

# defence *family* matters

DEFENCE COMMUNITY ORGANISATION

## Defence families take command

page 4

## Spotlight on the disability sports program

pages 16–17

## Passionate about community choir

pages 22–24

## Life as an American Defence family

pages 29–31

## A visit from Mick Molloy

pages 27–28

## Have your say in the ADF family survey

page 32

**GET YOUR  
PULL-OUT**

Calendar of events  
August–November 2012

see centrespread

ABOVE – Wing Commander John Young, Commanding Officer of 79 Squadron, with his boys Angus (left), Campbell (seated) and Hamish (right) at the Defence Force Air Show, RAAF Base Pearce. See page 13 for more details on the Air Show.

## A note from the editor

*Welcome to the Winter 2012 edition of defence family matters.*

In this edition we report back on the Defence Family Forum, held in Darling Harbour from 30 April to 2 May, where hundreds of committed Defence families and stakeholders took time out of their busy lives to head to Sydney and discuss the challenges and opportunities of the military way of life (**page 4**).

We also publish some submissions from our readers—read the articles from Cherie Whiteman, Salina Parton and our interview with Jasmine Jarvis in this issue. We love to receive submissions from our readers. If you have an itch to write and to help your fellow Defence family members then consider dropping us a line! The copy deadline for the combined Spring/Summer edition is 26 September.

Getting out into the community, especially when new to a locality, can be a challenge. At *dfm* we also love to promote community activities or groups where Defence families can readily engage with their new home. In this edition we talk about the power of community choirs, which not only offer a chance to sing to the rafters but a means to get to know other people in a safe and welcoming environment (see **pages 22–24**).

DCO bids farewell to Mick Callan who served as Director General from December 2007 until this year. Mick, a former Army Officer and himself familiar with the challenges of the Defence lifestyle, oversaw many changes in DCO, not least of which is the establishment of the 24 hour Defence Family Helpline to assist families to efficiently access support or information.

Mick was a tireless advocate for securing resources and assistance for Defence families and DCO wishes him all the best in his role as the Inspector General for Defence.

Ray Bromwich has taken on the role of Director General DCO, and the whole DCO team welcome him to the organisation.

## Visit the *dfm* webpage for online content

See online for additional *dfm* content in the e-copy of the Winter 2012 edition as well as copies of past editions.

[www.defence.gov.au/dco](http://www.defence.gov.au/dco) > defence family matters

## Contents

A note from the editor	2
A message from Linda Hurley	3
Defence families take command	4
Defence Families of Australia news	5
Community house and group news	8
Come to an event near you	12
Celebrate Defence bubs'n'pets	14
Spotlight on ADF Paralympic Sports	16
Biggest Morning Team	18
National calendar of events: August to November 2012	20
Passionate about community choir	22
Photograph gifts bring comfort from home	25
Spiritual health matters	26
A visit from Mick Molloy—comedy and what it's like to tour Afghanistan	27
Life as an American Defense family	29
Book reviews online	31
Have your say in the ADF Family Survey	32
Defence childcare centres have new provider	32
We fight for freedom	33
Set sail on the voyage of a lifetime	33
Defence is there to assist you during your relocation	34
Access home loan scheme before you leave	35
Purchasing residential investment property	36
ADF Family Health Trial extended	36
ADF Transition Seminar Calendar 2012	37
Army Amenities Fund holiday facilities	37

**Advertising in *dfm*:** *dfm* does not take paid advertising, though we do provide space for not-for-profit organisations that directly provide for ADF members and their families. If you're looking to advertise your products or services direct to members then you can't go past the Service newspapers for reaching that demographic. Please call the Advertising Manager for more information. Phone: 02 6266 7605; Email: [advertising@defencenews.gov.au](mailto:advertising@defencenews.gov.au)



## A message from Linda Hurley

### Patron of the Defence community

Many years ago, my husband went on deployment. It was 1993, when the First Battalion went on a peacekeeping mission to Somalia. It came as a huge surprise to me as I had been married to an infantry officer in a peacetime army for 16 years.

David had just started his Christmas leave. We had one day of Christmas shopping and the next day he was back at work. We had planned a child free weekend on Hinchinbrook Island the following weekend. I will never forget the very kind Land Commander at the time who allowed David to go on our planned weekend away. It was a very special time for us both.

The afternoon we returned I lost him to the Defence Force for six months as they planned for and then went to Somalia.

That is the only deployment we have had in his 40 year career. Things were very different back then. He spent the day before he departed with us on holiday. I clearly remember our farewell and watching him walk down the path to catch the ferry back to Townsville. I didn't go to the airport to see him off.

For the next six weeks we heard nothing from our men. That was the worst part for us. None of us knew what was happening or how our partners were. We formed a ladies/spouses group. We had a big family barbecue and a couple of other meetings. They were well attended in the beginning and I think people came for a bit of support and to see if anyone else might have some news.

When the mail finally started coming through it made a huge difference to everyone. I still have the letters we sent to each other during the deployment.

David would send letters to the children with drawings of donkey carts, the local houses and scenery. I hope people today save some of their emails on paper.

Our support group continued but it became a much smaller group of dedicated women who produced newsletters to send to spouses and parents, both locally and around Australia. Some families had chosen to move back to their extended families during the deployment. The newsletters were physically typed, printed, folded and sent by the group.

On Valentine's Day a very clever local florist had organised for the men in Somalia to write their name on a list to have flowers delivered to their wives or girlfriends. A friend phoned me that morning to ask had I received my flowers yet. As my husband doesn't believe in Valentine's Day I was very surprised when my flowers arrived soon after. A few weeks later I also received the bill on my MasterCard!

Towards the end of the deployment it was very exciting when I received a phone call from David. They had somehow organised a phone line with the Americans and it was the first time I heard his voice in four months. Those calls cost \$60 but it was worth it.

The local Townsville community organised a Mother's Day lunch for the Battalion. They had free babysitting, entertainment, and delicious food. Each mother received a lovely gift. It was a very memorable day. We also received flowers on Mother's Day from the same clever florist.

Our men returned after a successful deployment in Somalia and there were many teary and emotional reunions at



the airport. The relief and excitement having them back is hard to explain. David put the garbage bin out that night!

I think it is great that communications have improved—with email and Skype affording near or actual real time contact—but I will never forget that remarkable group of women who worked so hard to support each other on the home front. ✨

*Linda Hurley is the patron for the Defence Community Organisation. Linda is married to the Chief of the Defence Force, General David Hurley, and has been a Defence family member for over 30 years.*

### More information

DCO has an array of services and publications—such as the *Deployment Support booklet*—to assist families with a deployment. See the DCO website or call the Defence Family Helpline for more information.

**Defence Family Helpline:** 1800 624 608

**Email:**

DefenceFamilyHelpline@defence.gov.au

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

# Defence Family Forum

## Defence families take command

On 30 April, Defence families from across Australia gathered at Sydney's beautiful Darling Harbour to explore the military way of life and the future of family support.

The three-day Defence Family Forum, hosted by the Defence Community Organisation, offered families the opportunity to shape the support they need from both Defence and the civilian community and to offer practical solutions to the demands of Service life.

The Forum examined how Defence families overcome the challenges and

make the most of the opportunities presented by the military way of life, and their role in connecting with and leading the wider Australian community.

Through a series of participant-driven workshops and open discussions, Defence families worked together to come up with a range of ideas and strategies to support the unique needs of military families. Each idea was recorded as a discrete project and Defence families, with assistance from DCO, will manage and implement these projects over the coming months. Where required, DCO will link these

action groups with local community groups to gain additional assistance.

Project ideas included building a centralised website to help families become familiar with new posting locations, establishing a group of experienced Defence partners to mentor newer Defence partners, and building community gardens for mobile families.

The action items identified by Defence families during the Forum are currently being developed and implemented by local Defence families and communities in partnership with DCO.

## Perspectives from senior military families

At the Forum, Chief of the Defence Force General David Hurley acknowledged the commitment, support, and sacrifice of Defence families for the Australian Defence Force.

'The Defence Family Forum marks an important step in Defence's cultural evolution and is an opportunity for us all to capture that which makes Defence families strong, and make the most of these strengths,' said General Hurley.

Later, during a question-and-answer session with the audience, the partners of senior military members told their stories of Defence life.

Patron of the Defence Community, Mrs Linda Hurley, talked about her experience of being part of a Defence family and being married to the Chief of the Defence Force, while Jenny Barrett (partner of Rear Admiral Timothy Barrett) described how she managed changing schools and childcare arrangements in between postings and deployments.

Gayle Morrison (partner of Lieutenant General David Morrison) showed her appreciation of the resilience and strength of Defence families, and had a wry laugh at overuse of acronyms in the military. Louise Hupfeld (partner of Air Vice-Marshal Mel Hupfeld) detailed the challenges she faced juggling her career in the Air Force with the needs of her young child.

Mrs Hurley summed up the experience of a military family. 'I know what it's like to be an army wife. David's aide-de-camp probably sees him more than I do, so the time we have together is very precious,' she said.

'Every posting has been a matter of adapting and reinventing my life. I've had an exciting time, and sometimes it's been tough. I can honestly say I have loved every posting we've had. I encourage families to be proactive—it takes courage, but it leads to a sense of belonging, not only in the Defence family, but in our community.' ❄️



TOP – Chief of the Defence Force, General David Hurley

### Check out the Forum website

To find out more about the forum, the presentations given and the action items that came out of the Open Space see the Forum website.

[www.defence.gov.au/dco](http://www.defence.gov.au/dco) >  
Defence Family Forum



## Defence Families of Australia news



ABOVE – Defence Families of Australia National Convenor Julie Blackburn

### Message from the National Convenor

*There is a danger of changing too much in the search for perfection—Agnetha Faltskog*

Recently I attended a presentation by an Australian child and family psychologist during which changes in today's neighbourhoods and community structures were discussed.

Due to fundamental changes in social dynamics ('The backyard fence has gone, neighbours don't chat, communities don't know each other, very few go to church.') there has been a decline in the creation of the community-based 'tribes' that people have previously relied on for support and strength.

The community structures that are created by Defence are therefore unique, providing that necessary 'tribe' that ADF families can connect with at each posting.

*Julie Blackburn, National Convenor*

### Defence Family Forum

A group of DFA representatives joined family groups and ADF members attending DCO's Defence Family Forum in Sydney in April and May this year.

The Forum provided a great networking opportunity to meet and hear from people around Australia, including DCO staff. Ideas from serving and non-serving ADF family members were aired and generated great discussions.

Most importantly, participants were able to reinforce to Defence that ADF members and their families play an important role in the wider Australian community. Acknowledgement and internal support for our own unique Defence community remains necessary and its continuation is of concern to many. Ways in which this can be improved need to be further explored.

**DFA will monitor action items arising from the Forum.**

### The ADF Family Pin

DFA has been advising the Federal Government on the design and distribution of an ADF Family Pin. Requests for a pin of this nature have been sought by many families for years, and in April the Prime Minister announced a concrete proposal.

DFA understands that many families, including extended family members such as parents or grandparents, view their support as important even when it has not been associated with deployment. This view has been expressed to government and Defence.

Keep an eye on DFA newsletters, email alerts and the DFA Facebook page for further updates.

### Changes to single member travel

DFA has been receiving plenty of feedback surrounding the proposed changes to recreational leave travel for single members over 21 years. We acknowledge the significant impact the proposed changes have on maintaining family connections and on single members with children who use leave to visit them.

DFA has submitted this feedback and will continue to reinforce the importance of family to all ADF members. Visit the DFA website for more information on our role in supporting this very important issue.

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

Continued on page 6

Continued from page 5

## Members With Dependants Unaccompanied

Defence understands that military service places stress on families and that some members may choose to reduce that stress by stabilising their family in one location for a period of time.

Circumstances such as education or spouse employment may also result in Defence members living separately from their dependants, such as if the member is posted while their children are finishing high school. The Members With Dependants (Unaccompanied), or MWD(U), posting can provide financial assistance to such families, including reunion travel, allowances, and subsidised accommodation.

The decision to geographically split a family can be a difficult one, especially given the impact of the member's absence on the family dynamic.

Defence Families of Australia is looking at the pros and cons of MWD(U) in an effort to better inform Defence families who are considering applying for it. DFA would like to hear about your experiences, good or bad.

Send an email to Julie Blackburn at [convenor@dfa.org.au](mailto:convenor@dfa.org.au)

## Legislation tabled for citizenship for lateral families

On 22 May, the Minister for Immigration and Citizenship Chris Bowen and the Minister for Defence Science and Personnel Warren Snowdon announced that the government will fast-track Australian citizenship for family members of ADF members.

Under proposed changes to the Australian Citizenship Act 2007, family members who have migrated with ADF members recruited from overseas, including children aged over 16 years, partners and dependent elderly parents, will be able to gain access to the same reduced residence requirement which currently applies to the ADF members and their children aged under 16 years.

DFA has been lobbying the government and Defence for recognition for all Defence recognised families since 2010. The submission of the Private Member's bill and the subsequent announcement from Minister Snowdon and Minister Bowen is applauded by DFA, and we look forward to the finalisation of this legislation.

Our thanks to Camilla Kerr-Ruston, who worked with DFA as the Lateral Recruit Officer until February 2011, collecting data and bringing the issue to the attention of DFA. We also thank Defence families whose members have been recruited to the ADF from overseas and who shared their stories with DFA.

## A word of thanks...

A word of thanks goes to the Defence community centres and partner groups around Australia who gave recognition to National Families Week events during May and organised functions.

Thanks also to all family members who provide feedback to ensure the matters that affect our families are observed.

## Changes to DFA National Delegates

Expansions to family representatives have been occurring in all regions ensuring wider coverage of feedback from all family types. Local family representatives include parents, and partners, reservists, gay and lesbian members, and Indigenous families, as well as partners who have recently experienced a breakdown of marriage.

At the time this goes to print, we say farewell to National Delegates from WA and North Queensland. The unpredictable and changeable nature of Defence life affects us all. Our thanks and best wishes to Helen and Michelle for their time and commitment to DFA and the Defence communities in their areas. Our best wishes to their families as they begin the next journey.

### More information

**DFA Infoline:** 1800 100 509

**DFA email feedback:** [convenor@dfa.org.au](mailto:convenor@dfa.org.au)

[www.facebook.com/DefenceFamiliesofAustralia](https://www.facebook.com/DefenceFamiliesofAustralia)

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



## Defence Families of Australia

Defence Families of Australia (DFA) is a ministerially-appointed group that represents the interests of Defence Families, independent from the Department of Defence. Comprised largely of volunteers, we have been representing the needs of members and their families to government and Defence since 1986. Our primary goal is to inform government and Defence on the views and needs of the family, providing suggestions for improvement, and influencing policy where necessary in order to ensure quality of life for all Defence families, and optimal performance of the ADF.

Through the effective DFA network, we are able to discuss, clarify and resolve issues concerning families at both regional and national levels—believing supported families are supportive families.

More detailed information can be found on our website:

[www.dfa.org.au](http://www.dfa.org.au) ✨

## Your regional DFA National Delegates

State or Territory	Delegates	Email
Australian Capital Territory and Southern New South Wales	Christina Saladino	<a href="mailto:act.sthns@dfa.org.au">act.sthns@dfa.org.au</a>
Victoria and Tasmania	Anne Carruthers	<a href="mailto:vic.tas@dfa.org.au">vic.tas@dfa.org.au</a>
Western Australia	<i>To be appointed</i>	<a href="mailto:wa@dfa.org.au">wa@dfa.org.au</a>
Northern Territory	Marion Donohue	<a href="mailto:nt@dfa.org.au">nt@dfa.org.au</a>
North Queensland	<i>To be appointed</i>	<a href="mailto:nth.qld@dfa.org.au">nth.qld@dfa.org.au</a>
South Queensland	Caetlin Watch	<a href="mailto:sth.qld@dfa.org.au">sth.qld@dfa.org.au</a>
Central New South Wales	<i>To be appointed</i>	<a href="mailto:central.nsw@dfa.org.au">central.nsw@dfa.org.au</a>
South Australia	Jacqui Bennett	<a href="mailto:sa@dfa.org.au">sa@dfa.org.au</a>
National Communications Officer	Amita Tandukar	<a href="mailto:communications@dfa.org.au">communications@dfa.org.au</a>
National Policy Officer	Kate Stone-Crouch	<a href="mailto:policy@dfa.org.au">policy@dfa.org.au</a>

## CADET INFORMATION FOR FAMILIES

The Australian Defence Force Cadets is a community-based youth development organisation of 22 000 cadets and approximately 2300 cadet staff in 454 units and squadrons across Australia.



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



## Community house and group news

Would you like your community house or community group or organisation profiled in *dfm*? Please send your submission to *dfm* by Wednesday 26 September 2012.

Email: [defencefamilymatters@defence.gov.au](mailto:defencefamilymatters@defence.gov.au)

### Kidzplay playgroup — my lifeline

When I arrived in Wattle Grove, New South Wales, from the United Kingdom, I was sleep deprived and lonely. Now I'm preparing to leave, 18 months later, surrounded by friends I will be sorry to leave behind. I met most of my friends here through the Waratah Interest Group's Kidzplay playgroup.

I first heard of the playgroup from the wife of my husband's boss who has older kids. I immediately went home and leafed through the wealth of information we'd received from DCO and found out more.

Right from the first session I was made to feel welcome. The other mums were so friendly and chatty; there was not even the suggestion of a clique. Neither was rank an issue as our husbands' work was rarely mentioned other than in passing. This was a bit of a relief, as I'd never really been part of the army wives network before. In fact, it wasn't until some weeks later that I found out that some of the ladies I'd become friends with weren't even part of Defence families at all.

We moved to the area at the end of November 2010, and there were only two more weeks left of the playgroup term before the long Christmas break. Dreading a long summer with few friends, I readily exchanged phone numbers with other mums—this was

the start of my relaxing into Aussie life with the help of some lovely ladies to save my sanity!

At our first session, I remember being very impressed by the space both indoors and outdoors for the kids to play. My then two-year-old daughter was always transfixed with the number and variety of toys, and her delight at finally having similar aged children to play with again was obvious! Craft activities are also arranged on a regular basis—there is a separate craft room for painting, sticking and generally getting messy. The afternoon after our first session, she finally succumbed to a daytime nap for me ... bliss!

Another thing that we like about Kidzplay is the regular morning tea for the mums. We provide cakes or snacks on a rota basis, and it is always something to look forward to. Although the morning tea is meant for the mums, my daughter loves her cake and refers to Kidzplay as 'the cake playgroup'!

Several of us from the group have recently had second—or third! —babies, and there is always someone ready and willing to help out with the little baby while we tend to our over-excited pre-schoolers.

When the majority of the previous WIG committee moved on towards the end of last year, there was suggestion that Kidzplay may need to close unless all the committee positions were filled. I jumped at the chance to put my name forward

for Secretary, as Kidzplay has given me so much and it would be a real shame to see it close.

I have been going to Kidzplay for about 18 months now, and it has been a lifeline for me socially. I have made some fabulous friends through Kidzplay, and I will be sad to say goodbye. I just hope we find a similar playgroup at our next posting back in the United Kingdom. My daughter and I have always looked forward to our Friday mornings at Kidzplay, and not just for the cake!

*Cherie Whiteman is the partner of a soldier who was on exchange from the United Kingdom. For more information about Kidzplay, an interest group that is part of the Waratah Interest Group in Liverpool, see page 10.*



ABOVE – Cherie Whiteman with her three-year-old daughter, Bethan

## Train ride for National Families Week

There were many Thomas and Chuggington fans among more than 100 Defence families who boarded a diesel train to Bungendore on the morning of Saturday 19 May.

It was an excited group of children—and parents!—who farewelled Kingston station and travelled into the countryside. The route travelled through the rocky Molonglo gorge and close to the workplace of some of the parents, Headquarters Joint Operations Command. With the recent rain, you could even see Lake George glistening in the distance.

Arriving at Bungendore, there was only a short walk to the oval where families had a sausage sizzle with sausages from the Bungendore butcher and cooked by the local Scout unit. The kids enjoyed playing on the playground in the winter sunshine.

There was also time for a short walk to the township for a coffee or ice cream and to visit the famous Woodworks gallery and antiques shops.

Families from the Southern Region were treated to the event to celebrate National Families Week thanks to the efforts of the Duntroon Community Centre and major sponsors Defence Housing Australia and Defence Health.



ABOVE – All aboard!

## Tips and tricks for running an event from the Duntroon Community Centre

Some Defence-related organisations can provide funds to benefit ADF members and their families. Approach sponsors with details of the event including the proposed sponsorship amount, the benefit for families and exposure for the sponsor.

Promote through existing channels such as DCO and community house email lists.

Use Facebook groups and pages.

Set up a dedicated email address so that families can RSVP to one place.

Make sure there is a phone number listed for inquiries.

Form relationships with other organisations that maybe interested in helping out such as local Scout groups, local businesses and other organisations. Their support is also an advertising opportunity for them so it is often a win/win relationship.

*RIGHT - DCC volunteers from the Canberra welcome event in March this year*



## Duntroon Community Centre, Duntroon

The Duntroon Community Centre runs a host of different activities including weekday and Saturday playgroups, Playschool (pre-school for three year olds), craft groups, restaurant club, babysitting club and a new deployment support group.

**When:** Monday to Friday, 9 am–3 pm  
(group times vary)

**Where:** Gymkhana Road, RMC  
Duntroon, Campbell

### More information

**Phone:** 02 6265 9411

**Fax:** 02 6265 9063

**Email:** [duntrooncc@hotmail.com](mailto:duntrooncc@hotmail.com)

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

[www.facebook.com/](https://www.facebook.com/DuntroonCommunityCentre)

[DuntroonCommunityCentre](https://www.facebook.com/DuntroonCommunityCentre)

Continued on page 10

Continued from page 9

## Waratah Interest Group Inc., Liverpool

Waratah Interest Group, or WIG, is a non-profit incorporated association that functions as a body where various interest groups, based in the Liverpool Military Area, can obtain umbrella public liability insurance. WIG membership is \$10 per year.

There are three interest groups that WIG currently supports: the Kidzplay playgroup, the Toy Library and the Coffee, Craft and Chat mornings.

**Where:** Defence Community Organisation, Old Partridge Club, Bapaume Rd, Moorebank (off Moorebank Ave), New South Wales.

**Contact:** DCO Liverpool on 02 8782 4864

## Kidzplay playgroup

**When:** Fridays during school terms from 9.30 am–12 pm.

**Cost:** First two visits are free, after that \$3 for WIG members and \$5 for non-members.



**Did you know there's an organisation to help Defence families with special needs?**

For more information about the Defence Special Needs Support Group see their website.

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

## Toy Library

The Toy Library has a wide range of toys and educational equipment for children aged six months to six years. The borrowing period is two weeks.

**When:** Fridays 12.30 pm–1.30 pm during school terms.

**Cost:** Annual membership only \$25 for WIG members.

## Coffee, Craft and Chat

Come along and have a chat and a cuppa, and do some craft if you want to. There is a craft cupboard with all types of craft materials and tools available for your use or you can bring your own supplies. Childcare by a qualified worker for children over two years old is available. Children under two years are welcome.

**When:** Monday and Wednesday 9.30 am–12.30 pm.

**Cost:** WIG members \$2 and non-members \$5. Childcare costs: WIG members \$5 and non-members \$8.

## More information

Please email WIG if you have any questions.

**Email:** [wigpresident@gmail.com](mailto:wigpresident@gmail.com)

[www.facebook.com](http://www.facebook.com) > (search for) Waratah Interest Group WIG Inc



## Puckapunyal Kindergarten

Are you posting to Puckapunyal next year? Enrolments are now open for 2013.

The Puckapunyal Kindergarten is a not-for-profit pre-school which offers a three year-old and four-year-old play-based program. We are located opposite the Puckapunyal Primary School and mainly service Defence children. The centre is run by a committee which consists of the families of the centre, so we would welcome you to become involved in the running of the kindergarten.

### Location:

Multi-Function Children's Centre, Alamein Road, Puckapunyal

**When:** The three-year-olds' kindergarten operates Tuesdays and Thursdays, 9.30 am–12.30 pm. In 2013, the four-year-olds' kindergarten will provide 15 hours of funded kindergarten for each child (three sessions of five hours), operating Mondays to Thursdays

## More Information

For more information please contact Janine.

**Phone:** 03 5735 7699 on Tuesdays and Thursdays (8.45 am–1.45 pm)

### Email:

[puckapunyal.kin@kindergarten.vic.gov.au](mailto:puckapunyal.kin@kindergarten.vic.gov.au)

[www.facebook.com/puckapunyal.kindergarten](http://www.facebook.com/puckapunyal.kindergarten)



## Pine Rivers Neighbourhood Centre, Lawnton

The Pine Rivers Neighbourhood Centre is a not-for-profit community owned and operated organisation for individuals and families in the Pine Rivers district in the north of Brisbane. The centre offers numerous courses for parents and children, and provides access to a host of support services.

The centre also runs a mentoring program for Defence kids aged six to 16 years. Not only is each child carefully matched with a mentor, there're lots of fun weekend activities such as craft, fishing, and cooking.

**Location:** 730 Gympie Road, Lawnton, Queensland

**When:** 9.30 am to 4.30 pm  
Monday to Friday

**Where:** Flats 1 and 2 Canberra Drive, Nowra Hill (200 m from HMAS Albatross gates)

**When:** Playgroup is on Mondays and Tuesdays 10 am–12 pm, Scrapbooking is on Thursdays from 9.30 am–12.30 pm and Craft is on Fridays from 9.30 am–12.30 pm. ✨

### More information

For details about what the association can offer please contact Rachel.

**Phone:**  
02 4421 5766 or 0423 053 170

**Email:** shoalhavendfa@gmail.com



ABOVE – inside at Shoalhaven

BELOW – the outside playground at Shoalhaven

### More information

For more information about any of the programs on offer see the website or contact the centre directly.

**Phone:** 07 3205 2955

**Email:** prnc@prnc.org.au

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

## Shoalhaven Defence Families Association, Nowra Hill

We are a non-profit organisation supporting Defence families and friends. We have two playgroups running, as well as a crèche run by a local nanny agency. The children are looked after in the crèche while the parents enjoy some free time to do scrapbooking, craft or just enjoy a cuppa and a chat!

**“I’m with Defence Health because they have really small premiums.”**

Family of Defence personnel can join Defence Health and enjoy healthy savings. Because we’re a not-for-profit organisation we keep our premiums low.

**Switch in as little as 10 minutes and save! Call 1800 335 425 now or visit [www.defencehealth.com.au](http://www.defencehealth.com.au)**

**DefenceHealth**  
Serving Defence families better

## Come to an event near you

Throughout the year DCO participates in community events to help Defence families meet the challenges of Defence life, as well as provide opportunities to meet and greet with other Defence families.

Events like the following are regularly held by DCO and Defence. Check out the community connection page to find out about events and groups in your area. [www.defence.gov.au/dco](http://www.defence.gov.au/dco)

### A day on the Hawkesbury

#### DCO Richmond take to the river

Defence Families spent a relaxing autumn afternoon cruising along the Hawkesbury River on Sunday 20 May, during a DCO Richmond Deployment and Family Support function.

Thirty family members enjoyed a scenic two hour tour along the Hawkesbury River on board the Historical Hawkesbury Paddle Wheeler, which has been operating in the Hawkesbury area for many years. An on-board jazz band entertained the crowd while families enjoyed a fresh barbecue lunch, including some delectable desserts.

Parents and families took the opportunity to meet, chat and relax with other Defence families. The children were offered a unique opportunity to steer the paddle wheeler during the cruise. Wearing the 'official' captain's hat was a big hit with the children.



The event provided families with a greater understanding of the services within the local community and the opportunities for new connections and extending their support networks.

It was a great chance for DCO staff to meet Defence families, who have such a significant role in supporting and enabling ADF members to remain deployable.

*ABOVE – Defence families about to set paddle!*

*MIDDLE – Defence kids take the helm*

*BOTTOM – The Johnson family take in the sights*



### Pizza and panel night South Australian style

DCO South Australia hosted a pizza and panel night on Thursday 17 May for the families of deployed members of 16 Air Land Regiment (16 ALR) at Woodside Barracks.

The event was held in the Woodside Defence Families Association Community Centre and DCO was fortunate to receive strong support from 16 ALR, whose assistance helped to make the event possible.

The aim of the night was to give families a greater insight into what life is like for members on operations, information on relevant conditions of service and clarification about the Helpline and DCO programs.

DCO offices across the country conduct information nights such as these. See the DCO website for events like this in your region.

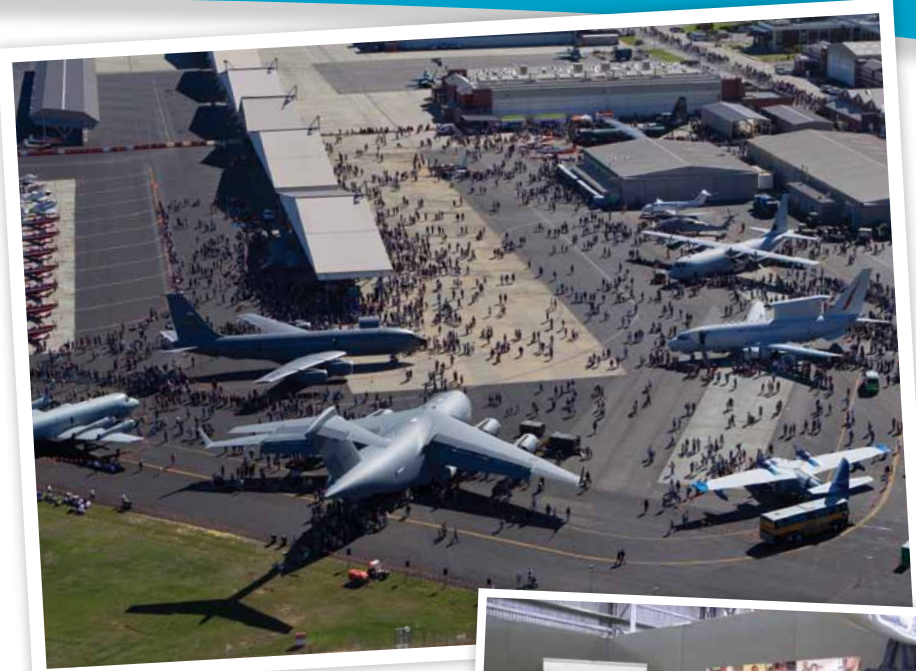


## RAAF Pearce Air Show 2012

The Defence Force Air Show was held at RAAF Pearce on 19–20 May with over 50 000 aviation enthusiasts attending.

Military and civilian elements in support of Pearce Air Base as well as local community groups from the Swan Valley region were invited to display and promote their services at the Air Show. The theme of the Air Show 2012 was 'Defence and the Community—the Sky's the Limit' and DCO Western Australia used the opportunity to showcase the support available for Defence families with an informative exhibit.

There were static, flying and ground displays of Defence capability from the Air Force, Army and Navy. Highlights of the Air Show included F/A 18F Super Hornets, a C 17 Globemaster (see top photo, centre), Hawk 127s, an Army parachuting display and the Australia's Federation Guard Precision Drill Team putting on a show.



The showstopper was a USAF B-52 bomber that completed two low passes over the airfield on each of the show days.



ABOVE – Aerial view of the crowd attending day two of the show

BOTTOM LEFT – Squadron Leader Scott Tully, instructor at the No 2 Flying Training School with his son, Nicholas

BOTTOM RIGHT – Warrant Officer Brett Postans, Western Australia Area Manager Andrea Leavy and Family Liaison Officer Veronica Howard at the DCO exhibition stand

## Easter in the Park, South Australia

On Sunday April 1, the DCO South Australia team held Easter in the Park at Mobara Park, Mawson Lakes. Over 150 adults and children came along to enjoy the perfect weather, free refreshments and Easter-themed fun. The Easter egg hunt was very popular with all the children, and there was plenty of hot cross buns and delicious coffee on offer.

The DCO staff—Area Manager Jodie Zada, Military Support Officer Allyce Hunt, Defence Social Worker Deena Saju and Family Liaison Officer Anna Stewart—all enjoyed the opportunity to meet and speak informally with the many families who attended. A big thanks to everyone who came and the team hopes to see you again next year.

RIGHT – Defence families on a roll hunting down elusive bunny business. 🐰





# Celebrate Defence **Bubs'n'Pets**

Has your Defence family welcomed a new member to the fold recently? If so, we want to know and we ask you to share a pic of your bundle of joy with the rest of the Defence family. High resolution images preferred. Email: [defencefamilymatters@defence.gov.au](mailto:defencefamilymatters@defence.gov.au)



*Delta-dawn, born August 2011  
(with big brother Shaynen)*



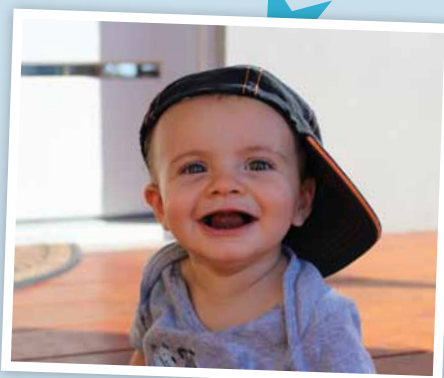
*Noah, born May 2012 (in South  
Carolina in the United States)*



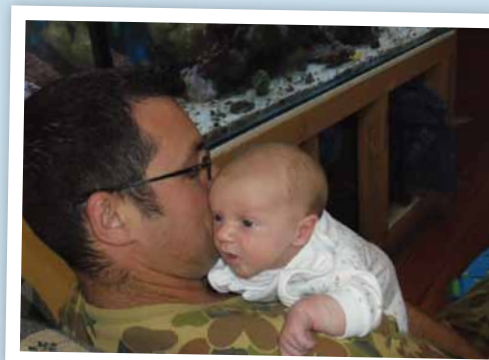
*Lydia, born March 2012*



*Hayden, born April 2012, held  
by his brother Dylan*



*Jackson, born July 2011*



*Toby, born November 2011,  
having a cuddle with dad*



*William, born May 2012, with big  
sister Taylah and a DCO Bear!*



*Holly, born July 2011*



*Dane, born November 2011*

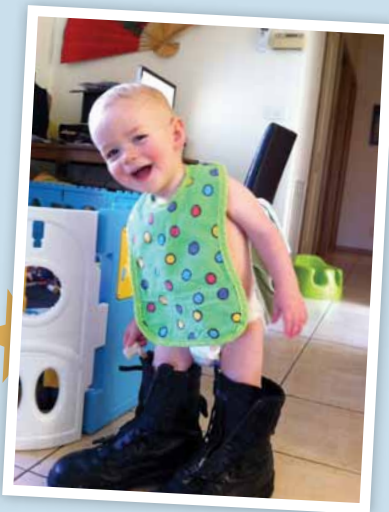
## New recruits...



*Chelsea, born December 2011, celebrating Anzac Day in daddy's spare hat*



*Ewen at 20 months. His daddy is the Petty Officer Gunbuster on HMAS Newcastle*



*Ewen at 12 months in dad's boots!*



*Riley has to dress like his daddy on a regular basis*



*Sophia, born December 2011, at three weeks and nesting in a nearby hat*



*Charlie is well and truly a Maroons' supporter*

## Defence pets...



## Spotlight on ADF Paralympic Sports

The ADF Paralympic Sports Program, or ADFPSP, is a rehabilitation program for ADF members with acquired disabilities helping them to participate in an active lifestyle, regain their physical fitness and achieve functional independence through adaptive sports, right through to the elite Paralympic level. This involves coordinating training and competition, including summer and winter high performance camps and special rehabilitation programs like Exercise Wounded Warrior, which takes members to the annual Veteran's Learn to Ski Festival in British Columbia.

Within the program sits the ADF Paralympic Sport Association, or ADFPSA, which is a registered sporting association sponsored by the Australian Defence Sports Council, offering recognised adaptive sporting

opportunities to members and providing support to the ADF Paralympic Sports Team.

The ADFPSA is open to wounded, injured or ill Defence personnel who are unable to participate in regular sporting activities. Trials allow members to compete in two categories: permanent physical impairments (for members with below knee or above-knee amputations, below-elbow or above-elbow amputations, spinal cord injuries or vision impairment) and open (for members with conditions such as post traumatic stress disorder, traumatic brain injury or cancer).

To become a member of the ADFPSA a person must be serving with the ADF either full-time or as an active reservist. Affiliated membership is available to any Defence employee.

### More information

For more information about the program, or support and benefits for wounded, injured and ill members, visit the Defence health website or email the Vice President of ADFPSA, Warrant Officer 1 Scott Mengel.

**Email:** [scott.mengel@defence.gov.au](mailto:scott.mengel@defence.gov.au)

[www.defence.gov.au/health](http://www.defence.gov.au/health) > (see Quick Links) Rehabilitation and Compensation

**Editor's Note:** The articles on the ADF Paralympic Sports Program, US Marine Corps Trials and the Learn to Ski festival in Canada are from the *Army News*, March 15 edition. Reprinted with permission of *Army News*.

## Australian team triumphant at US Marine Corps Trials

Sergeant Sarah Webster marked a major milestone in her rehabilitation and recovery from wounds suffered in a rocket attack in Iraq in 2006 by winning four gold and two silver medals at the US Marines Corps Trials in February this year.

She won the 100 m female open dash, the 200 m female open, the 1500 m female run, the 50 m female open freestyle swim, and was runner-up in the 100 m female open freestyle and the 4x50 m open freestyle relay.

'I'm really surprised by my success,' said Sergeant Webster, of 138 Signal Squadron, who sustained fractured legs and internal injuries from the rocket explosion.

She urged more wounded and injured ADF personnel to get involved in the program, saying the sport and camaraderie would be very beneficial to their rehabilitation and recovery. 'The trials are not just about the medals

but the opportunity to share advice with other wounded and injured veterans,' she said.

Sergeant Webster is one of seven ADF competitors who won a total of 14 gold



**ABOVE** - The Honourable Warren Snowdon MP with the ADF athletes and support staff who went to the US Marine Corps Trials.

*From Left: Peter Bennett, The Honourable Warren Snowdon MP, Tony Benfer, Dennis Ramsay, Sarah Webster, Kyle Bridgewood, Garry Wilson, Scott Mengel, Phillip Bridie and Paul de Gelder*



medals, three silver and two bronzes at the trials. The Australian team included amputees, a double amputee, members who have experienced traumatic brain injury and other service related injuries.

One of the other Army representatives, Private Kyle Bridgwood of 1RAR won gold in the 30 km open cycle and silver in the wheelchair basketball. Private Bridgwood said the activity helped his recovery after being hit by a car last year, leaving him with a broken neck and back, as well as numerous internal injuries.

*'I was humbled by many of the coalition soldiers, some with really severe injuries and wounds, who gave me new inspiration and advice about how they deal with life,' he said.*

Warrant Officer 2 Dennis Ramsay won gold in seated shot-put, seated discus and wheelchair basketball, and silver in seated volleyball.

He said the trials were not just about competing but sharing experiences with other veterans. Warrant Officer 2 Ramsay, who lost both legs to illness after returning from deployment, said he would soon start training for his next challenge—the Arafura Games in Darwin.

## Vets face new challenges on Canadian ski slopes

Two soldiers wounded in Afghanistan took to the slopes in Canada as part of the Canadian Armed Forces Exercise Wounded Warrior 2012.

Sergeant Craig Hansen, of 7RAR said the Veterans' Learn to Ski Festival held at the Mt Washington Alpine Resort in Vancouver Island Canada from January

28–February 6 was a vital part of his overall rehabilitation. Sgt Hansen said the opportunity to get involved in competitive sports again after his encounter with an Improved Explosive Device in 2008 was the remedy he needed most after so many leg operations.

'The experience was absolutely awesome and the opportunity to compete once again in sports is imperative for any wounded soldier's mental and physical recovery,' he said.

Sergeant Hansen said through activities like Exercise Wounded Warrior the ADF was doing a great service for disabled veterans who needed to challenge themselves in ways that their wounds allowed.

'The adrenaline rush from playing sport against other wounded soldiers is great for physical fitness but it also allows us to share our experiences about how we deal with our injuries which is a big part of rehabilitation,' he said.

Director General Mental Health Psychology and Rehabilitation, David Morton, said participating in activities such as Exercise Wounded Warrior was an extension of a member's physical and psychological recovery.

'Their rehabilitation and activities like this helps bring them back to the enjoyable and quality lives that we all expect to live,' he said.

Mr Morton said the activities formed part of the ADF's overall support for wounded, injured and ill personnel. Wounded and injured ADF personnel can access more information and a wider support network via the ADF Paralympic Sports Program and Wounded Digger websites, which provide a wide range of information on support organisations and benefits.

## DCO's reflected Paralympics' glory

Ellie Cole, daughter of Headquarters DCO's Don Cole, will be swimming at her second Paralympics when she competes in the London 2012 event. You can see Ellie in action on YouTube at her first games when at Beijing 2008 she won Silver for the 100 m Butterfly.



ABOVE – Ellie Cole, poolside. At the age of three, due to sarcoma (cancer), Ellie lost her right leg to just above her knee.

A typical day for Ellie is being in the pool by 6 am for two-and-a-half hours of swimming, followed by university studies or gym training, then lunch, then more uni or gym, then another two-and-a-half hours of swimming. All up it equates to around 60 km of pool work per week!

Proud dad Don said he would like to encourage everyone to check out some of the Paralympics action in August and September.

'I'm certain you'll be amazed at some of the things you will see,' said Don. ✨

## The Biggest Morning Tea



In the last edition of *defence family matters* our resident Defence Life columnist Jasmine Jarvis talked about getting out and getting involved within your local community, and putting your skills to good use.

Jasmine followed her own advice and teamed up with her sister-in-law Megan and friend Gina to organise a Biggest Morning Tea fundraiser in Townsville, all the while grappling with normal Defence family life and young children.

### The planning

The team selected a local popular eatery to host the event, and got to work on the arrangements.

'We amassed great contacts, donations and support from the community,' said Jasmine, though she noted her young children enhanced the challenge.

'My five-year-old daughter was interested in what I was working on. It set a good

example for her—to encourage her to engage with the community. My three-year-old son did not understand but was a fun distraction with demands to play Tonka trucks or watch *MegaMind* repeatedly!'

In the lead-up to the event, Jasmine would drop her five-year-old daughter safely at school then get on with planning the day—making phone calls, holding meetings and managing paperwork, all with her son Hamish by her side.

'Whenever I had to take a call with a wailing toddler on my hip, or walk into a meeting with the remnants of breakfast on my top, I had to remind myself of the importance of what we were trying to achieve: raising money for a cause that has touched so many families.'

Jasmine said that this process was a personally enriching experience and each success helped build confidence.

'I have met, and continue to meet, amazing people and hear their stories. With each donation or offer of help our confidence grew. And to get out and into the community, to be seen and to be heard and to be a part of it was such a great feeling.'

It was particularly fun planning the entertainment for the event, which included a silent auction and a raffle. The team also organised a Gucci-style photo booth for the guests to jump into and work their fierce *Top Model* look, and a milliner was engaged to judge the best dressed competition.

Not only that, they managed to score themselves a celebrity appearance!

'Remember that episode of *My Kitchen Rules* that was on in March? We all cheered from the sidelines as Captain



ABOVE – fashion parade contestants pose for the camera

David Hopgood and Warrant Officer 2 Scott Bradshaw whipped up dishes and did battle in the elimination challenges,' said Jasmine.

'Well, one afternoon I emailed Captain Hopgood asking if he would donate an autographed cookbook to our auction. Next minute I am chatting with his lovely wife, Cath, and arranging to have the books signed. Cath and David then asked if they could come to the morning tea! Uh, yes please!'

Not only did David and Cath come along, they offered a lucky bidder a one on one cooking lesson to boot.

### The biggest day came

Saturday 2 June came and the morning tea was a roaring success, with 82 people enjoying the food and entertainment. The photo booth was a hoot, as was the fashion show, and the lucky-door prizes and gift bags were well received.

All-up, the event raised a total of \$1736 for the Biggest Morning Tea.



ABOVE – Delectable cakes!





*ABOVE – Captain Hopgood, who appeared on My Kitchen Rules in March, provided a cooking lesson for the charity auction at the event*

Jasmine said that Megan, Gina and herself were proud of what they put together, and appreciated the support and generosity of all involved.

In addition to raising money and having a great time while doing so the event itself helped her better engage with her own local community.

‘For me, being from Defence I know that it can be hard to re-establish yourself when you move every few years. Sometimes you think it isn’t worth the hassle, or you are nervous about putting yourself out there, but I am so glad we have done this.

‘I have had the pleasure of meeting amazing people and have made some really good mates. I don’t want to let the fact that we will be posted again stop me from doing what I can to be a part of the community.

‘I am learning so much, which I will take with me on our next move. But the main thing is it is so much easier to move mountains when you have a great team—Defence and the local community—to work with you,’ said Jasmine.

*Have you held an event and want to share how it went? Let dfm know!*



*ABOVE – fashionable kids show off their finery*

As for the cooking class on offer at the auction from Captain David Hopgood, Jasmine said it went well.

‘The winner said that the cooking class was not only a fantastic prize she wished David and Cath could come over and cook dinner for her and her family every night!’

## But wait, that’s not all...

The teams’ event planning skills attracted attention and they’re now helping out with other fundraising events. In August they will be staging a family day to raise money for Legacy, and in September they will be helping support a Relay for Life team. They’ve also been asked to help out with Women’s Expo with the Townsville City Council in October and have been asked to manage an event for an animal welfare organisation in November.

‘These projects have taken off bigger than what we anticipated, yet we

love knowing we have something to contribute to the wider community,’ said Jasmine. ✨

*Jasmine Jarvis is an Army Brat, ex-RAAFie and Air Force wife who juggles raising two kids. Jasmine is a feature style writer for a wedding and party planner website, the Deputy Editor of the Townsville Wedding Directory, and blogs for parenting website MotherLink.*

*Jasmine, Megan and Gina have set up a Facebook page to help manage their event planning.*

[www.facebook.com](https://www.facebook.com/JustCauseFundraisingEvents) > (search for) Just Cause Fundraising Events

*Photos in this article were taken by Anya Karmansky of Cheeky Monkey Photos, Townsville.*

## What is the Biggest Morning Tea?

One in two Australians will be diagnosed with cancer before the age of 85. The Biggest Morning Tea, an initiative of the Cancer Council, helps raise money for cancer research, prevention programs and support services.

The Biggest Morning Tea website is packed with useful easy-to-follow guides on how to set up your event, from the initial stages of planning right through to execution.

Check out the Biggest Morning Tea website for more information.

[www.biggestmorningtea.com.au](https://www.biggestmorningtea.com.au)

Or see the websites for events listed in the Calendar on **pages 20–21** for how you can help out worthy charities and have fun at the time.



# National calendar of events

AUGUST

DATE	EVENT AND FURTHER INFORMATION
1–7 Aug	World Breastfeeding Week <a href="http://www.who.int">www.who.int</a>
3 Aug	Jeans for Genes Day <a href="http://www.jeansforgenes.org.au">www.jeansforgenes.org.au</a>
6–12 Aug	Homeless Persons Week <a href="http://www.homelessnessaustralia.org.au">www.homelessnessaustralia.org.au</a>
6–12 Aug	Winter Sleepout Encouraging Australians to spend one night as a homeless person. <a href="http://www.wintersleepout.com.au">www.wintersleepout.com.au</a>
9 Aug	International Day of the World's Indigenous People <a href="http://www.un.org">www.un.org</a> > events
10 Aug	Krishna Janmashtami A Hindu celebration of the birth of Krishna <a href="http://hinduism.about.com">hinduism.about.com</a>
11–19 Aug	National Science Week <a href="http://www.scienceweek.net.au">www.scienceweek.net.au</a>
12 Aug	International Youth Day <a href="http://www.un.org">www.un.org</a> > events
12–18 Aug	National EOS Awareness Week Raising awareness for eosinophilic gastrointestinal disorders in Australia. <a href="http://www.ausee.org">www.ausee.org</a>
13–19 Aug	Local Government Week Promoting the importance of local government to the community <a href="http://www.lgsa-plus.net.au">www.lgsa-plus.net.au</a>
13–19 Aug	Brain Injury Awareness Week <a href="http://www.braininjuryaustralia.org.au">www.braininjuryaustralia.org.au</a>
13–19 Aug	Haemochromatosis Awareness Week <a href="http://www.haemochromatosis.org.au">www.haemochromatosis.org.au</a>
13–19 Aug	Children's Vision Week <a href="http://www.optometrists.asn.au">www.optometrists.asn.au</a>
15 Aug	Cupcake Day Cupcake Day for the RSPCA is the biggest bakeoff in the Southern Hemisphere. <a href="http://www.rspcacupcakeday.com.au">www.rspcacupcakeday.com.au</a>
17–19 Aug	40 Hour Famine <a href="http://www.worlddivision.com.au">www.worlddivision.com.au</a>
18–24 Aug	Children's Book Week <a href="http://cbca.org.au">cbca.org.au</a>
19 Aug	World Humanitarian Day <a href="http://www.un.org">www.un.org</a> > events
19 Aug	Eid al-Fitr Ending the month of Ramadan, Eid al-Fitr is a time of charitable giving, peace-making and spiritual renewal. <a href="http://islam.about.com">islam.about.com</a>
19–25 Aug	Hearing Awareness Week <a href="http://www.hearingawarenessweek.org.au">www.hearingawarenessweek.org.au</a>
19–25 Aug	Speech Pathology Week <a href="http://www.speechpathologyaustralia.org.au">www.speechpathologyaustralia.org.au</a>
20–26 Aug	Keep Australia Beautiful Week <a href="http://www.kab.org.au">www.kab.org.au</a>
23 Aug	International Day for the Remembrance of the Slave Trade and its Abolition <a href="http://www.un.org">www.un.org</a> > events
24 Aug	Daffodil Day Raising funds for cancer research, prevention, and support services. <a href="http://www.daffodilday.com.au">www.daffodilday.com.au</a>
27 Aug–2 Sep	National Literacy and Numeracy Week <a href="http://www.nlnw.nsw.edu.au">www.nlnw.nsw.edu.au</a>
29 Aug	National Meals on Wheels Day <a href="http://www.mealsonwheels.org.au">www.mealsonwheels.org.au</a>
29 Aug	International Day Against Nuclear Tests <a href="http://www.un.org">www.un.org</a> > events
31 Aug	International Overdose Awareness Day <a href="http://www.salvationarmy.org.au">www.salvationarmy.org.au</a>

SEPTEMBER

DATE	EVENT AND FURTHER INFORMATION
1 Sep	Wattle Day <a href="http://www.wattleday.asn.au">www.wattleday.asn.au</a>
1 Sep	Gold Bow Day The ATF Gold Bow Day highlights the increase in thyroid cancer and gives support to thyroid cancer patients undergoing treatment. <a href="http://www.thyroidfoundation.com.au">www.thyroidfoundation.com.au</a>
1–7 Sep	National Asthma Week <a href="http://www.asthma.org.au">www.asthma.org.au</a>
1–7 Sep	Spina Bifida Awareness Week <a href="http://www.sbfv.org.au">www.sbfv.org.au</a>
1–8 Sep	Adult Learners' Week <a href="http://www.adultlearnersweek.org">www.adultlearnersweek.org</a>
1–30 Sep	Biodiversity Month <a href="http://www.environment.gov.au">www.environment.gov.au</a>
1–30 Sep	Prostate Cancer Awareness Month <a href="http://www.prostate.org.au">www.prostate.org.au</a>
1–30 Sep	Heart Foundation Doorknock Appeal <a href="http://www.heartfoundation.org.au">www.heartfoundation.org.au</a>
1–30 Sep	Save the Koala Month <a href="http://www.savethekoala.com">www.savethekoala.com</a>
1–30 Sep	Foster Care Month <a href="http://www.fosterabrighterfuture.com.au">www.fosterabrighterfuture.com.au</a>
1 Sep–16 Oct	Tiwest Night Stalk Tiwest Night Stalk is a nationwide spotlight survey of native and feral animals conducted by schools, community groups, other organisations, families and individuals. <a href="http://www.perthzoo.wa.gov.au">www.perthzoo.wa.gov.au</a>
2 Sep	Fathers Day
2–8 Sep	National Child Protection Week <a href="http://www.napcan.org.au">www.napcan.org.au</a>
3–9 Sep	Landcare Week <a href="http://www.landcareonline.com.au">www.landcareonline.com.au</a>
3–9 Sep	Parkinson's Awareness Week <a href="http://www.parkinsonsvic.org.au">www.parkinsonsvic.org.au</a>
3–9 Sep	Eczema Awareness Week <a href="http://www.eczema.org.au">www.eczema.org.au</a>
5 Sep	National Health and PE Day <a href="http://www.achper.org.au">www.achper.org.au</a>

OCTOBER

7 Sep	Threatened Species Day <a href="http://www.environment.gov.au">www.environment.gov.au</a>
7 Sep	Footy Colours Day Australians unite and wear their favourite football team's colours—AFL, NRL, Rugby Union or Soccer—to help raise money for children living with cancer. <a href="http://www.fightcancer.org.au">www.fightcancer.org.au</a>
7 Sep	White Balloon Day This day aims to lift the cone of silence that surrounds child sexual assault. <a href="http://www.whiteballoonday.com.au">www.whiteballoonday.com.au</a>
9 Sep	International Fetal Alcohol Spectrum Disorder Awareness Day <a href="http://fasday.com">fasday.com</a>
9–15 Sep	Dream Week Dream Week is seven days of activity across Australia that showcases the Look Good...Feel Better program and the difference it can make to cancer patients and their families. <a href="http://www.dreamweek.org.au">www.dreamweek.org.au</a>
10 Sep	World Suicide Prevention Day <a href="http://suicidepreventionaust.org">suicidepreventionaust.org</a>
10 Sep	National Gynaecological Awareness Day <a href="http://www.gain.org.au">www.gain.org.au</a>
10–16 Sep	National Stroke Week <a href="http://www.strokefoundation.com.au">www.strokefoundation.com.au</a>
12 Sep	Sustainable House Day <a href="http://www.sustainablehouseday.com">www.sustainablehouseday.com</a>
15 Sep	Worldwide Lymphoma Awareness Day <a href="http://www.lymphomacoalition.org">www.lymphomacoalition.org</a>
15 Sep	International Day of Democracy <a href="http://www.un.org">www.un.org</a> > events
15–21 Sep	Cancer Council Walk to Work Day <a href="http://walk.com.au">walk.com.au</a>
16 Sep	International Day for the Preservation of the Ozone Layer <a href="http://www.un.org">www.un.org</a> > events
14–16 Sep	Clean up the World Day <a href="http://www.cleanuptheworld.org/en">www.cleanuptheworld.org/en</a>
17 Sep	Australian Citizenship Day <a href="http://www.citizenship.gov.au">www.citizenship.gov.au</a>
17 Sep	World Parks Day <a href="http://www.worldparksday.org">www.worldparksday.org</a>
17–18 Sep	Rosh Hashanah <a href="http://www.jewfaq.org">www.jewfaq.org</a>
17–23 Sep	National Include a Charity Week <a href="http://www.includeacharity.com.au">www.includeacharity.com.au</a>
17–23 Sep	Herbal Medicine Week <a href="http://www.nhaa.org.au">www.nhaa.org.au</a>
19 Sep	Light the Night This September, thousands of people will light a balloon to remember, celebrate and give hope to patients and families living with leukaemia, lymphomas, myeloma and related blood disorders. <a href="http://www.lightthenight.org.au">www.lightthenight.org.au</a>
20–29 Sept	Paryushana Parva—Jain A religious festival for those who follow Jainism. <a href="http://www.interfaithcalendar.org">www.interfaithcalendar.org</a>
21 Sep	The United Nations' International Day of Peace <a href="http://www.internationaldayofpeace.org">www.internationaldayofpeace.org</a>
21 Sep	Dress Up Day 2012 (Queensland) By dressing up a little or a lot and making a donation you will help Playgroup Queensland's Early Intervention programs for vulnerable families. <a href="http://www.playgroupaustralia.com.au/qld">www.playgroupaustralia.com.au/qld</a>
21 Sep	World Alzheimer's Day <a href="http://www.alzheimers.org.au">www.alzheimers.org.au</a>
21–28 Sep	Dementia Awareness Week <a href="http://www.alzheimers.org.au">www.alzheimers.org.au</a>
22 Sep	World Carfree Day <a href="http://www.worldcarfree.net">www.worldcarfree.net</a>
26 Sep	Yom Kippur Yom Kippur is the Jewish day of atonement. <a href="http://www.jewishvirtuallibrary.org">www.jewishvirtuallibrary.org</a>
26 Sep	Badge Day <a href="http://www.epilepsycentre.org.au">www.epilepsycentre.org.au</a>
27 Sep	World Tourism Day <a href="http://www.un.org">www.un.org</a> > events
28 Sep	World Rabies Day <a href="http://www.who.int">www.who.int</a>
29 Sep	National Police Remembrance Day <a href="http://www.auspol.org">www.auspol.org</a>
29 Sep	World Maritime Day <a href="http://www.un.org">www.un.org</a> > events
30 Sep	World Heart Day <a href="http://www.who.int">www.who.int</a>

DATE	EVENT AND FURTHER INFORMATION
1 Oct	International Day of Older Persons <a href="http://www.un.org">www.un.org</a> > events
1 Oct	World Teachers Day <a href="http://www.unesco.org">www.unesco.org</a>
1–7 Oct	RSPCA Awareness Week <a href="http://www.rspca.org.au">www.rspca.org.au</a>
1–7 Oct	Be Kind to Animals Week <a href="http://www.bekindtoanimalsweek.org">www.bekindtoanimalsweek.org</a>
1–31 Oct	Foot Health Month <a href="http://www.apodc.com.au">www.apodc.com.au</a>
1–31 Oct	Community Safety Month <a href="http://www.iccwa.org.au">www.iccwa.org.au</a>
1–31 Oct	Mental Health Month <a href="http://www.mentalhealth.asn.au">www.mentalhealth.asn.au</a>
1–31 Oct	Walktober (Tasmania) <a href="http://walktober.com.au/Tasmania">walktober.com.au/Tasmania</a>
1–31 Oct	Girls Night In An opportunity to gather all your female friends, family, colleagues and neighbours for a night of fun that also helps raise money to conduct research into and provide support for breast and gynaecological cancers. <a href="http://www.girlsnightin.com.au">www.girlsnightin.com.au</a>
1–31 Oct	Dogtober <a href="http://www.dogtober.org.au">www.dogtober.org.au</a>
1–31 Oct	Wildlife Awareness Month <a href="http://www.wildlifevictoria.org.au">www.wildlifevictoria.org.au</a>
2 Oct	International Day of Non-Violence <a href="http://www.un.org">www.un.org</a> > events

# August 2012 to November 2012

## NOVEMBER

2 Oct	World Habitat Day <a href="http://www.un.org">www.un.org</a> > events
4 Oct	World Animal Day <a href="http://www.worldanimalday.org.uk">www.worldanimalday.org.uk</a>
4–10 Oct	World Space Week <a href="http://www.un.org">www.un.org</a> > events
5 Oct	Happy Tails Day Happy Tails Day is a fundraising event for the RSPCA. <a href="http://www.rspca.org.au">www.rspca.org.au</a>
6–13 Oct	R U OK? Day Are You Ok Day is an annual national day of action that aims to get Australians, to connecting with friends and loved ones, by reaching out to anyone doing it tough and simply asking: "Are you ok?" <a href="http://www.ruckday.com.au">www.ruckday.com.au</a>
7–13 Oct	Mental Health Week <a href="http://www.health.qld.gov.au">www.health.qld.gov.au</a>
7–13 Oct	Haemophilia Awareness Week <a href="http://www.haemophilia.org.au">www.haemophilia.org.au</a>
7–13 Oct	Fire Prevention Week <a href="http://www.nfpa.org">www.nfpa.org</a>
7–14 Oct	Down Syndrome Awareness Week <a href="http://www.downsyndrome.victoria.org.au">www.downsyndrome.victoria.org.au</a>
9 Oct	World Post Day Postal services across the world use this day to introduce new products. Philatelists assemble! <a href="http://www.un.org">www.un.org</a> > events
10 Oct	World Mental Health Day <a href="http://www.un.org">www.un.org</a> > events
10 Oct	Ride2 Work Day <a href="http://www.bv.com.au/ride-to-work/">www.bv.com.au/ride-to-work/</a>
11 Oct	World Sight Day <a href="http://www.vision2020australia.org.au">www.vision2020australia.org.au</a>
12 Oct	International Arthritis Day <a href="http://www.arthritisvic.org.au">www.arthritisvic.org.au</a>
13 Oct	International Day for Natural Disaster Reduction <a href="http://www.un.org">www.un.org</a> > events
14–20 Oct	Anti Poverty Week <a href="http://www.antipovertyweek.org.au">www.antipovertyweek.org.au</a>
14–20 Oct	National Nutrition Week <a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a>
14–20 Oct	National Water Week <a href="http://www.nationalwaterweek.org.au">www.nationalwaterweek.org.au</a>
14–20 Oct	Carers Week <a href="http://national.carersaustralia.com.au">national.carersaustralia.com.au</a>
15 Oct	Global Handwashing Day <a href="http://www.globalhandwashingday.org">www.globalhandwashingday.org</a>
15 Oct	International Day of Rural Women <a href="http://www.un.org">www.un.org</a> > events
15–19 Oct	Sock it to Suicide Week Wear bright coloured socks to your workplace or school and donate a gold coin in support of the White Wreath Association. <a href="http://www.whitewreath.com">www.whitewreath.com</a>
15–19 Oct	Week Without Violence <a href="http://www.ywca.net">www.ywca.net</a>
16 Oct	World Spine Day <a href="http://www.chiropractors.asn.au">www.chiropractors.asn.au</a>
16–24 Oct	Navaratri Navaratri is the Hindu festival that translates to "nine nights". <a href="http://hinduism.about.com">hinduism.about.com</a>
17 Oct	International Day for the Eradication of Poverty <a href="http://www.un.org">www.un.org</a> > events
19 Oct	MS MoonWalk (Queensland) Gather under the full moon for a fun and safe stroll around Brisbane River to raise money for people living with MS. <a href="http://www.moonwalk.com.au">www.moonwalk.com.au</a>
19 Oct	Loud Shirt Day Wear your loudest shirt and raise funds for the Hear and Say Centre for deaf children and their families <a href="http://www.loudshirtday.com.au">www.loudshirtday.com.au</a>
20–26 Oct	National Week of Deaf People <a href="http://www.deafau.org.au">www.deafau.org.au</a>
21–27 Oct	Occupational Therapy Week <a href="http://www.otaus.com.au">www.otaus.com.au</a>
21–27 Oct	Safe Work Australia Week <a href="http://www.commerce.wa.gov.au">www.commerce.wa.gov.au</a>
22 Oct	Pink Ribbon Day Pink Ribbon Day is your chance to help raise money and awareness for all Australian women affected by breast cancer. <a href="http://www.pinkribbonday.com.au">www.pinkribbonday.com.au</a>
23 Oct	National Kidsafe Day Increasing the awareness of unintentional childhood injuries and their prevention. <a href="http://www.kidsafeday.com.au">www.kidsafeday.com.au</a>
24 Oct	United Nations Day <a href="http://www.un.org">www.un.org</a> > Events
24 Oct	World Development Information Day <a href="http://www.un.org">www.un.org</a> > Events
24 Oct	World Polio Day <a href="http://www.polionetworkvic.asn.au">www.polionetworkvic.asn.au</a>
24–30 Oct	Disarmament Week A day to unite in the effort to reduce, limit and eventually abolish weapon usage. <a href="http://www.un.org">www.un.org</a> > Events
26–29 Oct	Eid al Adha An Islamic commemoration <a href="http://islam.about.com">islam.about.com</a>
26 Oct	National Bandanna Day A fundraising and awareness day for CanTeen, the organisation for young people living with cancer. <a href="http://bandannaday.com.au">bandannaday.com.au</a>
27 Oct	World Day for Audiovisual Heritage <a href="http://www.un.org">www.un.org</a> > Events

DATE	EVENT AND FURTHER INFORMATION
1 Nov	Samhain Meaning 'Summer's end', Samhain is an ancient Celt festival marking the beginning of winter and the Celtic new year. <a href="http://www.chalicecentre.net">www.chalicecentre.net</a>
1–30 Nov	Miracle Babies Foundation's National Awareness Month Raising awareness and funds to support premature and sick newborns, their families and the Hospitals that care for them. <a href="http://www.miraclebabies.org.au">www.miraclebabies.org.au</a>
1–30 Nov	November A month-long celebration of the moustache, highlighting men's health issues, specifically prostate cancer and depression in men. <a href="http://au.movember.com">au.movember.com</a>
1–30 Nov	Lung Health Awareness Month <a href="http://www.lungfoundation.com.au">www.lungfoundation.com.au</a>
5 Nov	International Volunteer Manager Appreciation Day <a href="http://www.volunteermanagersday.org">www.volunteermanagersday.org</a>
6 Nov	International Day for Preventing the Exploitation of the Environment in War and Armed Conflict <a href="http://www.un.org">www.un.org</a> > Events
8 Nov	National Sunnies Day (Queensland) Educating children about looking after the health of their eyes. <a href="http://www.qei.org.au">www.qei.org.au</a>
10 Nov	World Science Day for Peace and Development <a href="http://www.un.org">www.un.org</a> > Events
11 Nov	Remembrance Day <a href="http://www.awm.gov.au">www.awm.gov.au</a> > Remembrance
12–16 Nov	National Telework Week Highlighting the importance of telework for improved workplace flexibility to meet the needs of customers and employees, and environmental benefits of reduced daily commuting. <a href="http://www.dbcde.gov.au/telework">www.dbcde.gov.au/telework</a>
12–18 Nov	National Recycling Week <a href="http://recyclingweek.planetark.org">recyclingweek.planetark.org</a>
13 Nov	Diwali A festival of lights celebrated by Hindu, Jain and Sikh religions. <a href="http://www.diwali.nl">www.diwali.nl</a>
14 Nov	World Diabetes Day <a href="http://www.diabetesaustralia.com.au">www.diabetesaustralia.com.au</a>
16 Nov	International Day for Tolerance <a href="http://www.un.org">www.un.org</a> > Events
17 Nov	World Philosophy Day <a href="http://www.un.org">www.un.org</a> > Events
18–24 Nov	Social Inclusion Week Encouraging communities to reconnect and be inclusive of all cultures, age groups, nationalities and the disadvantaged. <a href="http://www.socialinclusionweek.com.au">www.socialinclusionweek.com.au</a>
19 Nov	World Toilet Day Highlighting the importance of sanitation and raise awareness for the 2.5 billion people—nearly half of the world's population—who don't have access to toilets and proper sanitation. <a href="http://www.worldtoilet.org">www.worldtoilet.org</a>
19 Nov	World Chronic Obstructive Pulmonary Disease Day <a href="http://www.who.int">www.who.int</a>
20 Nov	World Day of Remembrance for Road Traffic Victims <a href="http://www.who.int">www.who.int</a>
20 Nov	Africa Industrialisation Day Mobilising the commitment of the international community to the industrialisation of Africa. <a href="http://www.un.org">www.un.org</a> > Events
21 Nov	World Television Day Celebrating the ways television has helped to increase world communications, as well as the impact it has had on social and cultural development. <a href="http://www.un.org">www.un.org</a> > Events
25 Nov	International Day for the Elimination of Violence Against Women <a href="http://www.un.org">www.un.org</a> > Events
25 Nov	White Ribbon Day This campaign aims to raise awareness among Australian men and boys about the roles they can play to prevent violence against women. <a href="http://www.whiteribbonday.org.au">www.whiteribbonday.org.au</a>
26 Nov–2 December	GiveNow Week 2012 Focusing attention on the many ways that individuals, families, businesses, and groups can make a difference to the community in the lead-up to Christmas. <a href="http://www.givenowweek.com.au">www.givenowweek.com.au</a>
28 Nov	Guru Nanak Dev Sahib birthday Guru Nanak Dev is the founder of the Sikh religion. <a href="http://www.sgpc.net">www.sgpc.net</a>
29 Nov	International Day of Solidarity with the Palestinian People <a href="http://www.un.org">www.un.org</a> > events

For convenience, please unpin the staples and remove the calendar

## Passionate about community choir

One of the challenges of mobility is establishing links to a new community upon arrival. It's not just finding out where the shops are or which doctor accepts new patients, but also meeting and engaging with people in the new locality and building new relationships.

Though it can be difficult actively putting yourself out there, one great way of meeting people is by doing something you're passionate about.

Many of us have a song in our heart but don't get a chance to let it out apart from the occasional lustily sung song in the shower or sing along to the radio. So if you're a fan of singing and you need to get into a new community then a community choir could be for you!

Meighan Williams, a former Navy member and the partner of a serving Army member in Townsville, recently chatted with *dfm* about community choir and how it's helped her embrace her passion for music and given her access to a very supportive community.

**Meighan, how does it work? Can you just rock up? Do you have to be an accomplished singer to take part?**

I got the idea after I saw the choir's rehearsal hall whilst driving past. I got their contact details off the website and called them first to find out how it all worked and I was told I could just rock up. This is not necessarily the same for every choir though. Same goes for whether you need to be able to sing or not. In our choir, they welcome everyone. Although it is hoped that you will at very least be able to hold a tune, they will not turn you away if you struggle with this, it just means you won't be given any solos! Some choirs actually require you to audition before allowing you to



ABOVE - Meighan Williams, community chorister in Townsville

join, so your best bet is to give them a call first and find out their policy. Most communities will have several choirs, so you needn't settle for the first one you try if you don't get a good vibe from it. You'll most likely have to pay a yearly fee if you decide to stay and be part of it. This will help to cover costs such

as administration fees, uniforms, and music. There may be additional fees if you decide to take part in competitions such as Eisteddfod, but competing is usually optional.

**Tell us about your choir. What's involved in being a choir member? Was it difficult to overcome any reservations about belting out a tune in front of everyone?**

I was a little nervous on the first night which is to be expected. You're a stranger in a room full of people who all know each other! Everyone was friendly and welcoming and did their best to put me at ease right away. I was asked what register my voice was but was only able to tell them in layman's terms—being a

### Finding a choir

I sang with the QUMS (Queensland University Musical Society) choir for a while at uni but when I moved to Melbourne with the Defence Materiel Organisation I joined MUCS (Melbourne University Choral Society) and when I moved up to RAAF Williamstown I joined the Newcastle University Choir. I will be looking into a community choir in Canberra to join when I move there mid-year.

All were very easy to join. I looked them up on Google and their practice times are on their websites; you just turn up and have a chat to people until you find those in charge and they set you up with music and a section. While these choirs don't require auditions to join it is an advantage to be musically literate, such as being able to follow sheet music.

Depending on the music it can be hard work, but it's satisfying to hear it all come together. To sing with an orchestra and incredible soloists is great fun and a privilege.

Choirs also allow me easily to make new friends in new places. ❄️

*Erin Madden is a Graduate officer with the Defence Materiel Organisation*



ABOVE - Eric Madden (Left) with her sister, and fellow choir aficionado, Frances



first timer—so they assigned me a seat and some music in the soprano section; which is the most common female register. This turned out to be too high for me, so I was later moved to the altos. If you don't know about these things, it doesn't matter, you will learn—I had no idea when I started! Because you're in a large group of people, singing is not really scary at all. I can imagine that if they asked you to audition in front of everyone or to perform a solo, it would probably be very nerve racking! I have a history of performing, so I wasn't really nervous in that respect.

As far as what's involved, we do several shows per year although I haven't been as active within the choir this year due to other commitments. We also do one off performances such as Anzac Day on the Strand and Christmas carols at various shopping centres. In October we put on 'dinner theatre'. Being part of the Townsville Choral Society is more than just being in the choir as we are also a theatre company and put on several

productions throughout the year. Being a part of these is optional of course and this isn't typical of every choir.

## What are the best songs you've sung or experiences you've had as a choir member?

I think my favourite songs were 'Bohemian Rhapsody' and the 'William Tell Overture'. The latter was fairly amusing but challenging too because it was quite fast and required a bit of breath control! I think some people are turned off when they hear the word 'choir' as they think it is all about hymns and religion. While we do sing some religious songs, especially at Christmas, we also do contemporary stuff and it's not a requirement that you be part of a church—I'm not, for example. Everyone is welcome. Definitely Eisteddfod last year was my favourite experience. We practised very hard and ended up taking home several trophies!

## In addition to the chance to sing, what other benefits does being a member of the choir bring?

I met my best friend through choir. It is a great way to meet people and create a friendly support network. We have parties and nights out and stuff too. You've got to realise that as we get older, we're pretty much all in the same boat where it becomes much harder to meet people and make new friends—especially in a place like Townsville where the population is so transient. In addition to choir, I worked as a volunteer at a wildlife park for a few months and also became a community radio presenter. These things were personally fulfilling but with regards to social benefits, choir is definitely the way to go!

## If and when you post again will you seek out a choir in the new locality?

Yes, I think I most probably will.

**Thanks for talking with dfm!**

## My choir—the Divine Divas of Sunbury

Over the last 16 years, I have been a member of two community musical theatre groups and various community choirs.

The last four and a half years I have been part of a non-auditioned all female community choir, the Divine Divas of Sunbury (Melbourne, Victoria). Our age group is from one to 73 and we currently have about 50 members. We normally dress in purple satin ball gowns, long gloves, tiaras and lots of bling for performance, although we have recently introduced other costumes too.

We are like a show choir now and do movements to most of our songs.

We perform all genres of songs from classical to popular. I was given a solo section of one song, and had the opportunity to sing it in Brisbane and the Great Hall at the Melbourne Arts Centre to full audiences—it was a fantastic experience!

We normally rehearse every Thursday night, unless we need extra rehearsal for an important gig. We have performed at many exciting venues, including the Casino, Melbourne Aquarium, Melbourne Recital Centre, Melbourne Town Hall, Federation Square and the Sidney Myer Music Bowl—just to name a few!



**ABOVE** - The Divas joined forces with a men's choir and attended the 6th Annual World Choir Games held in Shaoxing, China in 2010

**BELOW** - The Divas at the Australian National Eisteddfod in 2010

**Continued on page 24**

Continued from page 23

The choir has performed for community festivals, carols events, nursing homes, schools, fetes, concerts, corporate functions, fundraisers, competitions, two television shows, weddings and radio. We have a patron who was an understudy to Dame Joan Sutherland and requested us to sing at her wedding here in Melbourne. We have been billed alongside some well known artists for various events and concerts.

The World Choir Games in China in 2010 was a highlight: we won a Silver medal and were asked to sing in the Opening Ceremony, which was televised all across America, Asia and Europe. We had the opportunity to meet some wonderful friends from choirs all over the world with whom we still keep in touch.

I love the way we are like one big happy family and we are all there for one another. We have shared many exciting, happy and memorable times together and we all share a love of performing and singing. As we are all great friends, we also hold our own parties, barbecues, karaoke nights, trivia nights and trips.

My husband is also in a choir and has made some wonderful friends in our community and absolutely loves it. We have had whole families involved in our choirs. I love watching the joy on the faces of our members and our audiences—it is most rewarding!

I find that the power of singing is amazing and releases feel good endorphins, which make me happy and help lift my moods. Singing is recognised as one of the top activities besides physical exercise to aid in mental health and wellbeing.

I have also found that it has tremendously boosted my confidence levels and gets me interacting with people. I highly recommend it as a way to meet some wonderful friends from within your local community. ✨



[www.divinedivasofsunbury.com/](http://www.divinedivasofsunbury.com/)

*Deborah Poulter is a Defence civilian at RAAF Williams in Laverton, Victoria*

*ABOVE – the Divas onstage on Channel Seven's Battle of the Choirs*

*MIDDLE– the Divas win the silver medal at the 6th Annual World Choir Games held in Shaoxing, China in 2010*

*BOTTOM – the Divas at the Canberra Eisteddfod, 2010*



## Photograph gifts bring comfort from home

**By Salina Parton**

We ordered a throw cushion for my husband's bed, a desk calendar and a deck of playing cards. These are not the only options. There is a great variety of inexpensive quality photo gifts that can be ordered online and delivered quickly during off peak times.

When my husband was deployed, our three sons— Isaac (6), Dylan (8) and Harry (4)—and I wanted to surprise him with a gift that would provide comfort and remind him of home.

With that in mind, we decided upon ordering personalised products online, using photographs that we had taken ourselves.

We raided my husband's trunk, and the boys had a fabulous time getting dressed up in some old uniforms and a few bits of my husband's kit for a garage photo shoot, with our family dog Bailey joining in too.

The photo shoot proved to be a lot of fun, and once we were satisfied with the photographs we had taken, we took to the internet to edit them and place our order.

It was a fun exercise for the boys and me to take the photographs, choose the gifts, receive them in the mail, and finally present them to my husband before he left for his deployment.

The boys have also gotten a kick out of seeing their gifts being used by dad in Skype talks and in photographs of his room he sends home. ✨

*Salina Parton is the wife of an Army member.*

*ABOVE – This photo of the boys and Bailey the dog was used for the deck playing cards we had printed*

*BOTTOM – Isaac, Dylan, Salina and Harry pose for the desk calendar*



ADVERTISEMENT

**touchbase.**

**Out of the Service,  
but still in touch.**

**[www.touchbase.gov.au](http://www.touchbase.gov.au)**

If you're leaving the ADF or you've been separated for some time, **touchbase** is a handy online resource to help you and your family.



**Australian Government**  
**Department of Defence**  
**Department of Veterans' Affairs**



## Why spiritual health matters

**By Chaplain Dan Hynes,  
HMAS Cairns**

Our society is obsessed with health. And so we should be. Just look at the rise in obesity, diabetes, heart conditions, cancers—the list goes on. In the ADF, we enjoy better than average fitness and health. It's built into our training, lifestyle and routine. We need to stay ahead of the game physically. It's critical to doing well.

Of course, there's more to health than just a fit body. Mental and emotional health is also critically important and we're all much more aware these days of the impact of stress, depression, anxiety, and other issues. Relational health is also important. We crave good relationships with our partners, spouses, children, mates, and co-workers. Getting on well with others has a huge impact on our effectiveness at work and in many other areas of life.

But there's another area of health that also requires our attention—our spiritual health. I'm not necessarily talking about being religious or going to church. I'm talking about our awareness that there's more to life than deployments, promotions, and medals. That life consists of more than eating, sleeping, working, playing, and doing it over and over again. There's a dimension to our existence that has to do with who we are deep down, what we truly believe about life and death, our values and priorities, the meaning and purpose of life. Where does God fit in to our lives and thinking? These are matters of spiritual health.

In many areas of health we know what to do, even if we don't do it! We understand the importance of good diet, regular exercise, and sleep. We can start a fitness regime, head to the gym,

do some training, change our eating habits, lose a few kilos, or tone up those muscles. We understand the benefits of having time off as well as working hard, investing in our relationships, de-stressing with our mates and speaking up if we're just not coping. And we know there are people out there we can turn to if things are getting tough.

But how can we invest in our spiritual fitness? Let me offer some suggestions.

Make your spiritual fitness a priority. Think about it. Be honest with yourself. Are you spiritually healthy or do you only think about this part of your life when things get tough?

Get over the taboo. It's okay to speak about diet and training. It's becoming easier to talk about issues like stress or depression. So why not open up on issues of values, faith and God?

An enquiring mind is a healthy mind. Raise your questions and doubts. Scrutinise other's beliefs. Ask for evidence. Investigate claims to truth. Explore the topic of spiritual fitness in the ADF.

There is one particular means of exploring spiritual fitness that I want to commend to you. I have in my hands an ADF-tailored course that's designed to help explore these matters. It's called *Faith Under Fire* and it talks about issues of meaning and value, life and death, from a Christian perspective. This course is clear and engaging and dispels many of the myths about Christianity and religion.

The course is based upon a DVD which includes interviews with sailors, soldiers, airmen and women, right up to the Chief of the Defence Force. It also tackles

some of the tough topics including: Is there more to life than meets the eye? Aren't all religions basically the same? Doesn't the church abuse power? How could God allow suffering?

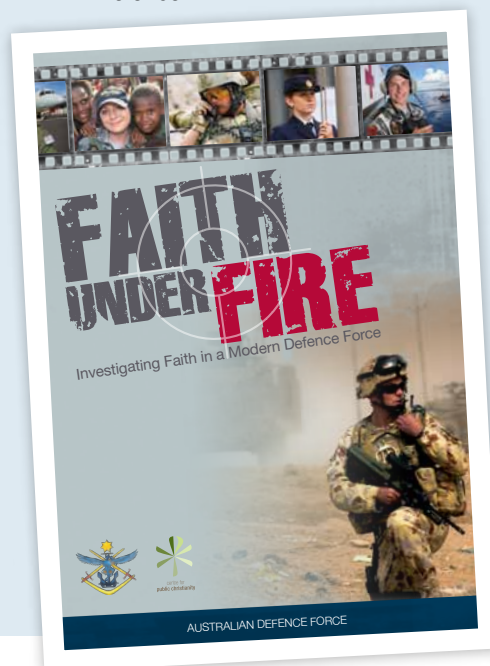
Many Defence chaplains are running these courses on base, ship and operations and can also provide Defence families with a copy of *Faith Under Fire* to explore for themselves. There may also be an opportunity to meet with others to do the course. ✨

### More information

To find out more about *Faith Under Fire*, contact your local chaplain or visit the *Faith Under Fire* website

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

**Editor's note:** While the *Faith Under Fire* course addresses the topic of spiritual fitness from a Christian perspective, the ADF also recognises the wide range of beliefs held by people from all faith groups. See future editions of *d fm* where we explore other faith groups within Defence.



## A visit from Mick Molloy comedy and what it's like to tour Afghanistan

Mick Molloy burst into the Australian comedy consciousness in the '90s and has not looked back. Between his appearances on ABC's *The Late Show*, his drive-time dominance with Tony Martin in commercial radio, stand-up tours, and classic turns in movies such as *Bad Eggs* and *Crackerjack* (which he also co-wrote), Mick Molloy has become an almost quintessential icon of the larrikin Aussie.

In March this year Mick followed a well-worn path of entertainers and went overseas to entertain Australian troops in Afghanistan. Given the conditions there differ somewhat to the cosy confines of inner city Melbourne we asked Mick what drove him to do it, and about comedy and what it is to make others laugh.



**Mick, thanks for talking with *d fm*. First up, who are your comedy influences or heroes?**

Benny Hill, *The Goodies* and Paul Hogan are the ones I remember laughing at as a kid.

**Professional comedy can be a brutal gig. How hard is it to get back out there when you've died on stage?**

It can get pretty hairy up there on stage, but let's be honest, it's not like anyone's shooting at you.

**What is the attraction of performing comedy?**

I love doing stand up because you don't have to wait for the papers the next day to find out how you went. Also, it beats getting a real job.

**Why go to Afghanistan and entertain the troops?**

My Dad was in the Air Force for 30 years, I've always been proud of our military and I was happy to help out in the smallest possible way.



ABOVE – Mick Molloy performs at Poppy's to the men and women of the Multi National Base, Tarin Kot

BOTTOM – Mick Molloy and country music artists Chris E Thomas and Doug Weaver with the soldiers of Mentoring Task Force-Four at Mirwais in the Chora Valley

Continued on page 28

Continued from page 27

## How did you find the military side of it all, such as training, the gear, food, and transport? Did they let you play with things?

I found it all fascinating, and enjoyed it immensely until during a weapons demonstration on the rifle range they popped me on a chair and took pot shots at me.

## You went along with country singers Chris E Thomas and Doug Weaver and AC/DC cover band, Damnation. What was that like?

It was fun hanging out with the guys from the band. They were pretty easily identifiable on base as there aren't too many soldiers getting around with nose rings and dreadlocks.

## What are some highlights from the trip?

They were the only gigs I've ever done where I performed in front of people who were all carrying weapons. Well, apart from one gig I did in Frankston. Seriously, the clear highlight was being flown out to Mirwais in the Chora Valley to perform at a forward operating base. It was an eye opener. But my favourite memories are simply of all the great men and women we met along the way.

## And finally for people interested in comedy do you have any tips?

Don't die wondering, get up and give it a go. ✨



ABOVE – Country music artists Chris E Thomas and Doug Weaver perform for the soldiers at Mirwais in the Chora Valley

## A spotlight on Forces Entertainment

Australian Service personnel have received entertainment tours for some time. Notably, a long list of Australian entertainers travelled to Vietnam to conduct concerts including Little Pattie and Col Joy, who were on stage when the Battle of Long Tan started.

Forces Entertainment within Defence was created to arrange entertainment tours for Australian Forces serving on operations overseas. Since 1999 Forces Entertainment has organised 20 tours to Iraq and Afghanistan, 24 tours to East Timor, 24 tours to the Solomon Islands, and six tours to the Sinai (Egypt).

In addition, Forces Entertainment has provided the entertainers for Welcome Home concerts in Townsville and Brisbane.

Entertainers include bands, singers, comedians, TV personalities and sporting

icons. All entertainers volunteer their time as a philanthropic gesture and receive no pay for their services. Despite this, there is no shortage of entertainers enthusiastically volunteering to contribute their time and talent, and many have been involved in multiple tours.

Forces Entertainment engages only Australian entertainers, including performers such as Hamish & Andy, Russell Crowe, Missy Higgins, Charlie Pickering and John Schuman to name just a few. Whilst the troops are keen to see high-profile celebrities, they are often unable to be involved due to commitments, time constraints and the time the tour is planned. There is considerable support from local and regional acts which are all well received.

Forces Entertainment sources entertainers through a public relations company. After expressing interest, entertainers are assigned to a specific tour, ensuring each tour involves a variety

of different talents. Prior to the tour, entertainers are thoroughly prepared for deployment through a process of medicals, outfitting and briefings. During the tour, entertainers are accompanied by Defence military and civilian personnel who help ensure their wellbeing, as well as performing liaison roles.

The concerts are always enthusiastically received by those serving on operations. Defence places a high value on the concerts which provide a small break from the routine of operations and help lift morale during tours of service.

The entertainers all return from a tour saying that it was a life changing experience and they truly enjoyed the opportunity to give their time to the diggers. ✨



## Life as an American Defense family

*By Michael Hughes*

The United States (US) military is a vast enterprise when compared to the Australian Defence Force. With over 1.4 million men and women on active duty, and 718 000 civilian personnel, the US Defense Department (US DoD) is the nation's largest employer. Their members operate in every time zone and every climate with around 450 000 personnel deployed overseas, both afloat and on shore. In addition to full-time personnel, another 1.1 million serve in the National Guard and Reserve forces, and more than two million military retirees and their family members receive benefits.

Australia hosts a number of US service personnel in a variety of roles. There are US Military personnel assigned to diplomatic duties, serving with the ADF on exchange, visiting for rest and recreation, taking part in exercises, and even working directly with ADF personnel in joint command environments. In the future Darwin will also become home to 2500 US Marines in a Marine Air Ground Task Force, with a small contingent of Marines currently in Darwin on a six-month tour.

Pam Gilbert is the wife of Captain John Gilbert, a US Air Force member stationed in Canberra. *dfrm* asked Pam what it was like to be a family member of such a vast organisation.

**Pam, how long has your family been with the US military and what postings have you been on so far?**

Between John's enlisted tenure in the US Army and commissioned service in the US Air Force, we just celebrated 20

years of combined military service this past April. We are the first to admit that we have been extremely fortunate with our assignments (postings) which have included RAF Lakenheath in the United Kingdom, two tours in Hawaii and, of course, beautiful Canberra!

**What's a typical posting experience like? How often do postings occur and how much notice do you get?**

A posting is typically for three or four years and members usually receive a minimum of 90 days notice. When posting to or from an overseas location this can be quite challenging especially with regard to shipping household goods, a vehicle, or for families moving with pets to locations with quarantine restrictions. Due to the infrequency that US DoD personnel post to Australia it can take up to three months for household goods to arrive so very detailed planning is required to minimise the disruption on the family. Additional overseas requirements such as passports and visas can further complicate the moving process.

The Air Force has three posting cycles: Summer, Fall, and Spring, and our posting month is June. This works out great as the school summer vacation runs from June to September so the kids don't miss school and it gives us plenty of time to get settled before they start the new school year. Our tour here in Australia has been the only time that the children have started school midway through the year but they adjusted very well. In fact, our two young world travelers have adjusted very well to life in the military in general. Madison did



ABOVE – The Gilbert Family; Jake, John, Maisen, and Pat

not attend the same school for longer than a year until she was nine years old and Jake had lived on three continents before he turned four!

**US Military Bases are often almost self-contained environments. What's life like on a US Military Base?**

Most military bases in the continental United States and overseas are considerably larger than those in Australia and can have as many as 10 000 servicemen, civilians, and contractors employed on the base. Many bases also have large areas of married quarters and members with dependents usually have the choice to either live in on-base housing, or receive an allowance to live on the economy (rented off-base housing). Most bases will have at least one school and some

Continued on page 30

Continued from page 29

will have a day care facility, elementary school, middle school and high school, accommodating students from pre-kindergarten all the way through twelfth grade. There are also many amenities on base, including multiple gyms, a library, bowling alley, car care center, base exchange, commissary (grocery store), garden center, gas station, a number of shopettes (convenience stores) and even a bottle shop! Co-located with the base exchange is usually a food court offering a variety of fast food options and most bases have a 'consolidated club' similar to an all-ranks mess. Most bases will also have a youth center that offers a wide variety of services including after school care for school-aged children, arts and crafts, dance and sports. The youth centres on overseas bases also offer the unique opportunity for kids to participate in sports that may not be popular in their host nation such as baseball and American football.

One drawback to living in such a self-contained environment is the tendency for people to never leave base. I have known many families that get so caught up in a base routine that they miss out on all the new opportunities a new location has to offer, whether it be a new US state or a new country.

### What are some tips and tricks US Defense families use to tap into their new community when they post in?

There are many services available to base 'newcomers'. First and foremost, each base will have an Inn that families can live in upon arrival while they find permanent housing. The Inn offers the same amenities as a hotel—at a fraction of the cost—and many will have self-contained temporary lodging facilities that are essentially 2–3 bedroom apartments designed for families with

children. A day or two after arriving at a new duty station, the member is required to visit the base housing office. Here the member will be offered on-base accommodation if available, or given information on available housing in the local area.

If a member secures housing soon after arrival they may still wait some time until their household goods arrive especially if moving to or from overseas. Most bases will have a 'lending closet' where the essentials can be borrowed free of charge until their household goods arrive. At overseas locations, you can almost furnish an entire house with what is available and the base will arrange free delivery and pick up. Once we unpack our house it's time to start meeting the neighbors and register the kids in school. We have always chosen to enroll our children in local schools rather than Defense schools.

As for tips and tricks, this is our BIGGEST one for an easy transition: get the kids settled first! Get them in school and find out what activities the community has to offer such as local sports, dance, or Scouts. Once we have the list we pick two activities which helps them make friends. Now that the kids are settled and happy I then start getting out there and discover what my new location, city, island or village has to offer. Part of my discovery includes: finding the local shops, local restaurants and fun places for the family to go like parks, swimming pools, beaches and movies. Once all that is done then it's time for me to get involved and meet my potential friends.

Being a parent of two and a spouse of a military member most of my social groups revolve around the ones I love: meeting the kids' friend's parents and my husband's coworkers and their

families. Then with the time I have, I try and volunteer in the community. I've led Girl Scout troops, organized an International Bazaar, run an Airman cookie drive, and helped with any and all team sports my kids join—you could call me a typical 'Soccer Mom' or 'Netball Mom'. Currently I co-coordinate and run the Harrison school disco with a great team of parents and volunteer on the US Embassy's social committee and with the US Military spouses' group in Canberra. Sometimes I feel like I have the best of both worlds.

### You've been in Australia now for a while. What are some stand-out moments from your time here in Oz?

The month and season changes. We're still not used to celebrating Christmas in summer—even though we lived in Hawaii for a number of years—and we'll definitely never get used to a 4th of July barbeque in the cold, damp, rainy weather!

The Aussie slang—it really is a different language but we're slowly becoming bilingual!

The Aussie Bigs! Just love them. We have managed to cross about a dozen off the list of the 'Must See Bigs!' (see **page 31**)

A huntsman spider in our house—EEK!

Seeing and feeding kangaroos. The experience of having a kangaroo eat right out of your hand never gets old!

Our vacation to the Great Barrier Reef—a truly amazing experience.

Meeting so many genuine and welcoming Aussies!

Thanks so much for talking with dfm! ✨

## The Aussie Bigs

The Aussie Bigs, or The Big Things of Australia, are a loosely-related set of large structures or sculptures. There are around 150 such objects around Australia, often serving as tourist traps along major roads between destinations. The inaugural Aussie Big was the Big Scotsman in Medindie, Adelaide, which was built in 1963.

Classic Big examples include the Big Pineapple in Woombye, Queensland and the Big Banana in Coffs Harbour. But fruit is not the sole subject, with animals amply represented amongst the ranks of the towering Bigs such as the Big Penguin in Penguin, Tasmania, where even their street bins celebrate their mascot with cement penguins on the sides.

The Big Things have become something of a cult phenomenon, and are sometimes used as an excuse for a road trip, where many or all Big Things are visited and used as a backdrop to a group photograph. Many of the Big Things are considered works of folk art and are being heritage-listed. ❄️

**Editor's Note:** Are you a Defence family that took on the Big Things photo challenge? Send your family classic Big Things photo to [defencefamilymatters@defence.gov.au](mailto:defencefamilymatters@defence.gov.au)



ABOVE – Jake (5) and Maison (11) Gilbert pose outside The Giant Koala at Dadwells Bridge, near Stawell, Victoria. The Giant Koala is bronze on a steel frame and is 14 m high and weighs 12 tons.

## See the online *dfm* for book reviews and your chance to win!

Click the book title, or cover, to skip to the book review in this online version of the Winter edition

*We review three just-released books in the online copy of this edition of dfm.*

*A Medical Emergency—Major-General 'Ginger' Burston and the Army Medical Service in World War II*

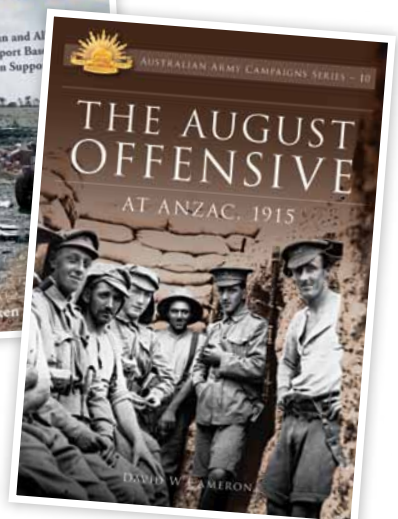
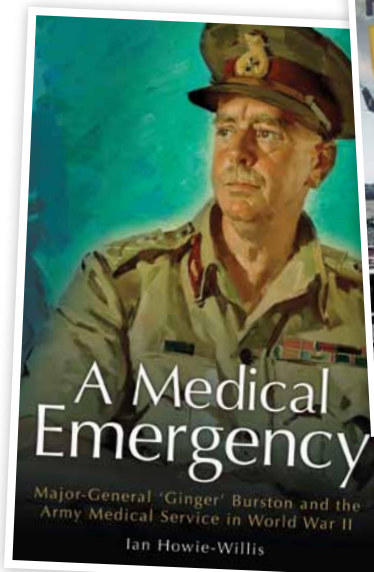
*Fire Support Bases Vietnam—Australian and Allied Fire Support Base Locations and Main Support Units*

*The August Offensive at Anzac, 1915*

Check out the online copy for the reviews. To enter a draw to win one of these books email *dfm* with the subject as the title of the desired book and your mailing address by 1 September 2012. ❄️

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

> defence family matters





## Have your say in the ADF Family Survey

Defence families have the opportunity to provide feedback about their experiences of the Defence way of life with the launch of the ADF Families Survey in September 2012. While we collect some information from ADF members on conditions of service and family-related policies and services, we are interested in hearing directly from Defence family members themselves to gain a better understanding.

In the survey, you'll be asked to provide information on aspects of the Defence way of life—such as separation, workload and mobility—and its impact on your family. It also asks about Defence family support services you access, and what other resources, policies and programs might help you to adapt to the military lifestyle.

The information gained from Defence families will play a pivotal role in ensuring Defence support programs continue to focus on the right issues. It will be used to help improve communications with families, ADF retention, operational capability and the quality of life for members and their families.

### Who should complete the survey?

Defence-recognised interdependent partners of permanent full-time ADF members

Permanent full-time ADF members who are single parents or have other dependants

Both members of dual ADF couples (where both are permanent full-time ADF members)

The survey will be available for completion from 3 September to 21 October 2012 on the DCO website.

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

### More information

If you have any queries please contact Defence Surveys.

#### Email:

[Defence.Surveys@defence.gov.au](mailto:Defence.Surveys@defence.gov.au)

*If wish to have a paper survey mailed to your home address and you do not have internet access please contact our messaging service on 02 6127 2153.*

## Defence childcare centres have new provider

Mission Australia Early Learning Services has been contracted to manage Defence's childcare centres from 1 July 2012, following an open tender process. Mission Australia is a national not-for-profit organisation that has a proven record within the industry for the provision of quality childcare services.



ABOVE – Mission Australia Early Learning Services is the new Defence childcare provider

### More information

Mission Australia Early Learning Services has established a helpline for families and staff seeking further information.

**Mission Australia Helpline:** 1800 757 343

Defence families seeking information about the transition to Mission Australia Early Learning Services can also contact the Defence Family Helpline or check the DCO website for up-to-date information.

**Phone:** 1800 624 608

**Email:** [DefenceFamilyHelpline@defence.gov.au](mailto:DefenceFamilyHelpline@defence.gov.au)

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

## We fight for freedom

The Federal Member for Riverina, Michael McCormack, MP, ran a writing competition for high schools and primary schools in the local area asking for reflections on Anzac Day in the Riverina. Cody Ahchow, Year 5, from Kapooka Public School won the primary school section of the competition with the following poem, *We fight for freedom*

*We men with the poppy march  
through the fields*

*We men with the poppy march  
through the streets*

*We men with the poppy  
shout 'Cooee!'*

*We men with the poppy battle  
for thee*

*With the wreath and rosemary*

*The lives that we save*

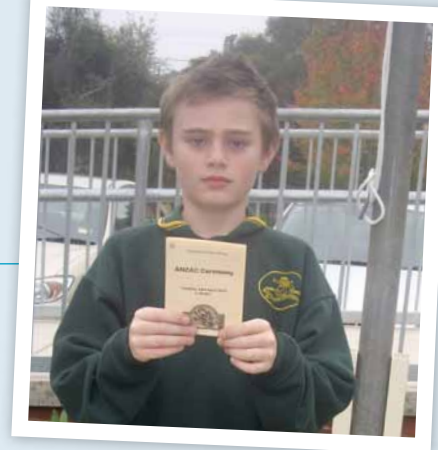
*We sacrifice ourselves for those  
who live*

*The battles we fight are for those with  
and without might*

*We fight for those to live in a free land*

*We leave you behind to remember us*

*We didn't hesitate; we jumped onto  
the shores of Gallipoli*



ABOVE – Cody reads out his poem at the Kapooka Public School Anzac Day ceremony

*To save your lives even though only  
one came back alive*

*We live within you only to show we  
are the men who let our lives go. ✨*

## Set sail on the voyage of a lifetime

Imagine what it would be like to spend eleven days at sea with 23 other young people from around Australia, learning to sail a magnificent square-rigged ship. Set the sails, climb the mast and gain the confidence to take command, sailing Young Endeavour along the Australian coast.

Applications are now open for Young Endeavour voyages during 2013. No sailing experience is required and all young Australians aged 16 to 23 can apply. Voyages will depart from Hobart, Melbourne, Sydney, Eden, Newcastle, Brisbane, Gladstone, Airlie Beach and Mackay. ✨

### More information

Youth crew are selected via an online ballot. Applications for the current ballot will be accepted until

**Friday 31 August 2012.**

For more information on dates and fees, or to apply for voyages, visit the website.

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

RIGHT– Matthew Nicol, Christian Perrin, Myles Boatman, Ryan Thurbon and Gabrielle Hammond aboard STS Young Endeavour at Newcastle



# Defence is there to assist you during your relocation

*Defence Support Group has a dedicated Defence Relocations and Housing Manager (DRHM) based in each region. At the local level, the DRHM is the primary Defence representative with Defence Housing Australia (DHA) and Toll Transitions.*

DRHMs are employed to assist Defence personnel and their families by liaising with DHA and Toll Transitions in each region to make the relocation easier. The DRHMs have considerable experience in all aspects of relocations and housing.

The ultimate aim of the DRHM is to ensure that you and your family experience high quality customer service as you undergo a removal or change to your housing situation.

The DRHM network seeks feedback from members on the complete relocation service. This feedback is used to provide management in Defence and the service providers with information on how members feel about their removal experience.

More importantly, this feedback is used to ensure that all removals are as stress-free as possible. A DRHM may visit you during an uplift or delivery to discuss and assess the standard of service being provided. In some instances the DRHM will contact you after a relocation to discuss whether the relocation met your expectations. In the past, these discussions have revealed region-wide trends or issues which have been addressed with contractors.

If you have an inquiry regarding your housing maintenance/allocation or relocation services, do not hesitate to contact your local DRHM. If you are dissatisfied with the service provided or decision made by DHA or Toll Transitions your local DRHM will assist you to address and resolve your concerns. ✨

## DRHM Contact Details

Location	Name	Contact Details
Adelaide	Bill Griggs Leo Pope	08 7389 3225   0407 211 389 08 7389 3226   0418 801 981
Bandiana	Lea Gayfer	02 6055 2187   0439 452 291
Brisbane	Brian Grear Phyllis Gore	07 3332 6975   0402 824 035 07 3332 6992
Cairns	Merv Dicton Mandy Elliot	07 4411 7922   0408 457 468 07 4411 7831   0409 587 028
Canberra	Anton Pecovnic Treena Stone	02 6266 8148   0404 823 766 02 6266 8687   0404 823 766
Darwin	Louize Jowitt Jan Chamberlin	08 8935 4346   0438 924 351 08 8935 4224   0428 285 038
Hobart	Tracey Pannell	03 6237 7277   0418 651 744
Hunter	Roger Lamothe Neysha Johnston	02 4034 6964   0413 728 512 02 4034 9565   0429 127 082
Liverpool	Carey Byrne	02 8782 4100   0409 125 687
Nowra	Steve Daley	02 4421 3855   0428 441 808
Perth	Allan Purdue Cam Druitt	08 9311 2376   0408 970 557 08 9311 2076   0408 978 979
Richmond	Sara Sullivan	02 4587 2314   0408 481 880
Southern Victoria	John Gaffney Christine Sarkies	03 9282 3667   0407 462 437 03 9282 3628
Sydney	Greg Richardson Carmen Azzopardi	02 9377 2146   0420 308 387 02 9377 2148   0408 972 933
Tindal	Kylie Henderson	08 8973 6594   0429 780 211
Toowoomba / Ipswich	Chris Gordon	07 4631 4414   0419 103 415
Townsville	Merv Dicton Robyn Edwards-Shipway	07 4411 7922   0408 457 468 07 4411 1518   0409 587 028
Wagga	Lea Gayfer	02 6055 2187   0439 452 291



## Access home loan scheme before you leave

ADF members who are contemplating leaving Defence should ensure that they apply for a Defence Home Ownership Assistance Scheme, or DHOAS, subsidy certificate before they separate.

Alan McClelland, Director Relocations and Housing, advises members that once they are separated from the ADF they are only entitled to apply for one certificate and they must do so within two years from the date of separation or transition.

'While you are a serving member, there is no restriction in applying for a subsidy certificate, although only one certificate can be held by a member at any one time. Subsidy certificates are valid for 12 months from the date of issue and there is no discretion to extend

the period a certificate is in force if a member is unable to use a certificate before it expires. This is an important consideration for separated members who will not have another opportunity to apply for a subsidy certificate.

'If you are considering leaving the ADF, apply for a Subsidy Certificate prior to separating to ensure that you take full advantage of the flexibility available to you while you are still a member,' said Mr McClelland.

Mr McClelland said it is also important that members realise that their monthly subsidy will be reduced to Tier 1 payments if their effective service in the ADF is less than 20 years at the time of separation. ❄

### More information

To enquire about your eligibility as a separated member, or to obtain more information about the scheme, please contact DHOAS.

**Phone:** 1300 434 627

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

### Are you headed to civvie street?

Check out the Transition article on **page 37** for what Defence can do to help assist ADF members and their families prepare for separation from Defence.

## Defence HOME OWNERSHIP ASSISTANCE SCHEME

For news and information on the Defence Home Ownership Assistance Scheme (DHOAS)

please see the DHOAS Website.

**DHOAS: [www.dhoas.gov.au](http://www.dhoas.gov.au)**

or **call 1300 4 DHOAS**

(1300 434 627)

for overseas callers **+61 +7 3815 9450**



Australian Government  
Department of Defence

## DEFENCE PAY & CONDITIONS

Visit the website  
**[www.defence.gov.au/dpe/pac](http://www.defence.gov.au/dpe/pac)**

The online gateway to your employment benefits package.



## Purchasing residential investment property

By Tony Negline, ADF Financial Services Consumer Council

*Many ADF members are attracted to owning a residential investment property.*

Right now there are several property opportunities which ADF members might have heard about that must be approached with quite a deal of caution. These are United States-owned residential properties and houses in outback mining towns in Queensland and Western Australia.

We have heard the outrageous claim that you can earn substantial profits in very short periods of time by buying into these properties.

Sadly this is not new. The same sort of claim was made over one hundred years ago during a property boom in Melbourne in the late 1880s and 90s.

For more information on the pitfalls involved in this scheme—or other property issues to consider such as annual maintenance costs, rental agent fees, and preparing for potential interest rate increases—consider the following websites:

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

> investing > property

[www.barefootinvestor.com](http://www.barefootinvestor.com)

> (search for) USA Property Australia

### Your Money e-newsletter

The ADF Financial Services Consumer Council produces a free monthly e-newsletter, *Your Money*, which gives you tips on how to better manage your finances and avoid trouble. Sign up for the newsletter at the council's website. ✨

### More information

For more information you can email the council or visit the website.

#### Email:

[ADF.ConsumerCouncil@defence.gov.au](mailto:ADF.ConsumerCouncil@defence.gov.au)

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

## ADF Family Health Trial extended

The ADF Family Health Trial is an initiative of the government to trial the provision of free basic healthcare to dependants of ADF members.

In late 2011 the ADF Family Health Directorate completed the final evaluation of the trial and later presented its findings to the government. The report contained data and feedback on the trial with recommendations on the future direction of dependant healthcare for ADF dependants.

The current percentage of eligible dependants registered to participate in the trial for the various regions are as follows: Cairns: 61 per cent, Katherine: 39 per cent, Pilbara: 77 per cent, Singleton: 49 per cent, Sale: 72 per cent, Puckapunyal: 28 per cent, Townsville: 33 per cent. Darwin: 30 per cent.

In the Commonwealth Budget announcements on 8 May, the government announced that the national rollout of ADF Family Health is to be deferred for 12 months and the trial extended for a year. This gives participants another year to be reimbursed for gap medical expenses in addition to accessing \$330 per dependant towards a range of allied health services.

Existing participants in trial regions do not need to take any further action, your registration will simply continue.

From 2 July participating families will be able to take advantage of the new Online Claiming functionality. See the website for information. ✨

### More information

If you are in a trial location and would like to take advantage of the generous benefits available or to access more information, please visit the website.

**Phone:** 02 6266 3547

**Fax:** 02 6266 4292

#### Email:

[adffamilyhealth@navyhealth.com.au](mailto:adffamilyhealth@navyhealth.com.au)

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

> (see Quick Links) Family Healthcare

[www.facebook.com/ADFFamilyhealth](https://www.facebook.com/ADFFamilyhealth)

## ADF Transition Seminar Calendar 2012

ADF Transition Seminars are conducted nationally and are designed to assist ADF members and their families prepare for separation from Defence. The Seminars provide information about making the transition to civilian employment, as well as planning advice and referrals to community-based resources.

### Each session covers the following topics:

- Your Career and You
- Your Money and You
- Transition Support Benefits
- Transition Support and Administration
- Reserve Service
- Superannuation
- Health Insurance
- Department of Veterans' Affairs
- Veterans and Veterans' Family Counselling Services ✨



Date	Location
7–8 August	Shoalhaven
14–15 August	Hobart
19–20 September	Adelaide
25–26 September	Brisbane
9–10 October	Melbourne
16–17 October	Canberra
23–24 October	Townsville
13–14 November	Darwin
20–21 November	Perth
27–28 November	Liverpool
18–19 April	Adelaide

### More information

To find out more about ADF Transition Seminars see the Transition website.  
[www.defence.gov.au/transitions](http://www.defence.gov.au/transitions)

## Army Amenities Fund holiday facilities

Are you aware that the Army Amenities Fund owns and operates three holiday facilities?

If you are posted to the west, why not enjoy a stay at the Kalbarri apartments and enjoy the stunning environment and Resort facilities? In South Australia you can relax in the quiet surrounds of the Goolwa holiday homes and perhaps use the complimentary golf membership at the adjacent course—not to mention enjoy the nearby wineries. The Coogee apartments offer high quality accommodation located close to the beach and transport—all that Sydney has to offer is within easy reach!

Please note that the Coogee apartments are located within a residential complex and body corporate by-laws apply in relation to noise and pool use—the quiet enjoyment of the amenity by all occupants of the complex is to be respected. ✨



### More information

Visit the fund website for information. Navy and Air Force also have information on facilities they run for members.

[www.armyholidays.com.au](http://www.armyholidays.com.au)  
[www.raafholidays.com.au](http://www.raafholidays.com.au)  
[www.ranccf.com](http://www.ranccf.com)

*LEFT – The Coogee apartments; close to the beach and all of Sydney is within easy reach!*





**FIND** events from  
your local community

**ADD** your own events for  
everyone to find

The Community Connect website, a free service of Southern Cross media, allows anyone to submit their event details to be shared and promoted across other Southern Cross Media's TV, radio and online media outlets.

[www.mycommunityconnect.com.au](http://www.mycommunityconnect.com.au)

## 1800 – I'm Sick (1800 467 425)

A confidential information and referral line available 24 hours a day, seven days a week for serving ADF members who are away from their home town and are uncertain of where to go for medical treatment. This number does not replace 000 if you require immediate help for a life-threatening injury.



## ADF Mental Health Strategy All hours Support Line



**- 1800 628 036**  
(Free call within Australia)

**+61 +2 9425 3878**  
(Outside Australia)

A 24/7 mental health support and referral service. Personnel can call when they are in crisis due to a personal, work or family issue, or just to discuss mental health concerns. They will be provided with confidential advice on options for support. The service is available to Australian Defence Force Members, Cadets, and their families on a 1-800 toll free number from fixed lines and an '02' number for callers from overseas.

“  
LEGACY IS  
KEEPING  
THEIR  
PROMISE  
TO MY  
DAD”  
CHARLOTTE



A promise was made to a dying soldier in the trenches of WWI. A promise that his family would be looked after. With recent conflicts, our work is as important today as it was when we began. Help us keep the promise, make a donation today.

**TO DONATE, CALL 1800 534 229 OR VISIT [LEGACY.COM.AU](http://LEGACY.COM.AU)**





## MENTAL HEALTH SUPPORT TO ADF MEMBERS

Mental health affects how we think, act and cope with day to day life. It is more than the absence of illness, and includes well-being and resilience.

The Directorate of Mental Health (DMH) undertakes research, develops policy and coordinates training in the areas of mental health, drugs and alcohol, suicide prevention and critical incident response within Defence.

More information is available at the DMH website  
[www.defence.gov.au/health/](http://www.defence.gov.au/health/) > Mental Health Self-Help Tips



## STUDY ONLINE WITH AUSTRALIA'S LEADING UNIVERSITIES

Open Universities Australia brings over 20 leading Australian universities and other higher education providers to you. Study online anytime, anywhere and choose from over 1400 units and 170 courses.

Recognised ADF partners can also receive an allowance of up to \$12 000 over a ten year period under the Defence Community Organisation's Partner Education and Employment Program (PEEP).

Call one of our Enrolment Advisors on **1300 513 044** and quote:

ADF code: DE3100309001

PEEP code: DE1100309002

Leading online learning  
[www.open.edu.au/peep](http://www.open.edu.au/peep)



## DEFENCE FAMILIES AND SCOUTS AUSTRALIA



Scouting promotes and encourages leadership through example and first hand experience, giving youth and adult members opportunities to take responsibility for themselves and for others in their team and to plan and achieve their objective.



For Defence Families the transition to a new community can be easier with the familiarity of a scouting routine and constancy of programs Australia wide.

The Scouting for Australian Defence Force Families badge is a special award that aims to increase understanding about life and role of our Defence Forces.

For more information please contact us: 1800 SCOUTS | [www.scouts.com.au](http://www.scouts.com.au) | [development.officer@act.scouts.asn.au](mailto:development.officer@act.scouts.asn.au)

Need advice, support or connection with  
your local community?

# Call the Defence Family Helpline on **1800 624 608**

The Defence Community  
Organisation offers a broad range  
of programs and services to help  
Defence families manage the  
military way of life.

The best way to access these  
support services or gain referral  
to a DCO Area Office is to contact  
the Defence Family Helpline on

## **1800 624 608**

[DefenceFamilyHelpline@defence.gov.au](mailto:DefenceFamilyHelpline@defence.gov.au)

Brought to you by the  
**DEFENCE COMMUNITY  
ORGANISATION**  
Connecting with your community



**Australian Government**  
**Department of Defence**

dfm design by Fresh Creative [www.freshcreative.net.au](http://www.freshcreative.net.au)  
dfm layout by the Defence Publishing Service

Editor, *defence family matters*

Department of Defence  
DKN-1-116  
8 Thesiger Court  
Deakin ACT 2600

**Fax:** 02 6265 8852

**Email:** [defencefamilymatters@defence.gov.au](mailto:defencefamilymatters@defence.gov.au)

**ISSN** 1447-929x





## ***defence family matters***

### **Online Extras**

### **Winter 2012**

We can't fit all the excellent content we receive for *dfm* within the hard copy of the magazine. So here are those articles that would have gone in had room allowed!

#### ***Teens In Action***

*By Jacqui Boehringer, Wodonga Middle Years College*

Students in the Teens In Action program made their mark on Wodonga on Friday 18 May, when 45 Defence kids from Wodonga Middle Years College—and a few friends—headed to TAFE Space for a workshop day.

The kids rotated their way through three different workshops, each with a different fun facilitator and assistant to keep them on track.

The DRUMBEAT program, which was presented by Dave Parker from YOUTHWAYS, was met with great enthusiasm by the kids. The sounds coming from the DRUMBEAT room were amazing, as the kids worked together to keep up a consistent beat. Participants discovered that, while one drum created merely a beat on its own, the 16 drums working in sync made music—they needed cooperation to make this one work! Many of the students were keen to get back in and do the workshop again, even with their hands sore from drumming! Our thanks go to our volunteer Dave Deegan, a teacher and ex-Defence kid himself, for assisting on the noisiest workshop.

The 'Express Yourself' art workshop with Jess Blum and volunteer Tracey Bradbury—a Defence School Transition Aide from the Melrose Primary School—introduced to the students the concept of using art as a way of expressing themselves and identifying their own positive qualities. Each canvas had an eye stencilled on it, and the final creations



*Defence teens gather at Wodonga TAFE*

*(Continued on page 2)*

*(Continued from page 1)*

were amazing as each student used oil pastel crayons, paints, glitter and collage to represent their thoughts and feelings.

As part of the digital photography workshop, small groups of children were armed with cameras and floated around the grounds of the TAFE Space, capturing images of each other. New friendships were formed, and each student had a turn at taking pics and being the subject. Our amazing workshop facilitator Steve Routledge also worked with the kids on a green screen, teaching them movie magic by removing backgrounds and inserting amazing scenery in their stead.

The photos were included in a display at the Art Space in July. Students and their loved ones will be invited to a formal evening to view the clip, which will be part of the Wodonga Council's Youth Project named 3/Fifteen, displaying digital pieces from young artists on the theme of identity.

Our tour through Art Space was amazing with Leisa telling us about the wonderful opportunities for young people to be entertained and involved at OUR space. Students were invited to go on an 'Art Trail' and searched the works of art for the photo they were holding in their hand. Our current art display is from a woodworkers group from the border, and dedicated wood craftsman Andres Martinez was kind enough to give the students tiny animals he delicately cut from timber with a scroll saw before our very eyes. The tour continued with the local library, where the free wi-fi, chess set and audio books were a particular hit.



*Defence teen Emily tries out the green screen technology on the Teens In Action day. Photo by Stephen Routledge*

Enjoying the surrounding art made for a marvellous day in the heart of Wodonga, as the young people made discoveries about themselves, found self-confidence and new friends, and identified a group of peers facing similar life challenges.

The day was made complete with a goodie bag full of info about the local community and cool stuff from *NECANA*, our local Defence group.

The chant on the bus on the way back to school was: 'When's the next one?'

*Jacqui Boehringer is a Defence Transition Mentor at Wodonga Middle Years College.*

### ***In school support staff for Defence families***

The Defence Transition Aide program provides support to the children and families of ADF members, particularly when moving in and out of a school on posting or when a parent is absent from home. They are located in schools where there are significant numbers of Defence families. Defence School Transition Aides are located in primary schools while Defence Transition Mentors are located in secondary schools.

For more information please see [the DCO website](#) or contact the Defence Family Helpline.

**Defence Family Helpline:** 1800 624 608 | [DefenceFamilyHelpline@defence.gov.au](mailto:DefenceFamilyHelpline@defence.gov.au)

## ***A Medical Emergency***

### ***Major-General 'Ginger' Burston and the Army Medical Service in World War II***

By Ian Howie-Willis

[Click here to return to page 31 of the Winter 2012 online edition](#)

Published by Big Sky Publishing, Sydney

Reviewed by Jill Opie

*A Medical Emergency* details the remarkable life of Samuel Roy Burston and the 53 of his 72 years that he spent in or associated with the Australian Army, rising from bugler at the age of 13 to Major-General with numerous honours and awards. It particularly concentrates on a breakthrough in the care and health of combat troops in the prevention and treatment of tropical diseases, especially malaria.

The book covers Burston's early years and family background as well as his struggles in medicine and to find a true calling. Starting with the citizen's army, he began to establish and improve health and hygiene systems for soldiers, first aid training and medical logistics and administration. With the Australian Imperial Force, as an officer with 11 Field Ambulance in World War I, he set up medical evacuations, aid and casualty stations and the collection and care of wounded soldiers.

Burston immediately enlisted when World War II began. He saw medical units setting up without the essentials and worked to provide efficient logistical supply of medical supplies. His travels to the many theatres make for interesting reading, but his work to improve the health of soldiers is the constant. His demands for large-scale relief and replacement of exhausted troops caused some dissent among Blamey, Curtin and Churchill.

Burston's major work was in the prevention, treatment and eradication of malaria-carrying mosquitoes which led to him setting up the Land Headquarters School of Hygiene and Sanitation. He led the way in the victory against malaria, making full use of knowledgeable and experienced medical colleagues.

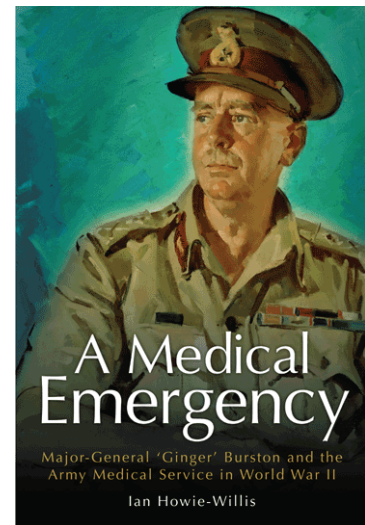
I found the travels, campaigns and works sometimes difficult to follow but the amazing improvements made under Burston's guidance were impressive. The logistics of looking after the health and repatriation of Prisoners of War saw his focus change and the book describes the final battles against the Japanese and the daily health issues for troops.

It was slightly disappointing to not learn much of Burston, the man, but few records exist to show this side of him. His military and medical achievements, and community involvement following the war, makes for interesting reading.

This book is a challenge to read but the effort is worthwhile, especially if historical military advances in medicine interest you or you simply enjoy reading about one man's distinguished military career.

There are simple maps of campaign areas and end notes to explain further detail as well as plenty of photographs.

**GIVE-AWAY:** *dfm* has three copies of *A Medical Emergency* to giveaway. Email [defence family matters](mailto:dfm@defencefamilymatters.com.au) with the subject line 'A Medical Emergency' along with your mailing address by 26 September to go into the draw.





# ***Fire Support Bases Vietnam***

## ***Australian and Allied Fire Support Base Locations and Main Support Units***

Click here to return to page 31  
of the Winter 2012 online edition

By Bruce Pickens

Published by Big Sky Publishing, Sydney

Reviewed by Lindsay Warren

From the perspective of a young teenager during the period of Australian involvement in the Vietnam War (mid 60s to early 70s), two of the enduring images of the war often shown on the evening TV News at 6 pm were of the ubiquitous UH-1H 'Huey' Iroquois helicopter and of M2A2 howitzers providing fire support from the multitude of Fire Support Bases located throughout the countryside of South Vietnam.

The Fire Support Bases evolved out of the nature of the unconventional warfare being conducted, in contrast to the linear style operations of previous wars. The bases were created in a very short time, with minimal comforts, but provided a firm base and a temporary home for the infantry and supporting arms and services to permit them to operate 'outside the wire' for extended periods of time. The key supporting arm at these bases were the gun batteries of the Royal Australian Artillery and the Royal New Zealand Artillery, often supported by guns of the United States Army and the mortars and anti-armour weapons of the Infantry battalions themselves.

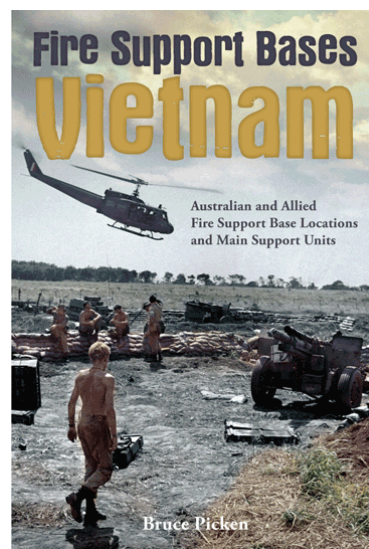
When operations were being conducted over large areas which could have been out of range of the weapons systems at one base, another base would be created with overlapping coverage to ensure that land operations always had supporting artillery fire available. Although this did not always happen it generally did apply.

This book has been prepared with great attention to detail of the hundreds of operations conducted by Australian and New Zealand forces during the period 1965 to 1971. In a day-by-day account the author details the name of the Fire Support Base and the operation it was supporting; a grid and geographic location for the base; the units involved and any highlights of the specific operations, particularly those that impacted directly (pun not intended but still appropriate) on the Fire Support Base itself.

Some of the photographs provided are striking in contrast to contemporary operations; gunners standing in bare chests often with no hearing protection or other protective equipment conducting fire missions; senior officers visiting in the field wearing medal ribbons and peak caps.

This book is not an easy reading narrative in a conventional military history type format. It is a very well researched and detailed listing that is largely based on the War Diaries of individual units. It will be a valuable resource for those who served or those visiting the old battlefields and wishing to relate the ground today to the actions that occurred in that past conflict.

**GIVE-AWAY:** *dfm* has three copies of *Fire Support Bases Vietnam* to giveaway. Email [defence family matters](mailto:dfm@defencefamilymatters.com) with the subject with the subject line 'Fire Support Bases Vietnam' along with your mailing address by 26 September to go into the draw.



## ***The August Offensive at Anzac, 1915***

By David W Cameron

[Click here to return to page 31 of the Winter 2012 online edition](#)

Published by Big Sky Publishing, Sydney

Reviewed by Lindsay Warren

When it comes to the campaign at Gallipoli in 1915, most Australians and New Zealanders would have heard about The Nek, Lone Pine and Chunuk Bair. What many would not know is that these battles all occurred within a period of several days as part of an overall offensive that is collectively known as the August Offensive. *The August Offensive at Anzac*, the tenth publication of the Australian Army Campaign Series, focuses on leadership, command, strategy, tactics, lessons and personal experiences of war. The author, David Cameron, has succeeded in illustrating every one of these aspects, as well as producing an interesting and easy to read piece of work.

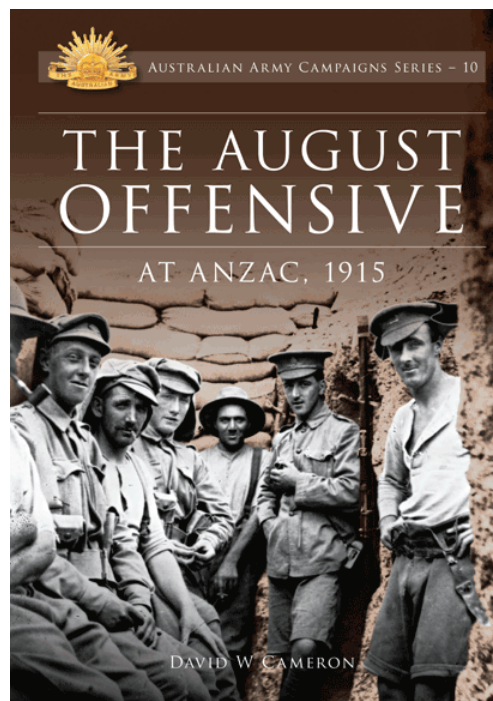
The August Offensive was an overly complicated attempt to conduct a number of concurrent attacks by Australian, New Zealand and British (including Ghurkha, Indian and Sikh) units. The attacks at Anzac Cove were intended to draw Turkish attention (and troops and fire support) away from Suvla Bay to allow a British landing.

Having originally trained as a Cartographer, I always get excited when an author includes relevant maps and sketches to support their narrative. Although the maps of complex trench systems are sometimes difficult to comprehend, the maps showing routes and objectives are an excellent visual representation of planned movements. Using the maps, in conjunction with the narrative and photos of the terrain, the reader is shown the difference between staff officers drawing arrows on a map and the commander and men on the ground trying to conform to prescribed routes and timings whilst moving at night, often under fire and across treacherous broken ground.

Overlay this with the severely debilitated condition of the men who had been at Anzac for four months and readers will appreciate the overly ambitious plan that the senior leadership was trying to achieve. In his conclusion the author agrees that the responsibility for failure did not lie at the level of junior leadership or in the fighting courage of the soldiers on both sides; it rested with senior leadership, who—though sometimes only several hundred metres away from the fighting—did not appreciate the situation at the front.

The accounts of the confused fighting in the covered trenches of Lone Pine, the futility of the unnecessary charges by the Light Horse at The Nek and the determination of the New Zealanders attacking the strategic objective of the high ground will leave the reader awestruck by the ferocity of the fighting and the bravery of the individuals involved. The Australians won seven Victoria Crosses at Lone Pine. No doubt many more would have been deserved,

*(Continued on page 6)*



(Continued from page 5)

but there were no survivors to report the deeds performed.

The reader can appreciate the frustration of the men on the ground when one of the key Day One objectives of the landing—the heights of Chunuk Bair—was heroically seized by the New Zealanders at huge cost, only to have it lost when the ill-prepared relieving British forces were forced off the heights by a human wave counter attack led from the front by the Turkish commander Mustafa Kemal. The author includes details of the actions being taken by the Turkish forces, demonstrating the confusion that often existed on both sides.

Overall this is an enjoyable book to read and will leave the reader with an admiration of the incredible bravery and self-sacrifice shown by the soldiers of all the countries involved.

**GIVE-AWAY:** *dfm* has three copies of *The August Offensive* to giveaway. Email [defence family matters](mailto:dfm@defencefamilymatters.com) with the subject with the subject line ‘The August Offensive’ along with your mailing address by 26 September to go into the draw.