

DFWA NSW BRANCH NATTER

A NEWS SHEET PRODUCED FOR THE INTEREST OF NSW MEMBERS NOVEMBER 2012

“IT’S BEEN A VERY BUSY YEAR!”

Your Branch President, Ian Scott tells all

Dear Members, another busy period has passed for us in the NSW Branch office, not only working on the Fair Go Campaign and the myriad of things that keep us busy day-to-day, but we have concluded yet another very successful Raffle. I would like to thank everybody who purchased tickets and made donations. You probably realise by now that the Raffle is truly National and all Branches are participating. The Raffle and your donations are critical to funding running costs for the Offices in each State and we are truly grateful for the generosity that we see. Speaking of which, this year’s first prize winner, Mr Peter McGrath very kindly donated his First Prize back, thus reducing the cost of the Raffle overall. Peter we thank you for your generosity and we do truly appreciate it.

Of course the other big thanks goes to Ralph Derbidge the Raffle Coordinator, and the team in the office who assist him, Office Wonder Woman Joy Jobbins, Treasurer Brian Armour and VP Navy Warren Brash in particular, but everyone lends a hand with what is a complex and intense operation of mailings, receipting, banking, and ticket butt preparation.

I would also like to thank everybody who attended the AGM and indeed those who attended the luncheon in October. Unfortunately I was away for the latter

function, but I hear it went very well. I would also thank our guest speaker for the Luncheon, Wing Commander Mike Stuart-Watt from Headquarters Air Command for his talk, which I hear was very interesting and entertaining.

As this is the last Camaraderie and therefore last Natter for the year I would like on behalf of all of us in the NSW Office, to wish all members, spouses, partners and families a very, very Merry Christmas and a Happy New Year. Please, stay healthy, stay safe, stay in contact and thank you for supporting your DFWA Branch. **Ian**



DFWA 2012 RAFFLE DRAW A POPULAR ANNUAL EVENT

The 2012 Annual Raffle was drawn in Victoria Barracks, Paddington at 11.00am on Tuesday 9 October, by SQNLDR Alan Hind and LTCOL Brian Armour in the presence of Commander Warren Brash and Mrs Joy Jobbins.

Pictured: Left to right, Alan Hind, NSW Branch Secretary and Warren Brash, NSW Branch Vice President Navy, with the First Prize winning ticket which was won by Mr Peter McGrath of Gymea NSW.

2015 ANZAC DAY COMMEMORATIONS GALLIPOLI PENINSULAR TURKEY

The Governments of Australia, New Zealand and Turkey have been working on arrangements for the centenary commemoration of the landings at Gallipoli in 2015. As the Anzac Commemorative site at Gallipoli has limited capacity, the anticipated demand to attend represents a challenge to ensure a secure, safe and comfortable visitor experience, while maintaining respectful commemorations.

The Government has therefore decided that a ballot system is the most fair, equitable and transparent process for allocating 'attendance passes'. Such a process occurred for the Sydney Olympic Games, the 2006 Melbourne Commonwealth Games, the 2011 Rugby World Cup in New Zealand and most recently the 2012 London Olympics.

To recognise those who will continue our tradition of commemoration, special categories of attendees will represent Australia. The Government proposes the following special categories.:

- ◆ Surviving veterans and widows from every conflict in which Australians have served.
- ◆ Current members of the Australian Defence Force.
- ◆ Direct descendants of Gallipoli veterans.
- ◆ Young Australians.

It should be noted that there are two types of descendant – a *lineal descendant* – a blood relative in the direct line of descent (the children, grandchildren etc) and a *collateral descendant* – a relative descended from a brother or sister of an ancestor (a niece, nephew or cousin etc)

In order to be included as a representative, a descendant of a Gallipoli veteran would need to prove their descendancy through official records or documents such as birth, death or marriage certificates – the veteran's service record alone would not provide sufficient proof.

To inform the Government on how the ballot process could work a discussion paper and survey has been included on the *Gallipoli 2015 website*. Visit it on:

www.gallipoli2015.dva.gov.au

Do you know anyone with a mental health problem?

Growing older, career changes, moving interstate, deployment, leaving the defence forces, divorce, grief and loss can all affect mental health and well being. The problems experienced by veterans and Defence Force members may relate not only to deployment, but other incidents from a war or peacekeeping zone. The most common being anxiety, depression and substance use.

If you know of anyone handling the transition from military to civilian life, the Department of Veterans' Affairs, in conjunction with the Australian Centre for Posttraumatic Mental Health have a website the **Wellbeing Toolbox**, designed to help

anyone with this problem. Information available from the website includes: Problem solving, building support, helpful thinking, getting active, keeping calm and sleeping better. Contact: **www.wellbeingtoolbox.net.au**

SCAMS AND INVESTMENT FRAUD

How to protect yourself

The July edition of *The Natter* contained detailed information on SCAMS and the precautions you should take to protect yourself. However, because the Australian Crime Commission has recently warned that organised criminal groups are targeting the savings of Australians who have lost their entire retirement savings through investment frauds, it is prudent to again remind members of the dangers they may encounter.

Be aware of the risks by revealing any of your financial details (credit card, bank account numbers etc). You may be called at random by someone offering an unsolicited email or telephone call under the name of reputable organisations offering you an investment opportunity.

Law enforcement advises that criminals offering these investment opportunities use persuasive cold-calling tactics, sophisticated websites and legitimate-looking brochures.

ASIC believes the best way to protect consumers against fraud is to warn consumers and equip them with information to reduce the pool of potential victims. ASIC and the ACCC distribute material which can be requested by phone: 1300 795 995. Victim support in NSW is available through the Fraud and Cybercrime Squad Helpdesk (02) 8835 7320.

To protect yourself you can:

- ◆ **Visit** the Australian Securities and Investment Commission. Website: <http://moneysmart.gov.au/scams> or call: 1300 300 630.
- ◆ **Alert** your family and friends, especially those who have savings to invest.
- ◆ **Report** suspected investment frauds and unsolicited emails or telephone calls to the Australian Securities and Investment Commission via the website above.
- ◆ **Hang up** on unsolicited telephone calls offering investments.
- ◆ **Check** any company with whom you are discussing investments has a valid Australian Financial Services Licence at the ASIC site.
- ◆ **Seek** independent financial advice before making an investment.
- ◆ **Protect** your mail to deter would-be thieves by fitting a lock to your mail box

HERE, THERE & AWAY

Voices of the families of those who Served

This is a recently published book by the Defence Widows Support Group (DWSG) that represents a unique collection of heart-warming and entertaining stories from the families of ex-servicemen of the three branches of the Australian Defence Force.

Here, There & Away paints a vivid picture of the ups and downs of everyday life of military families, but the stories also reflect many aspects of life to which we can all relate.

Cost per copy \$19.99. Postage of \$6.95 will be charged for one or two books ordered through the website: www.bigskypublishing.com.au or direct from the publisher.

HOW TO SAVE ON YOUR POWER BILLS

Free help for DVA cardholders and lower income households

The Home Power Savings Program (HPSP) is run by the NSW Office of Environment and Heritage. Those eligible can join by calling 1300 662 416 for a FREE in-home power assessment. The Program provides:

- ◆ **In-Home Power Assessment** by a trained energy expert who shows the owner or renter how much power their appliances are using and provides suggestions on how to save power.
- ◆ **Power Savings Kit.** Fully installed by the energy expert at the time of assessment, the kit contains many items including a standby-saver board, energy efficient light bulbs, draught proofing and a thermometer.
- ◆ **Personal Power Savings Plan.** This is mailed to the householder listing more suggestions to help save money.
- ◆ **The Program is also available** to NSW veterans who hold one of the following cards:
 - ◆ DVA Gold Repatriation Health Card
 - ◆ DVA White Repatriation Health Card
 - ◆ DVA Pensioner Concession Card
 - ◆ NSW residents who (a) hold a Centrelink Pensioner Concession Card or Centrelink Low Income Health Care Card (b) rent government or community housing, or (c) are on a hardship assistance plan with their energy retailer, And HPSP is FREE.

UPDATED OR NEW STATEMENTS OF PRINCIPLE (SOPS)

If you have had a Disability Pension refused from a superseded SOP you will need to make a new application. For advice on the changes please contact John King in our Victoria Barracks, Paddington office on (02) 8335 5487 (Wednesdays only) or a member of the Shoalhaven or Hunter Group. Contact details in Branch Reports in Camaraderie. Following are some recently updated Statements of Principle

Conjunctivitis	Chronic venous insufficiency of the lower limb
Dementia pugilistica	Periodic limb movement disorder
Psoriatic arthropathy	Traumatic brain injury (TBI)
Aortic aneurysm	Fibromyalgia
Acute infectious mononucleosis	
Adhesive capsulitis of the shoulder	

MAJOR SPONSORSHIP BY INVOCARE

Just a reminder that DFWA is proud to have a major sponsor in **InvoCare**, Australia's largest provider of funeral services and well known for its commitment to family care and community engagement.

The sponsorship will not only provide financial benefit to the Association but give discount benefits to all DFWA and Alliance members, supporters and their families as well. **InvoCare** has an informative website at: <http://www.invocare.com.au>.

What is Defence doing about Asbestos?

If you believe you have been exposed there's help

The Defence Asbestos Exposure Evaluation Scheme (DAEES) was established in 1991 to assist current and ex-serving members and current or former civilian employees that may have been exposed to asbestos during their time of service or employment. Members are required to register for DAEES by calling 1800 333 362. Upon registration your name will be recorded along with contact details and a record of how the Defence-related exposure to asbestos may have occurred.

Current and former ADF members may lodge a claim with the Department of Veterans' Affairs if they believe that their health has been adversely affected by exposure to Asbestos. Call 133 254 or 1300 550 461.

What is Asbestos? It is a mineral which has been mined extensively and processed for many commercial applications throughout the world. It is commonly known in its various forms as blue asbestos (crocidolite), brown asbestos (amosite), or white asbestos (chrysolite).

The resistance of asbestos to fire and chemical breakdown and its fibrous structure are properties which have made it so useful in many products. We are familiar with its use in building material as asbestos cement sheeting (fibro), insulation and various fireproof fabrics. It was also used in ships and aircraft for lagging, fire retarding and soundproofing.

Asbestos products are found and used in many defence installations and applications. Because of their inherent properties, they are utilised in building materials, thermal and acoustic insulation gaskets, seals, brake pads, aircraft panels and as filler in adhesives.

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These products are prevalent in facilities and ships used by the Australian Defence Force.

Is all asbestos harmful? All types of asbestos are unsafe for humans. The three forms of commercial asbestos which have been used in Australia are all harmful. There is no amount of asbestos exposure low enough to be guaranteed too per cent free of health risk. Asbestos is found naturally in low levels in most parts of Australia.

Asbestos can cause a number of diseases. Inhaled fibres are the cause of asbestos lung diseases. Also it is possible that swallowed fibres cause disease. For all asbestos related disease, the risk depends on the dose.

If you believe you have been exposed to asbestos through your service employment and that your health has been affected contact your local Health Service or call DVA on **133 254 or 1300 550 461**.

Your Contact Details

If you have changed your contact details, or are planning to do so shortly, would you kindly let us know as mail returned 'address unknown' results in your deletion from the membership database.

As your membership is highly valued please let the Branch know of any changes as follows:
Telephone: (02) 8335 5447 Email: nswbranch@dfwa.org.au Fax: (02) 8335 6720

NSW BRANCH DONATIONS SINCE JULY 2012

Thank you very much for the donations we have received recently, your generosity is keeping the association going. Just a gentle reminder to renew your subscription if you have not yet done so as numbers count when it comes to lobbying politicians.

Mrs L Adams, Harrington; Mr G Ambrose, Port Macquarie; Mr G D Anderson, St Georges Basin; Mr P Angus, Sawtell; LTCOL C T Barnett, Clifton Gardens; LEUT K G Barratt, Swan Reach; Mr R Batchelor, Bomaderry; Mr G I Beasley, West Lindfield; Mrs Z A Bourke, Ettalong; Mr T G Bradshaw, Liverpool; CMDR W J Brash, Wentworth Falls; Mrs R D Bridges, Darling Point; Mr R Brown, Leumeah; Mr K C Buchanan, Culburra Beach; WO1 D J Buckland, Bandiana; CAPT M Calder, Cromer; SQNLDR J S Caldwell, Nelson Bay; Mrs Y Cameron, Coonabarabran; Mrs M Chinn, Fisher; SQNLDR G H Christian, Riverview; Mr R J Clark, Berrigan; CHAP G N Clarke, Mayfield; PTE J Clothier, Beaudesert Q; Mr C F Connor, Emu Plains; WGCDR R J Coopes, Sth Melbourne; SQNLDR B G Cowdell, Lane Cove; Mr R J Cox, Carlton; CAPT S F Crook, Woolgoolga; Mr A E Cutten, Belmont; CAPT T J Daly, Howrah; LSET C A Davidson, Sunnybank; Mr P A Deacon, Goulburn; CMDR D G Debus, Tuggeranong; Mrs M D Debus, Tuggeranong; CAPT R T D Derbidge, Waverton; Mr D W Donkin, Cromer; LEUT J A Duncan, Bellevue Hill; LEUT V B Fazio, Petersham; RADM M B Forrest, Nelson Bay; Mr N F Gage, Nowra North; Mr W Gall, Tea Gardens; CAPT J A Gardner, Holsworthy; Mr M W Geeves, Wagga Wagga; Mrs J L Gernhoefer, Frenchs Forest; Mr R Giveen, Dee Why; Mr L J Graham, St Clair; RADM G R Griffiths, Castle Cove; LCDR I R Gulliver, Belrose; Mr R G Harris, Epping; LTCOL P J Hayden, Gunnedah; Mrs B J Hayles, Lugarno; Mr J R Hazel, Norah Head; Mrs E A Healey, Semaphore; Mr I E Heesom, Casino; CMDR R G Hefferan, Lane Cove; CAPT L R Hemperger, Hurstville B C; CAPT G Heys, Armidale; Mr T M Hoare, Bowen Mountain; Mr L G Hollis, Port Macquarie; Mr I M Honess, Ashtonfield; Mr N C Hoskins, Hyams Beach; Mr L T Hudson, Eden; Mr R E M Hughes, Marsfield; CAPT R R W Humbley, Pots Point; Colonel P C Jarratt, Stuart Town; Mr S J Jelich, Ingleburn; WO M J Johansen, Hobartville; Mr T R Kelly, Merrylands; CMDR J N King, Kenthurst; Mr J Kirkland, Frenchs Forest; AVM R N Law, Nth Turramurra; FLTLT P A Long, Quakers Hill; Mrs J Loveday, Gympie; RADM D F Lynam, Maroubra; Mr M J Lynch, Mittagong; Major C Lynn, Camden; Miss C J Mackenzie,

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Quote your surname and initials and the nature of your deposit, eg: Membership, Donation etc to:

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