

# Airlie Beach Whitsunday RSL Sub Branch



## PARADISE POST



February 2018

## What's on

**Next Members Meeting:**  
**Wed 7th February**  
@ 7pm. Reef Gateway  
Hotel. Cold drinks and tucker

**7th February 2018**  
1st meeting for the New year

**7th March**  
2018 RSL AGM

### **Badge sales**

We still need members to assist with the badge and raffle sales.

Please contact Bill on 49464486

Your Sub Branch needs

**YOUR HELP**

### Support RSL

We are always seeking people who want to assist us in providing support to our current and former servicemen and women. There are many ways you can get involved:

#### BUY A BADGE

Show your support to our veterans and those currently serving by buying a badge from an RSL representative and wearing it with pride on ANZAC or Remembrance Day.

#### DONATE TO AN APPEAL

Donations to our ANZAC and Poppy Appeals enable our Sub Branches to continue to provide welfare and wellbeing services in their local communities.

#### BECOME A VOLUNTEER

RSL Sub Branches are involved in their local communities, visiting veterans, schools and community groups. Some ways you may be able to assist a Sub Branch include driving members for visits, providing administration or specialist support, or helping to sell merchandise to raise funds around ANZAC Day and Remembrance Day. Contact your local Sub Branch to find out how you can help.

## Airlie Beach Whitsunday RSL Executive Committee 2017-2018

President:	Terry Brown	0408763090	alibarber40@bigpond.com
Deputy President:	Chris Bull	0429607849	Kaybull56@gmail.com
Vice President	Bill Rose	49464486	Mob:0404416943
Secretary:	Rod Davies	0499730316	Secretary@rydav.com
Treasurer:	John Schweitzer	0438264114	Johnshweitzer.5@bigpond.com

### Management Committee for 2017-2018

Badges	Joan Rose	0404416943	Home: 07 49464486
General Duties	Shane Matthews	0427461849	Jackomatho@live.com
General Duties	Peter Mckellin	0448800091	

### Honorary and responsible appointments for 2017-2018

Welfare officer (local)	Bill Rose		
Welfare officer (Mackay)	Tracey Victor	31283275	Mob:0448943604
Asset Trustee	John Schweitzer		
State and District meetings	Bill Rose, Chris Bull		
Auditors	Leader Group		
Legal	Whitsunday Law		
Padre	Stewart Grice		

### Patrons for 2017-2018

John O'Neil	0418776606
RGH	(07) 49462600

## Life as Bill see's it....

As you would all be aware, most of the doctors in our outfits were civilians in uniform. Most were friendly and easy to talk to. Well, aboard the old Vung Tou ferry we had an older bloke as our scab lifter. I think he was left over from WW1.

Anyway, one night sitting on the uppers having a beer issue, I asked him " In your civvie days did you ever have a patient, who after the consultation went to walk out the door but dropped dead? If so what would you do?" without batting an eyelid he replied " I would pick him up, turn him around, drop him and say he died on the way in." after hearing this I made a mental note not to get crook on this ship.

**Just a thought:** So many things are possible, just as long as you don't know they are impossible.

Joan was having a yarn with one of her old mates she had not seen in some time. She nearly fell off her chair when her friend told her she was having an affair with a bloke who was 15 years her junior. Joan said " I guess that makes you a cougar" "Why not" She replied " my last 2 husbands were cheetahs" Its a jungle out there aint it.

**Just a thought:** It seems that when we are most lost that we usually find our best friends.

When I was stationed in Sydney. Way back when. I used to leave home early so I could miss the rush. So one morning I pulled into a servo to get fuel and I noticed a woman trying to push her car towards the pumps. I have always tried to help other people if possible, so I parked my car and joined in pushing her car. "What are you doing?" she asked "I am giving you a hand" I replied, surprised. "What are you doing?" I asked "I'm stretching prior to my run and exercise" She informed me.

Life's like that aye.

### Membership...

Membership must be paid up by the end of business, Wednesday the 28th February 2018.(Still only \$20) Failure to do so will mean you have to rejoin making a lot of paperwork for the membership officer and yourself and you will lose any years that you have accumulated as a member.

To renew your membership contact:

John Schweitzer 038264114 or Bill Rose 49464486

Books & Videos relating to our Military and involvements, including a volume on the Vietnam conflict are available from Wayne Peadon (H) 49481101 or (M) 0428720786

Our articles are sourced from the following sites. For more information on our stories and much more please visit

<https://www.rslqld.org/RSL-Members/RSL-News>

<http://www.defence.gov.au/publications/newspapers/>

<http://www.contactairlandandsea.com/>

<http://www.defence.gov.au/publications/newspapers/>

We would also like to thank our advertisers who without them this publication would not be possible in this format.

We hope that you think of using our advertisers next time you need one of their services. Thank you.

## THE ODE

They shall grow not old,  
As we that are left grow  
old,

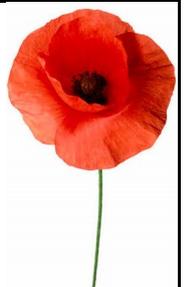
Age shall not weary them

Or the years condemn

At the going down of the sun,

And in the morning

**WE WILL REMEMBER THEM.**



## Army News

### Priorities set for 2018

Our leaders set the agenda for the year Special Operations Commander – Australia Maj-Gen Adam Findlay

1 Maintain operational excellence: Generate, deploy and reconstitute high-readiness world-class joint Special Forces. Maintain high-readiness posture for standing contingencies. 2 Optimise people programs: Continue to lead on wounded, injured and ill medical rehabilitation and transition from service. Continue to develop and lead ADF human high-performance programs. 3 Continue Socomd cultural change: Reinforce the cultural and corporate governance optimisation initiatives. 4 Develop and implement the ADF SO Modernisation Program: Establish ADF SO Program, develop and implement ADF SO Modernisation and Futures Plans.

5 Closer integration of Socomd into ADF and Army operational capabilities: Continue to support the increase of ADF-wide operational capabilities.



NO AUSTRALIAN RSM gets their first pace stick without spending time at the WONCO-Academy at Canungra. Similarly, their Afghan enlisted counterparts won't be appointed to a command team without attending the Sergeant Major Academy in Qargha on the outskirts of Kabul. An advisory team of four Australians and one US contractor have commenced mentoring at the academy, including WO1 Brian Buskell. The team helps improve the academy as it trains NCOs, including their command sergeant majors in a role similar to an RSM. "The Australian course is very process driven, where WO1s are taught policy and doctrine," WO1 Buskell said. "The Afghan course has a bit of that process, but also includes literacy, tactical education and joint operations, which we will have done most of before attending the RSMs' course." WO1 Buskell mentors Afghan Army Sgt-Maj Hamdard, the academy's command sergeant major. "Because of our backgrounds, cultural differences are much easier to break down," WO1 Buskell said. "Our roles are similar, we deal with soldiers, NCOs and officers daily; it's very easy to form a rapport." Sgt-Maj Hamdard is looking to improve the way his instructors are developed and emphasise to students the importance of working within a command team. He aims to build a continuum of training for the NCO corps, including multiple courses conducted at the Sergeant Major Academy. WO1 Buskell and his team are studying Afghan processes to help the academy's development. "We are here to assist the Afghans by advising them on ways they might improve institutional sustainability and development," he said. "This includes advising them on developing a robust organisational structure, with suitable personnel and resources systems to adequately support their training needs, as well as helping them to develop their implementation of a systems approach to training. "At the heart of the Sergeant Major Academy is the relationship between the commander and the command sergeant major. "Building this trust and respect through their training institutions is critical to the future leadership. "We're helping them develop Afghan solutions to Afghan problems." WO1 Buskell said his counterpart was interested in the advice being given. "The academy appears very receptive to advice and ideas, and have already implemented some good Afghan initiatives to improve training," WO1 Buskell said. "Sgt-Maj Hamdard's initial focus is to improve the academy staff." The team is part of the ADF's recent 30-person increase in manning Operation Highroad.

## Army News

Maj-Gen John Frewen addresses deployed personnel during the transition of authority parade.



NATIONAL command of ADF operations in the Middle East transferred from Maj-Gen John Frewen to RAdm Jaimie Hatcher during a ceremony on January 20.

CJOPS VAdm David Johnston said Maj-Gen Frewen commanded Defence personnel in the Middle East during a period of great progress and transition.

“Maj-Gen Frewen has led Australian forces extremely well during a period of significant operational tempo in Iraq, Syria, Afghanistan and the wider region,” he said.

“This period has seen Daesh suffer significant losses of territory, good advances in the capability of Iraqi and Afghan security personnel and success in our maritime operations.” During his 12-month tenure as Comd JTF633, Maj-Gen Frewen said he was proud of Australia’s contribution to operations in Iraq, Syria and Afghanistan. “In Iraq and Syria we’ve seen the fall of Daesh strongholds during fierce fighting, followed by Iraq’s liberation in December. “It’s happened faster than anyone anticipated and is a great credit to the work of our Air, Special Operations and Taji Task Groups, and personnel embedded in coalition headquarters. “In Afghanistan there has been very good progress in the standard of Afghan security forces training, particularly their air force and special operations. “I was particularly pleased to see a female Afghan officer cadet awarded Australia’s Duntroon Sword as the best cadet. I’ve been impressed that everywhere I’ve been, irrespective of role, our people are enthusiastic about their job and their support to the mission.” RAdm Hatcher said he was honoured to have the opportunity to command Defence personnel in the Middle East who continue to support a wide range of important operations improving security and stability in the region. “Australia’s Air Task Group, Special Forces and Australian-New Zealand training teams continue to enable coalition and Iraqi operations to defeat Daesh,” he said.

“ADF trainers continue their important mission in Afghanistan and our naval forces are having a clear effect on the smuggling of illicit cargo in Middle East waters.”



SASR personnel blasted through doors and chased down mock terrorists in a show of force for visiting officials at Campbell Barracks, Perth.

Defence Minister Marise Payne and her South East Asian counterparts witnessed the simulation of a hostage recovery in support of the first Sub-Regional Defence Ministers’ Meeting on Counterterrorism on February 1-2. Defence ministers from Brunei, Indonesia, Malaysia, Philippines, Singapore and Thailand watched from viewing platforms positioned directly above the scenario village. The SASR deployed explosive ordnance, blank and live-fire, MAG 58-mounted ATVs and military working dogs to recover two “hostages”. Senator Payne said both the meeting and demonstration showed the strong commitment to preventing extremism in the region. “Denying terrorist groups a foothold in our region is a vital mission for regional defence forces,” she said. “This sub-regional meeting is invaluable in building the collective capacity of Australia and our regional partners to disrupt and defeat terrorists at their source.” Senator Payne said the practical cooperation between the region’s defence forces was a vital aspect of whole-of-government counterterrorism strategies. “We shared lessons learned from recent operations and discussed enhanced measures to improve information sharing and identified opportunities to work together to improve maritime security counterterrorism cooperation in the region,” she said. Indonesia will host the next Sub-Regional Defence Ministers’ Meeting on Counterterrorism in 2019.



CAF AIRBORNE, Leo...  
back Air Task Group...  
Edinburgh Base...  
Photo: Cpl. Colin Grant

THIS year promises to be another busy one for all Air Force members as we progress to become the first fifth-generation Air Force. Of importance:

I have recently updated my CAF's intent based on the transformations through Plan Jericho and the Air Force Business Plan.

Our Air Force Strategy 2017-2027 is now one year old and we will continue to progress our plans to become a diverse and skilful workforce.

We have a new Jericho team, bringing fresh eyes and bottom-up innovation to all that Air Force is trying to achieve.

Our Air Power Conference is being held from March 20-21 with the theme of Air Power in a Disruptive World. We will be hosting many overseas counterparts and other VIPs through two days of focused and illuminating discussions.

Our Hornets are home from Operation Okra after a successful campaign against Daesh. We need to prepare now for whatever and whenever the next campaign will be.



Air Surveillance Operator LAC Adric...  
Klipp and USAF...  
exchange liaison...  
officer, MAJ Alfred...  
Maynard, monitor...  
the C-Band radar...  
sensor station inside...  
the IRSU operations...  
room at RAAF Base...  
Edinburgh.  
Photo: Cpl. Colin Grant

41 Wing is well aware, as the operator of a US asset, that this is an opportunity to build trust.

- WGCDR Julien Greening, CO 1RSU

NO. 1 Remote Sensor Unit (1RSU) has marked a significant milestone for Air Force – tracking a tiny Australian satellite known as “Buccaneer” in orbit. At less than a metre in length and weighing just 4kg, the nano-satellite proved to be a challenging target for the C-Band Space Surveillance Radar System (also known as the Holt radar). 1RSU's CPL Matthew Tillbrook was able to gain a signal lock on the satellite much to the delight of onlookers – who applauded as they witnessed history

from RAAF Base Edinburgh. The C-Band radar system, located at Harold E. Holt Naval Communication Station near Exmouth, Western Australia, is a joint initiative between the United States and Australia. It marked a one year anniversary when it reached final operating capability in December. As the first dedicated southern hemisphere low-earth orbit sensor in the US Space Surveillance Network (SSN), the Holt radar provides vital space catalogue information. The SSN is a worldwide network of telescopes and radars that detect, track, identify and catalogue manmade objects in space. Observations taken by the C-Band radar in Australia are sent through to the United States Air Force's (USAF) Joint Space Operations Centre at Vandenberg Air Force Base, California, where personnel analyse the data provided to formulate or update orbital element sets for space objects. CO 1RSU WGCDR Julien Greening said the Holt radar not only delivered capability from a situational awareness perspective, it bridged previous relationship gaps between operational users in niche capabilities on both sides of the Pacific. He said this strengthened joint relationships between the two air forces, while allowing the transfer of new ideas and innovation between communities. “41 Wing is well aware, as the operator of a US asset, that this is an opportunity to build trust, while generating essential integrated air and space Defence capability for Australia,” he said. Information generated by the SSN is used by agencies all over the world to contribute to space-flight safety, and to ensure satellites are not endangered by space debris. The Holt radar is the first of several planned space situational awareness sensors to make Exmouth their home, all of which will be operated remotely from RAAF Base Edinburgh by 1RSU. USAF Commander 21st Operations Group COL Devin Pepper said he was proud of the radar's contributions to space launch detection and orbital observations in the southern and eastern hemispheres during the past year. It This comprises more than 260,000 individual observations, including daily tracking of the International Space Station, various satellites, “space junk” and one of the newest objects to enter Earth's orbit, Buccaneer. is estimated that more than 40,000 space object tracking events have been conducted in its first full year of operations.



**GUARANTEED**  
TRADING HOURS

**THURSDAY  
FRIDAY &  
SATURDAY**



THE Afghan Air Force (AAF) has no problems developing capable pilots, according to GPCAPT Ian Goold, head of Australia's contribution to NATO's Train Advise Assist Command – Air. "The Afghans are good warriors; you give them an armed aircraft like an A-29 Super Tucano, a set of rules and a target, and they'll complete their mission to a very high standard," GPCAPT Goold said. However, he said building maintenance and support capability were the main challenges facing the AAF, which was the reverse of most modern air forces. "Western air forces take a lot of time to grow the warriors – fast jet aircrew in particular – but they have a good record of building the non-commissioned officer cadre to keep the aircraft flying," he said. "Afghanistan can grow warriors to fly the aircraft within about two or three years, but it might take 15 years to develop a sergeant responsible for maintaining a squadron of aircraft. "If they can read Dari and English particularly well, most will want to be pilots and officers, but the AAF needs those well educated people to maintain the aircraft, particularly the more complex aircraft like the UH-60 Black Hawk." Fourteen Australians work in the command, advising the AAF in areas, such as maintenance, logistics and airto-ground integration. The AAF is in its second year of a four-year expansion phase whereby its combat capability will increase threefold. Black Hawks are arriving to replace the Soviet-era Mi-17 transport helicopters, with the first squadron of aircraft and aircrew due to be operational by the middle of the year. As the Australians continue their work in the multinational advisory command, GPCAPT Goold said his team brought a special touch to the operation. "There's a level of cultural empathy for the Afghans that the Australians find natural," he said. "The Afghans respond really well to the Aussie sense of humour, professionalism and sometimes our banter with our American mates."



Personnel Capability Officer FLTLT Kristina Filippi, of 27SQN, congratulates WWII veteran WOFF Thomas Lachlan Campbell (ret'd) on his achievements. Photo: CPL Glen McCarthy

WOFF Thomas "Lachie" Lachlan Campbell (ret'd) has had a very long wait to receive honours he won at the tail end of WWII. But now the 91-year-old veteran has seven awards following a ceremony at RAAF Base Townsville last month. Two generations of Campbells were by Lachie's side when he was presented with the Australia Service Medal 193945, Australian Service Medal 1945-75 with Japan clasp, First, Second and Third clasp to the Defence Force Service Medal and the Australian Defence Medal. Of them all, the Australian Service Medal 1945 to 75 with Japan Clasp places WOFF Campbell at the centre of an historic time. It's the medal of a peacekeeper and is awarded to a member

of the British Commonwealth Occupation Force (BCOF). After US forces dropped two atomic bombs on Japan in August 1945, putting an end to the conflict between them, Lachie was deployed with the BCOF to bring peace and stability to the defeated country. During visits to Japanese towns and cities, including Hiroshima, he witnessed the devastation to buildings, food shortages, and poverty. Lachie actually became eligible for the service medals in 1997, but did not become aware of the distinction until last year when DVA extended health benefits to BCOF veterans. At the ceremony Lachie was delighted to finally receive his medals. "I'd like to think I share this on behalf of other BCOF members who may have passed away and not had the privilege to receive this honour," he said. In 1946 the Australian Government made a commitment to recognise the service of the BCOF, a commitment finally ratified in 2017 which for the first time allowed veterans to claim their honours. WOFF Campbell was presented with his awards by the RAAF Base Townsville SADFO WGCDR Phil Godfrey. "It's so important to recognise the service and sacrifice made by our veterans. It's a great honour to celebrate the brilliant career of WOFF Campbell with these medals," WGCDR Godfrey said.

## Navy News



CWO HMAS Harman WO Karen Sellars proudly wears the new Bronze CWO badge. Photo: CPOB Tony Martin

TIER Bravo WOs who occupy the role of SWO will now be recognised as Command Warrant Officer (CWO). WO Karen Sellars, the CWO at HMAS Harman, said the change was a positive recognition of the important role the CWO plays in supporting Command. “The CWO provides valuable skills and experience to the whole Command team,” WO Sellars said. “The Tier Bravo CWO is responsible to the CO to assist in the implementation of Command orders, intent and promotion of NGN and Plan Pelorus. “As a CWO, I am an advocate of the divisional system and play an important role as an adviser and mentor to all divisional staff. “These responsibilities are the key link between officers and sailors and provide a vital contribution in the Navy’s ability to fight and win at sea.” The change to CWO aligns the operational and strategic functions performed by the Tier Bravo WO with that of the strategically focused Tier Charlie WO. Action has now been completed to amend duty statements and job titles have been changed. The RAN Uniform Instructions have been amended to acknowledge the vital role of the Tier Bravo WO. All Tier Bravo WOs will now wear the new bronze CWO badge.



Cape Fourcroy (pictured) and Cape Inscription were involved in two maritime rescues in seven days. Photo: ABIS Kayla Hayes

ADV Cape Inscription has rushed to the aid of a vessel on fire in Darwin Harbour. It was the second incident this month where a Navy-crewed Capeclass patrol boat assisted mariners in distress. The patrol boat was in the middle of a training exercise on February 12 when crew members noticed black smoke pouring from a pleasure craft off East Point. XO Cape Inscription LEUT William Jackman said the crew’s response was “rapid and professional”. The flames spread so quickly the three men aboard the burning boat were forced to jump into crocodileinhabited waters. People on another pleasure craft nearby plucked them from the water. “The crew in Cape Inscription promptly alerted harbour authorities and then quickly launched a correctly prepared and outfitted team to render assistance as required,” LEUT Jackman said. “However, despite our aid party arriving on the scene shortly after noticing the smoke, the vessel was completely engulfed in flames. There was nothing that could be done for her.” LEUT Jackman said continuous training ensured Navy crews were ready to respond to any situation at sea. It was the second time in seven days that a Navy patrol boat was involved in a maritime rescue. ADV Cape Fourcroy rescued nine Papua New Guinea fishermen adrift without food or fuel in the Torres Strait after they were spotted by a Maritime Border Command helicopter on February 5.

THE main event of the 10th SGT Matthew Locke MG charity event will be a rugby league match between the Army Thunder and the Bellingen Magpies. The Navy Tridents will also take part in this year’s clash in Bellingen, which will feature three days of entertainment from February 23-25. NSW Governor GEN (retd) David Hurley and Mrs Linda Hurley will attend the event and there will be performances by the Australian Army Band, a golf competition, raffles and auctions. Sgt Locke, of SASR, was killed in Afghanistan in 2007 and since 2008 his family and community have rallied in his name to see the Army rugby league team play the Bellingen Magpies. The annual event continues SGT Locke’s legacy through the work of his family, who have raised more than \$120,000 for charities including Soldier On, the Grub Club and Mates4Mates. For more information, visit [www.facebook.com/events/1975626219316750/](http://www.facebook.com/events/1975626219316750/)

## Navy News



HMAS Newcastle is under new command after farewelling CMDR Mark Sirois and welcoming CMDR Anita Sellick. CMDR Sirois addressed the ship's company at a clear lower deck ceremony at the Fleet Base East gymnasium to mark the change of command. "I am extremely proud of each and every one of you. I could not have achieved what I did without your support," CMDR Sirois said. "It has been a real honour working with everybody. Throughout the past two years, Newcastle has been my family." CMDR Sirois' tenure as CO began in December 2015 and by his departure last month Newcastle had circumnavigated Australia and served in Exercise Kakadu and Operations Kragle and Manitou. Under

his command, the ship sailed 38,453nm. Further achievements included the first ScanEagle flight trials for Navy and subsequently the first ScanEagle operational deployment. ScanEagle is a fixed-wing unmanned aircraft system, which sends video and telemetry to a control station in near real time to fulfil primary roles of surveillance and reconnaissance. Newcastle's deployment to Operation Manitou also involved the first Stingray operations during boardings, which allowed live footage to be relayed back to the ship, and the introduction of Bluetooth wireless headsets. On her welcome to Newcastle as the new CO, CMDR Anita Sellick said she intended to get down to business. "I am extremely pleased to take command of such a highly regarded ship and crew. Returning to guided missile frigates feels like coming home," CMDR Sellick said. "I very much look forward to completing the post-maintenance trials and work-up period so we can once again focus on our scheduled activities." CMDR Sellick brings extensive experience to Newcastle, having served in frigates, amphibious units and patrol boats. The proud Novacastrian, originally from Merewether south of Newcastle, was awarded the Conspicuous Service Medal in 2013 for her meritorious devotion to duty as staff officer Navigation and Seamanship and as CMDR Policy, at the Australian Maritime Warfare Centre.

VITAL aid has been delivered to the people of Tonga by RAAF C-17A Globemaster aircraft in the wake of Tropical Cyclone Gita. After tearing through Samoa, Gita intensified to a category four cyclone as it struck Tonga's capital, Nuku'alofa, causing power outages and widespread devastation on February 12. The second C-17 delivery of aid was received by Tonga's Deputy Prime Minister Semisi Sika and Director of the National Disaster Management Office (NDMO) Leveni Aho at Fua'amotu International Airport. Mr Sika said the people of Tonga were extremely appreciative and anxiously waiting to receive supplies as many were still housed in evacuation centres. He said 70 per cent of Tonga's population had been affected by Gita. Tonga's Parliament House and the national radio station were badly damaged by 200km/h winds that battered the main island. While the first Australian aid stores are being received by those affected, intermittent communications, blocked roads and damage to infrastructure are proving to be a challenge. An ADF support response team was working closely with the Department of Foreign Affairs and Trade and the NDMO to conduct damage assessments.



**Jubilee Central**



Serving the local community  
7 Days a week 6am-9pm

New legislation has been passed in parliament that any body getting caught using a "mobile phone" whilst driving or whilst the engine is running will lose their drivers licenses the spot for 3 months. No excuse will be tolerated or accepted by a police officer. As soon as you get into your vehicle turn on the Bluetooth of the car & phone. If you don't have Bluetooth technology you have to safely pull over switch off your car engine then you may answer you mobile phone. Keep in mind that even though you have pulled over & your engine is running you will still cop the full wrath of the law. So turn off your car engine if you don't have Bluetooth, prior to answering your mobile phone.

We hope you are enjoying this months Paradise Post, if you have a story or something to contribute please email

Secretary@rydav.com

You can also receive Paradise Post via email. Just send a message to subscribe.

You can now also find us on  
**Facebook @Airlie beach RSL**

### AGM

Annual General meeting: This will be held in our room at the Reef Gateway hotel on Wednesday the 7th March 2018.

The meeting will commence at 19:00 (7pm) sharp, remember you must be a financial member to attend and vote



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## WELFARE

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By state and District representatives'  
are,

Tracy Victor (Mackay) 31283275

Frank Radford (Townsville) 4759 9517

Don't let a problem get you down.

## PTSD Group Programs

DVA provides group treatment programs for PTSD in hospitals across Australia. These programs treat current as well as former serving members of the Australian Defence Force and veterans. To find out more you can contact the hospitals directly and speak to the PTSD program coordinators. A list of the programs and relevant contact details are available at:

<http://at-ease.dva.gov.au/professionals/files/2016/02/Trauma-Recovery-Programs-Feb-2016.pdf>.

## USEFUL NUMBERS

Emergency	000
Police Whitsundays	49488888
DVA	133 254
country areas (Freecall)	1800 555 254
VVCS	1800 011 046.
Beyond blue	1300 22 4636

## COMSUPER/DFRDB

### MEMBERS

Phone	1300 001 677
Fax	(02) 6272 9616

Post: DFRDB, GPO Box 2252  
Canberra ACT 2601  
Overseas callers +61 2 6272 9624  
Operating hours: 9am to 5pm (EST),  
Monday to Friday (except for ACT public holidays)

### PENSIONERS

Phone:	1300 001 877
FAX:	(02) 6272 9616

Post: DFRDB, GPO Box 2252  
Canberra ACT 2601  
Overseas callers: +61 2 6272 9626.

If you desire to change your house, contents, car, etc insurance. Defence services home insurance is

GPO Box498  
Brisbane, 4001  
Or Phone 1300 552 662

As we age, we find we would like a bit of assistance with battery replacement or check out smoke alarms, electrical safety, First Aid or home help, including home safety check list, Ring "Safe Home" on 1300 369 003

## Useful web Links.

Veteran Affairs

[www.dva.gov.au](http://www.dva.gov.au)

Household Assistance

<http://www.dva.gov.au/health-and-wellbeing/home-and-care/household-assistance>

Government Portal

[www.my.gov.au](http://www.my.gov.au)

Vietnam Veterans

[www.vvaa.org.au](http://www.vvaa.org.au)

Defence Force

[www.defence.gov.au](http://www.defence.gov.au)

Comsuper,DFRDB.

<https://csc.gov.au/>

Email: [members@dfrdb.gov.au](mailto:members@dfrdb.gov.au)

Email: [pensions@dfrdb.gov.au](mailto:pensions@dfrdb.gov.au)

Bravery Trust

<https://braverytrust.org.au>

Defence Care

<http://www.defencecare.org.au>

RSL

<https://www.rslqld.org/>

<https://www.rslqld.org/Help-us-Help-Them/Services-Overview>

<https://www.rslqld.org/ADF-Community/ADF-Community>

Mental health support

<https://www.rslqld.org/ADF-Community/Mental-Health-Support>

Emergency financial assistance

<https://www.rslqld.org/ADF-Community/Mental-Health-Support>

Bereavement assistance for Defence families who have lost loved ones

<https://www.rslqld.org/ADF-Community/Mental-Health-Support>

Help with compensation claims through the Department of Veterans' Affairs

<https://www.rslqld.org/ADF-Community/Mental-Health-Support>

Referrals to peer support groups and other specialist services

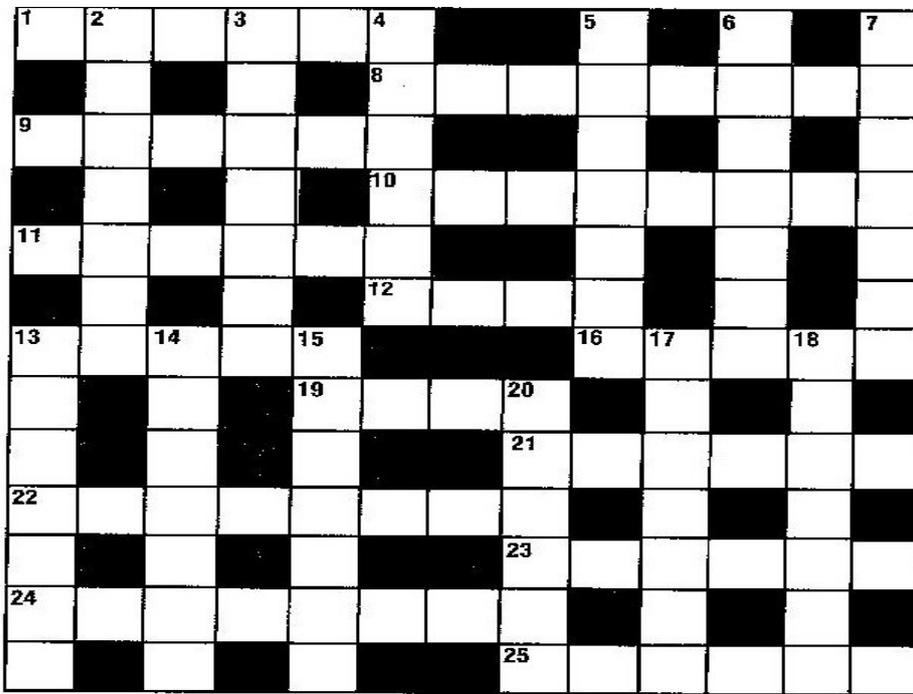
Visiting the sick, injured and lonely in hospital and/or at their homes

<https://www.rslqld.org/ADF-Community/Mental-Health-Support>

Short term crisis accommodation

<https://www.rslqld.org/ADF-Community/Mental-Health-Support>

Subsidised longer term housing solutions



**ACROSS**

- 1. Channel
- 8. Specimens
- 9. Winter
- 10. Control
- 11. Come out
- 12. Mechanical
- 13. Man's name
- 16. Indian Dresses
- 19. Large Vases

**DOWN**

- 2. Keeps things hot
- 3. European country
- 4. Gentle
- 21. Fashionable
- 22. Royal Companion
- 23. Make possible
- 24. Boats
- 25. Cooked slowly

- 5. Realms
- 6. Electrolux
- 7. Agrees
- 13. Badly chosen role (3,4)
- 14. Refers to
- 15. Habits
- 17. Norm
- 18. Pamper
- 20. Strain

**SU DO KU**

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

**Instructions:**

The numbers 1 to 9 must appear in each row, column and 3 x 3 box. Numbers can not be duplicated.

**Word Puzzle**

Find a four letter word that will fit in all of these to complete another word.

\_\_\_\_\_ ON

\_\_\_\_\_ IAL

AC \_\_\_\_\_

RE \_\_\_\_\_

DIS \_\_\_\_\_

\_\_\_\_\_ ITE

\_\_\_\_\_ UROY

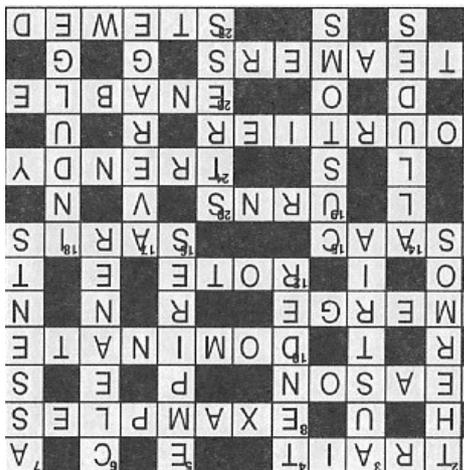
AC \_\_\_\_\_ ION

*One of the Meals on Wheels volunteers took his young granddaughter on his run with him. She had never seen the various appliances of old age such as canes, walkers and wheelchairs, and kept asking somewhat embarrassing questions.*

*When he found her staring at a set of false teeth soaking in a glass he braced himself for the inevitable embarrassing remark.*

*However she merely turned and whispered, "Grandad, the Tooth Fairy will never believe this."*

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 alight!"



Word puzzle solution: : CORN

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

