



Capital Chit-Chat

Newsletter of the Defence Force Welfare Association -



March 2015

DEFENCE WIDOWS SUPPORT GROUP

This has been a quiet period for the group, apart from a Christmas Lunch for our Support Friends at the Southern Cross Club Jamison and the distribution of our Christmas Newsletter and cards to those on our list.

Having said that, our 'rostered on' Support Friends continued to monitor the Canberra Times and record any service related deaths. Following an appropriate interval they have contacted the bereaved – either directly, or through funeral directors, to offer support and fellowship. To date we support 284 ladies, with 46 having expressed an interest in receiving our newsletter only.

On 22 March the southside ladies will meet for lunch at the Woden Southern Cross Club, and on 30 March those from the northside will lunch at Café Injoy at Gold Creek. This does not mean if you live on the northside you cannot attend the southside lunch, and vice versa. If you do not hear from your support friend a week before these dates please leave a message on the DWFA answering machine – 6265 9496 or email dws-g-act@dfwa.org.au.

We have forwarded a cheque for \$400 to the Veteran Liaison Officers at The Canberra Hospital to enable them to purchase some electrical players that will easily fit on bedside tables and supplement their stock of audio books and possibly also purchase some music DVDs. Of this money \$200 was raised in small change collections at lunches and doubled by the ACT DFWA Committee.

Four of our group were delighted to receive invitations from our Patron, Her Excellency Lady Cosgrove, to attend a Recital at Government House in November.

As usual we are always looking for volunteers to join the ranks of Support Friends. The duties are not onerous and the group meets every second month at the Southern Cross Club at Jamison. Attendance, although desirable is not necessary, as we keep in touch with both email and snail mail. Most of us stay for lunch after the meeting. Please consider joining us – the duties mainly consist of telephoning the ladies in your group to ensure they know of the lunches.

FREE SEMINARS ON WILLS, POWER OF ATTORNEY AND PHILANTHROPY

The Public Trustee for the ACT is presenting two free seminars on Wills, Power of Attorney and Philanthropy, on Monday 16 March 2015 at the Hellenic Club Woden (Time: 6:00pm-8:00pm) and on Thursday 19 March 2015 at the Canberra Southern Cross Club Jamison (Time: 09:30am-12:00noon). Places limited so please phone 6207980 for bookings.

DFWA RAFFLE

The 2015 DFWA Raffle is nearly upon us ! Your continued support of the Raffle – and the DFWA in general is most appreciated. Raffle tickets will be depatched to members in the near future.

UNCLAIMED MEDALS

Veterans, Australian Defence Force personnel and their families should apply now for their unclaimed medals, as the Department of Defence is encouraging applications for defence medals to be submitted before the end of February to ensure veterans, ADF members and families can receive their medals in time for the Centenary of Anzac commemorations this year.

The research required to confirm eligibility for medals can be quite extensive and Defence continues to work diligently to ensure Australians can wear their medals on Anzac Day. However, applications that require extensive research or additional documentation may take longer to process. Application forms can be found on the Defence Honours and Awards website at www.defence.gov.au/medals Completed forms should be sent to the Defence at:

Defence Honours and Awards
CP2-1, Department of Defence
PO Box 7952
CANBERRA BC ACT 2610

YOUR DFWA SUBSCRIPTION DETAILS

Your annual DFWA subscription (subs) runs for a calendar year ending in December. If you are not sure if your subs are due, then the answer is on the **address label** on the envelope your *Camaraderie* was posted. The label has the following information:

Member No: 1234	Expires: Dec 2014
S/C L J PODMORE	
Bldg A 81 Harrison Rd	
DUNTROON ACT 2600	

Your subs expiry date is shown in the **top right hand corner** of the label. If you are a life or honorary member, then only **LS** (meaning Life Subscription) is shown, and **no subs are payable**.

If the year date is prior to the current year, then your subs are overdue (eg in the above example). If the year date is this year or later, then your membership is current.

If you are in any doubt about your membership status ... feel free to contact Trevor, our Membership Secretary on 0407313585 or email him at actbranch@dfwa.org.au

DVA AND MENTAL HEALTH

DVA has made changes to mental health support insofar as there does not have to be any link between the mental health condition and military service for serving and eligible former members of the ADF. This effectively means that any ADF member or veteran who has been diagnosed with a mental health condition will have their treatment covered by DVA. For more information contact DVA.

BRANCH COMMITTEE MEETINGS

The second Committee meeting for 2015 is scheduled to be held at the Burns Club on Tuesday 8 April 2015 at 1030am. Members are always invited to attend... if possible, drop us a line prior to confirm.