rest of the nation how we take care of those who serve and their families in the Newcastle/Greater Hunter region.



Michael Waldron: 1RAR during Vietnam

The Newcastle Beacon operates on the premise that we will not duplicate anything that is already being done. Instead we will work to assist, develop and strengthen the support services and initiatives on offer in our community. We will facilitate awareness of inter-agency processes and develop our regions interdependent problem solving capacity.

continued on page 18

SOLDIER ON

SOLDIER ON NEWCASTLE WORKS WITH VETERANS AND THEIR FAMILIES SUPPORTING THE TRANSITION PROCESS FROM THE ADF, AS WELL AS WITH THOSE WHO HAVE ALREADY LEFT THE ADF WITH THEIR JOB SEARCH.

To be eligible for this support you need to be a veteran or a spouse of a veteran with service since 1990.

Unlike a recruitment agency, **SOLDIER ON** doesn't place candidates in jobs. We enable and support veterans with their job search and where required, help that individual become job ready.

This support can include: comprehensive career exploration – helping to identify what you want to do after the military and to help mitigate any barriers that may

exist, helping to navigate and understand your local job market as well as applying for opportunities, providing guidance with respect to translating your military skills and experience, providing meaningful industry insights, helping to uncover opportunities, review a resume or help draft a new resume and interview preparation.

SOLDIER ON provides a suite of services and access to partner organisations to meet the needs of our veterans so that they can start their journey on their road to recovery.



**SOLDIER ON NEWCASTLE
LOCATED INSIDE NEWCASTLE JOCKEY CLUB,
88 DARLING STREET, BROADMEADOW**

**DEIRDRE SIMPSON (Programs Officer)
Telephone: 02 6188 6131
Email: deirdre.simpson@soldieron.org.au**

TO FIND OUT MORE GO TO www.soldieron.org.au



By providing accurate information to people in need about the resources available to them, we increase both accessibility and availability of support.

The Newcastle Beacon simplifies the process of getting help. Our job is to put every available option for support on the table and to stand alongside people as they empower themselves to make informed decisions about what service best supports their particular need at that time. This is true empowerment.

WE ACHIEVE OUR MISSION BY PROVIDING ACCESS TO:

- Advocacy and welfare support
- Transition facilitation and support
- Referral service to health and mental health professionals
- Crisis support
- Suicide prevention training and support
- Family and relationship support
- Mediation services
- Complex case management
- Support groups (for PTSD, Partners, Substance Abuse, Bereavement)
- Peer support and mentoring programs
- Training and Employment Services

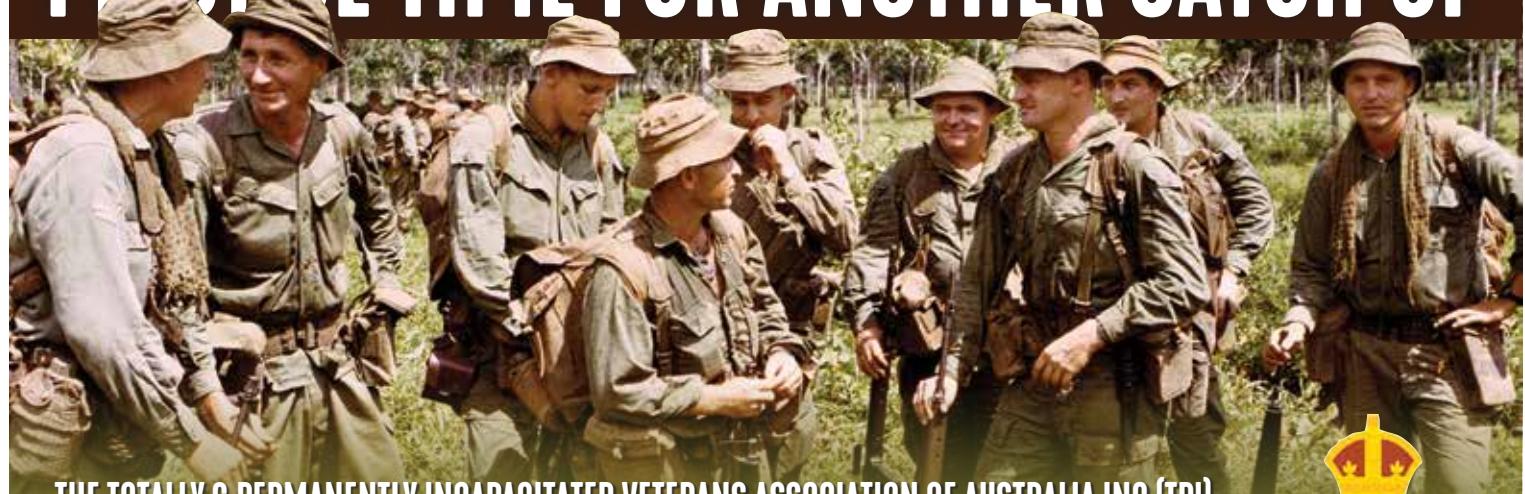
- Complex systems navigation (Centrelink, Department of Housing, Victims Services, online services)
- Legal services
- Meaningful purpose through community engagement and volunteering
- Homelessness services
- Social activities and events
- Fitness programs, sporting competitions, yoga and meditation classes
- Research and policy inclusion
- Grant writing assistance and professional support for ESO's and community initiatives.
- Community events
- Financial counselling
- Children's programs
- Art classes/groups
- Special interest groups (stamps, photography, storytelling)
- Providing a service for people to connect to support 24/7.

We have an unprecedented established network of over 100 collaborating stakeholders, consisting of health, mental health and allied health professionals, community service organisations, charities, ex-service organisations, government as

well as private sector organisations. The navigation of complex systems in order to seek help is an unrealistic expectation for someone experiencing crisis. The specialist team of staff and highly trained volunteers at The Newcastle Beacon will navigate those systems for people in need. We will offer outreach services, with our social workers going out into communities to connect to those in need, informing them of the help that is available and supporting their right to access services in a non-discriminatory way. We have a strong focus on identifying and breaking down existing barriers to accessing support. The Newcastle Beacon will provide the opportunity for our community to work together to take care of our veterans, emergency responders and their families. 



MUST BE TIME FOR ANOTHER CATCH UP

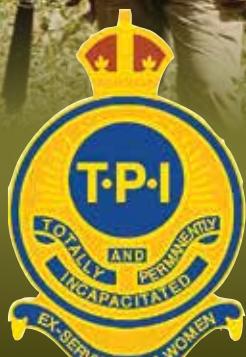


THE TOTALLY & PERMANENTLY INCAPACITATED VETERANS ASSOCIATION OF AUSTRALIA INC (TPI)

MEMBERS MEET ON THE THIRD THURSDAY EACH MONTH*
AT WALLSEND DIGGERS AUDITORIUM, TYRELL STREET WALLSEND
COST \$10 PER PERSON

INCLUDES: SPECIAL GUEST SPEAKER, LUNCH VOUCHER TO THE VALUE OF \$12.50 & 6 RAFFLE TICKETS

FOR FURTHER ENQUIRIES PLEASE CALL 4951 4876 DURING OFFICE HOURS ANY TUESDAY OR THURSDAY



*Excluding January

Advantages of caring for your feet



BY Kirby Read
Podiatrist, Cardiff
Member of the Australian
Podiatry Association

Your feet consist of 26 bones, a quarter of the bones in our entire body!

In addition, they house muscles, tendons, ligaments and joints which can make them vulnerable to injury and diseases, that can affect the entire body.

It is a common misconception that painful feet are a normal side effect from everyday activities, yet only a fraction of people seek out professional advice.

Just as you would visit a dentist for a

toothache, regular check-ups with a podiatrist are recommended, especially if you are finding it difficult looking after your feet yourself.

Caring for your feet, particularly with ageing, helps you to stay active and mobile.

There are simple things you can do at home daily which will improve your overall foot health

- **Wash your feet often:** a shower is suffice, as soaking can strip the skin of its natural oil

- **Dry your feet well:** particularly between your toes to prevent fungal infections (tinea)

- **Apply emollient (moisturiser):** this prevents cracks and callous forming

- **Wear the right shoes:** ill fitting shoes lead to multiple complications. A supportive shoe with depth and width at the forefoot is recommended, e.g. a jogger.

Your feet are mirrors of your health. When it comes to assessing and managing foot pain and problems, a podiatrist is well equipped to help you get back on track.

There are a wide range of reasons to see a podiatrist, but some typical conditions include foot pain, difficulty attending to toenails (including ingrown or thickened nails), callous formation, arthritis and diabetes. Toenails that grow too long can lead to pain and infections, and if you are a diabetic they can lead to more serious illness. 

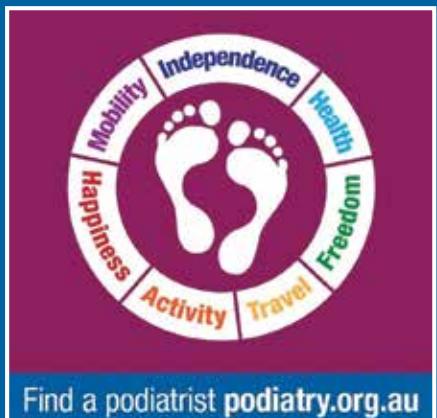
AM I ELIGIBLE TO SEE A PODIATRIST?

If you have a DVA Health Card/Veteran Card- All Conditions (Gold) or TPI (Gold), DVA will pay for clinically required podiatry services, available through DVA arrangements.

If you have a DVA Health Card/Veteran Card-Specific Conditions (White), DVA will pay for clinically required services, available through DVA arrangements, if they are required because of an accepted war or service caused injury or disease.

HOW DO I SEE A PODIATRIST THROUGH DVA?

A referral can be issued by your general practitioner (GP). A referral is valid for up to 12 sessions of treatment or one year, whichever comes first



Veterans Support Veterans

On 27th November 2019, John Moremon, Ian Bell, Scott Myers and Phil Smith, travelled together to Ettalong Veterans Support Centre as we were interested to see how another successful ex-service organisation operated and how we could learn from their success.

The Ettalong Diggers own a house behind the club and allow the Vets and a fishing club to share the premises. The Veterans Support Centre is the busier organisation, so they have use of three quarters of the double story home.

The first thing we noticed as we approached the entrance was a sign announcing VETERAN SUPPORT CENTRE, which pleased us all. Our Wallsend office is in the process



Ian Bell engages fellow veterans at the Ettalong Support Centre.

of organising a similar sign which is more inclusive, as our national office in Sydney has done. We were warmly welcomed by President Alan Ball, who showed us around the centre, which was pleasingly well thought out. They have several Advocates headed by their Vice President, Dr Steve Karsai, who said that the advocacy work is a lot busier now and occupies all their time.

Ettalong facilitates the famous NAMBUS, co-ordinated by Lorraine Scott, which travels to

schools on the Central Coast and Newcastle areas giving presentations about the South Vietnam Conflict. This has been a success for the Ettalong unit and one they enjoy facilitating. The Quartermaster is Tracy Jira, who is in charge of selling t-shirts, stickers, hats and other items from a glass cabinet display unit in the 'living room'. This cabinet was engineered and manufactured by the local Men's Shed and is a great example of community collaboration. Ettalong allow

PAT'S Q STORE ...PROUD TO BE A VETERAN

NHRVV Spray Jacket or Polo Shirt	\$35
NHRVV Plaque with inscription plate	\$30
NHRVV or Federation Cap with Badge	\$15
Embroidered Patches	\$8
NHRVV or Long Tan Cross Lapel Pin	\$8
Federation Lapel Pin	\$7
Number Plate Frames (pair)	\$12
Stubbie Holder	\$8
Stickers	\$8
Plastic Jacket Pocket Medal Mount	\$5

**OPEN AT THE VETS OFFICE
EVERY MONDAY & THURSDAY
FROM 9AM TO 1PM**

HOSPITAL ADMISSIONS

Due to privacy laws, hospitals are not permitted to disclose to our Welfare Officers if member has been admitted.

If you or a family member has been admitted to hospital and need assistance or require a visit, please contact our Welfare Officers on

(02) 4951 2666



Allan Crumpton

Neil Colquhoun

cash to be kept on the premises for the convenience of customer transactions and the women's auxillary work together with the veterans to manage the funds.

The Welfare Co-ordinator is Christine Gammie, and the Welfare Offices are Ann Kennedy and Bob Viles. It was such a breath of fresh air to see ladies serving in the committee. It was even nicer to see how both the ladies and the gentlemen worked together, happily, alongside one another, for the benefit of the centre. There is also a woman in the position Assistant to the Secretary/Membership.

Ian Bell, our magazine man, gave an excellent presentation of how he has turned our '*Hunteria*' magazine from a liability into an information asset for our organisation. Something we are very proud of and a good example of how change can lead to great results and progression.

Being in possession of a property such as a house was a huge advantage, simply because the structure of the building provided a comfortable work environment, resulting in an inviting place for patrons. There

was a real working kitchen in use, proper bathrooms, and a large covered verandah where the smokers could gather to relax and plan the next government coup. There is a dining room table in a large common room adjacent to the kitchen where daily morning teas are served. Lunch is served at Ettalong and the volunteers enjoy a lively chat over a meal. I think hot dogs were on the menu that day.

After a delightful morning tea of tea, coffee and cake, we said our goodbyes, thanked Ettalong for their time and generosity and headed home, thinking about what we had seen, knowing that we needed to apply progressive changes in order to make our office viable for the future. We ourselves, as volunteers, would also deeply benefit from such an improved and open-minded atmosphere. All the pleasantries, happy volunteers, spacious surroundings and successful business practices was such a pleasant change. The presence of the women was a wonderful change to the 'old boys club' atmosphere we are often surrounded by. What a difference they made.



Dr Stephen Karsai with John Mormon

Ettalong use their assets to benefit their members and their families and the results are in much more than just the delightful morning tea. It is time we looked to the future, as the old ways of the past, along with those that implement them, are dying out.

Let us keep alive what we have spent decades fighting for and keep it viable for the decades to come so all who have served in the Australian Defence force can be welcomed back to civilian life and given the support that they and their families need to thrive and move forward, and hopefully, share a delightful morning tea with us from time to time. ♡



The RSL is the largest representation Veterans have to watch over our government and The City of Newcastle RSL Sub-Branch have been a strong supporter of the Vietnam Veterans Association for many years.

The Vietnam Veterans have been appointed official Pension Advisors, and for this, they pay our association \$10 per financial member per year.

**BE A PART OF IT
AND JOIN NEWCASTLE
YOUR ASSOCIATION WILL BENEFIT**

ANZAC DAY LEST WE FORGET

— SATURDAY 25TH APRIL —

04:00 Club Opens

05:00 March Assembles and Departs from Club to the Cenotaph at Federal Park

06:00 Breakfast: Adults or Child \$10

13:00 Two Up

Breakfast Tickets available at Club Reception from Tuesday 24th March. RSL Full Sub-Branch Members may pickup their Free Breakfast Tickets from the Sub-Branch office each Tuesday and Thursday from 24th March until 21st April.



**Free Entertainment
Mezz Bar**



Wallsend Diggers | 5 Tyrrell Street Wallsend | Ph: 49517000

Diggers
WALLSEND

NEED YOUR LAWNS MOWED?

**SNIPPED
MOWED
& BLOWN!**



Afghanistan Veteran looking for lawns to mow to get me out of the house, and will do them pretty cheap!

I suffer PTSD and other conditions and trying to get back out, involved with the community in any way possible!

DVA CARD HOLDERS WHITE OR GOLD MEMBERS AND WIDOWS WILL RECEIVE A DISCOUNT!

**CALL JOEL THE MOWER MAN ON
0487 232 332**

THE PARTNERS OF VETERANS ASSOCIATION OF AUSTRALIA – NSW BRANCH INC.

Would you like to learn more about the PVA?

Please come along to one of our local area group meetings or phone a contact listed below.

NEWCASTLE

Meets 10am every second Friday of the month at Cardiff RSL Club

Contact Di on 4956 9450 for more details

LAKE MACQUARIE

Meets 11am on the last Wednesday of the month at Pelican RSL Club

Contact Marg on 4943 0392 for more details

MAITLAND

Meets 9.30am every second Monday of the month at RSL Sub-Branch Hall, East Maitland

Contact Carol on 4932 0070 for more details

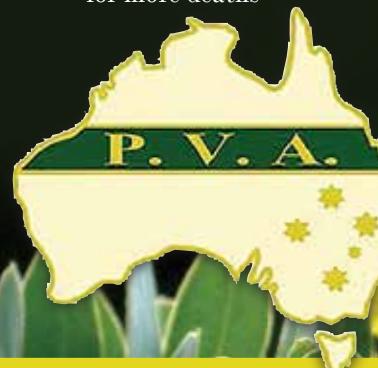
NEWCASTLE

Meets 10am every third Tuesday of the month at the Legacy Room, Lauren Lane (off Pitt Street), Singleton

Contact Betty on 0413 415 838 for more details

PATRON:

Her Excellency Lady Cosgrove



National Support Line: 1300 553 835 • Web: www.pva.org.au or find us on

MR. PERFECT®

MENTAL HEALTH'S MATE



FREE BBQ - NEWCASTLE

Third Sunday of every month at Islington Park, Maitland Road!

The format is simple, informal and completely inclusive. It's a chance to get out of the house, meet a bunch of top blokes, socialise and form a supportive community.

Friends, family and pets welcome too!

Mental health is discussed at times and is purely optional.

Soft drink and water supplied,
please bring your own preference if you wish.

RSVP to Greg at greg@menshealthservices.com.au or text/phone 0417 772 390 for catering purposes.

Visit mrperfect.org.au for more information



Newcastle and Hunter Region Vietnam Veterans Peacekeepers and Peacemakers assist all past and present ADF members with establishing their eligibility and assist with processing and preparing their claim forms for submission to DVA.

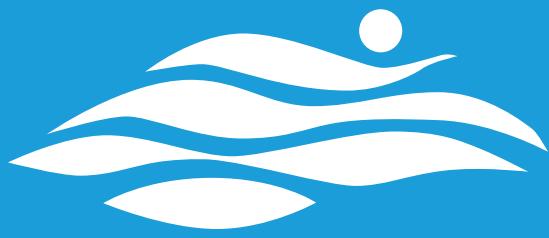
We can also assist with pension upgrades after 12 months.

We also help you lodge appeals against decisions handed down by the DVA, prepare submissions and represent you at the Veterans Review Board.

**PHONE 02 4951 2666 TO MAKE AN APPOINTMENT
OFFICE HOURS: MONDAY & THURSDAY 9AM TO 1PM**



THIS IS A FREE SERVICE AND YOU DO NOT HAVE TO BE A VIETNAM VETERAN TO QUALIFY



LAKE MACQUARIE MEMORIAL PARK

CEMETERY & CREMATORIUM



A BEAUTIFUL CEMETERY AND CREMATORIUM FOR OUR COMMUNITY

A DEDICATED VETERAN, SERVICES AND FAMILY REMEMBRANCE GARDEN

A SPECIAL PLACE FOR EX-SERVICE MEN AND WOMEN TO LIE AT PEACE WITH THEIR FAMILIES

FOR FURTHER INFORMATION, CALL IN TO OUR OFFICE OR
TELEPHONE FOR AN APPOINTMENT.

405 CESSNOCK ROAD, RYHOPE NSW • PHONE 02 4950 5727
WWW.LAKEMACQUARIEMEMORIALPARK.COM.AU